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Simple Diet Tips for Vitiligo

Vitiligo is an autoimmune condition where the immune system attacks melanin-producing cells, leading to white patches on the skin. While no specific diet can cure vitiligo, certain foods can help manage the condition by boosting immunity and skin health.

✓ Recommended Foods (Dos)

Fruits & Vegetables:

1. Rich in antioxidants and vitamins.
2. **Best options:** Carrots, spinach, sweet potatoes, beets, apples, and pomegranates.

Foods High in Vitamin C:

1. Supports skin health and boosts immunity.
2. **Best options:** Oranges, lemons, amla (Indian gooseberry), guava.

Zinc & Copper-Rich Foods:

1. Important for melanin production.
2. **Best options:** Nuts (almonds, walnuts), sunflower seeds, mushrooms.

Whole Grains & Pulses:

1. Provide energy and nutrients for skin repair.
2. **Best options:** Brown rice, dal (lentils), quinoa, oats.

Dairy Products:

1. Rich in calcium and vitamin D, which are essential for immunity.
2. **Best options:** Milk, curd (yogurt), paneer.

Healthy Fats:

1. Help in skin repair and reduce inflammation.
2. **Best options:** Ghee, olive oil, flaxseeds, fish (for omega-3).

Turmeric & Black Pepper:

1. Natural anti-inflammatory agents that may help.

✗ Foods to Avoid (Don' ts)

Junk & Processed Foods:

Chips, burgers, sugary snacks, and soft drinks can weaken immunity.

Citrus Fruits in Excess:

May trigger depigmentation in some cases (moderation is key).

Non-Vegetarian Food (in Some Cases):

Excess red meat and seafood might worsen autoimmunity in some children.

Highly Spicy & Fried Foods:

May cause inflammation and slow skin healing.

Carbonated & Sugary Drinks:

Increase oxidative stress, which can impact skin health.

Excess Dairy (if allergic):

Some children may have lactose intolerance, which can trigger inflammation.

Additional Tips:

- **Hydration:** Encourage plenty of water, coconut water, and fresh fruit juices.
- **Sun Exposure:** Ensure safe sun exposure for vitamin D but avoid excessive sunburn.
- **Stress Management:** Include relaxation activities like storytelling, art, and mild yoga.
- **Balanced Diet:** Avoid extreme diets; focus on a well-balanced, nutrient-rich diet.