

## 5 foods that are both nutritious and effective

The following five foods not only help us eat better but also help ease pain, no side effects and help stabilize the digestive tract.

Eating unhygienic, eating strange food, cold weather, due to worms or stress, . can make us stomach aches. This disease is not dangerous but brings an extremely uncomfortable feeling affecting our lives and work.

The following five foods not only help us eat better but also help ease pain, no side effects and help stabilize the digestive tract.

### 1. Bananas



Bananas not only contain natural sugars that provide energy for the body but also foods rich in fiber, potassium, pectin, substances that help stabilize the digestive tract and relieve pain. In addition, bananas are easy to digest, do not weigh the stomach and are often chosen by athletes.

### 2. Papaya enough



If you have constipation due to constipation, indigestion, papaya is a great food that you should not miss. Because papaya contains chymopapain and papain enzyme, helps break down proteins and soothe the stomach by promoting the production of healthy acidic stimulating digestion, laxative.

### **3. Starch**



Light and highly sticky foods like white porridge, rice, bread, and boiled potatoes are the right choice when you feel that your stomach is having a problem with digestion. These are all non-greasy, spicy foods that make us fast and help reduce the pressure on the stomach, making it easier for people with abdominal pain.

### **4. Ginger**



According to some studies, ginger increases the production of saliva and digestive fluids to help improve digestion and better absorption of nutrients. Besides, the smell of ginger helps you feel comfortable, easy to repel the feeling of nausea.

Experts recommend that we use ginger appropriately (about 4 grams daily) to reduce sudden abdominal pain.

How to use: cut a few slices of ginger and then drop into boiling water and drink like tea daily.

## 5. Yogurt



Unlike milk that is welding and not good for you when your stomach has problems, yogurt is a very good food to use when your stomach is uncomfortable. In yogurt contains many beneficial bacteria to the intestine, stimulate digestion, ease pain. For best performance you should choose yogurt with low sugar or no sugar.

You finished reading the article "**5 foods that are both nutritious and effective**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

