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modifications probiotics and natural supplements

gastritis diet foods to eat and avoid to manage symptoms - Jun 13 2023

web jul 9 2023 avoid acidic fruits such as citrus and tomatoes or vegetables used to add flavoring and spice such as onions

garlic and hot peppers instead choose low acid fruits and vegetables like apples berries pumpkin and carrots bananas can

also help by stimulating mucus production that protects against stomach acid