

ON DIET - RHEUMATOID ARTHRITIS

To be Taken	To be Avoided
<ul style="list-style-type: none">● Wheat (Gluten free)● Barley● Oats● Quinoa● Brown rice (Matta)● Green gram, Horse gram● Pomegranate /Apple /Grape/Dates / Badam / Cherries/ Berries/ Avocado● Black-eyed pea, Drumstick, Peas, Beans● Goat Milk /Cow milk (low fat milk)● Turmeric, Ginger, Coriander, Fenugreek,● Cumin, Black pepper, Garlic	<ul style="list-style-type: none">● Black Gram● Bengal gram● Potato● Tomato● Peas● Brinjal● Cashew, Peanuts● More spicy/ sour / oily foods● Curd● Cold water● Dry meat● Pork● Cashew, Peanuts● Fried/Grilled/broiled/Frozen food● Citrus fruits