

Choosing Raw Juice Pulp Crackers

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- Puree or soft/well -cooked fruit and vegetables may be better tolerated than fresh/raw.

- Drink plenty of water. Most people need around 8- 10 glasses of fluids per day. ... • Low fibre crackers Rice cakes/Corn thins biscuits or cakes made . Oats/oatmeal, instant, ... • Fruit juice – no pulp ...