

FOOD ITEMS IN CASE OF VITILIGO

FOODS TO BE PRESCRIBED:

Here are some foods that people with vitiligo have cited as helpful for their condition:

- bananas
- apples
- leafy greens, such as kale or romaine lettuce
- chickpeas, also known as garbanzo beans
- root vegetables, especially beets, carrots, and radishes
- figs and dates

FOODS TO BE AVOIDED:

Here are some of the top problem foods that some people with vitiligo cite:

- alcohol
- blueberries
- citrus
- coffee
- curds
- fish
- fruit juice
- gooseberries
- grapes
- pickles
- pomegranate
- pears
- red meats
- tomatoes
- wheat products