

Food Instruction for Uterine Fibroid

1 Foods recommended

- Pork
- Chicken
- Eggs
- Duck
- Crucian
- Herring
- Cyprinoid
- Celery
- Greengrocery
- Cabbage
- Celery
- Spinach
- Spinage
- Cucumber
- Chinese watermelon
- White gourd
- Shitake
- Tofu
- Fruits

- Kelp /seaweed products

2 Foods restricted

- Lamp
- Hotpot
- Crab
- Shrimp
- Eel
- Seafoods
- Eggplant
- Bamboo shoot
- Chinese date
- Royal Jelly
- Wine / liquor
- Pepper
- Onion
- Green onion
- Garlic