rise & rest

TREATING COLIC & THE ANTI-COLIC DIET

The Bad

~~COFFEE~~
ALCOHOL
CHOCOLATE
CAFFEINATED TEA
BREWERS YEAST
RAW ONIONS
BROCCOLI
CAULIFLOWER
CUCUMBER
PEAS
CITRUS
BERRIES
MELONS
GARLIC
BRUSSEL SPROUTS
LENTILS
LETTUCE
GRAPES
CABBAGE
RADISH
TURNIPS

The Good

~~AVOCADO~~
CELERY
CARROTS
ZUCCHINI
SWEET POTATOES
EGGPLANTS
BEETROOT
PEARS
EGGS
MEAT
FISH
CORN
APPLES
PAPAYA
CARDAMON TEA
ASPARAGUS
SPROUTS
FENNEL TEA
MUSHROOM
PUMPKIIN
ROOT VEGETABLES

Talk to your doctor if you have concerns about your child's digestive tract or diet.