

ON DIET - SKIN

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none"> ● Whole grains cereals, Wheat, Oatmeal, Brown rice ● Banana, Water melon, Musk melon, Avocado, Peaches, Pear, Pomegranate, Guava, Papaya, Apricots, Apple, Figs, Indian gooseberry ● Bitter gourd, Broccoli, seasonal vegetables ● Low fat dairy products ● Herbal tea, Beetroot juice, Green tea, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice ● Egg white, chicken, Fatty fish (Once in a week) ● 4-5 soaked almonds, walnut, chia & flax seeds, Pumpkin seeds 	<ul style="list-style-type: none"> ● White refined flour and its products ● Canned and packaged fruits and juices, Grapes, Orange, Lemon ● Frozen vegetables, Brinjal, Garlic ● Curd, cheese, condensed milk ● Carbonated drinks, Soft drinks ● Processed meat & fish, shellfish, shark, Tuna, Oysters, Pork, Prawns, Crab, Beef ● Pistachio, Cashew nuts ● Processed, junk, Fried and spicy foods ● High fat ● Chocolate ● Sauces, Jellies ● Pickle