

ON DIET- PSORIASIS

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none">● Wheat, white rice, brown rice, sorghum, amaranth, finger millet, foxtail millet, pearl millet, little millet, buck wheat, barley● Banana, water melon, musk melon, avocado, peaches, pear, figs, pomegranate, custard apple, sapodilla, apple, papaya● Low fat milk, buttermilk without sourness along with curry leaves & ginger	<ul style="list-style-type: none">● Rye● Orange, mango, strawberries, blueberries, lemon, grapes● Tomato, potato, brinjal, garlic, onion, green chillies, red chillies, radish● Curd, cheese, butter● Palm oil● Mustard, nutmeg● Cashew nut, peanut, honey