

ON DIET- ASTHMA

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none">● Whole wheat, whole grains cereals, Porridge, oats, barley flour, millets, foxtail, little and finger millets● Apple, pear, sugar cane, papaya, muskmelon, pomegranate, dried fruits (avoid during early morning and evening)● Cauliflower, radish, carrot, peas, broccoli, bottle gourd, round gourd, bitter gourd, beans, garlic, ginger, mushroom, cabbage, cabbage, capsicum● Turmeric, cumin, coriander, fenugreek, fennel, pepper, garlic, salt, black pepper	<ul style="list-style-type: none">● White rice, whole refined flour, refined sugar, corn, gram flour● Apricot, peaches, orange, grapes, all berries, citrus fruits● Eggplant, taro roots, onions, okra, dried and canned Vegetables● Black lentils, kidney beans (limited)● Green chili, red chili, cloves● Processed and canned food, junk food, tea, coffee● Cashew nuts, brazil nuts, peanuts, pistachios● Palm oil, butter