

# **VITILIGO** **DISEASE**



# **PATIENT DIET**





## ▶ PREVENTING VITILIGO WITH YOUR DIET MANAGEMENT

Vitiligo is characterized by an autoimmune condition in which the immune system attacked and destroyed the cells that produce skin pigment, resulting in irregular white patches of skin. This also might cause inflammation in the skin. Many people with vitiligo might ponder what their options are to prevent its return or aggravation, as well as if their food choices and habits can have an impact.

With the adaption of a healthy diet to support your overall well-being treatment like stem cell therapy in India might help patients to overcome numerous symptoms linked with vitiligo condition. So, let's look at some diet choices to consider if experiencing vitiligo.

## ▶ FOODS TO CONSUME

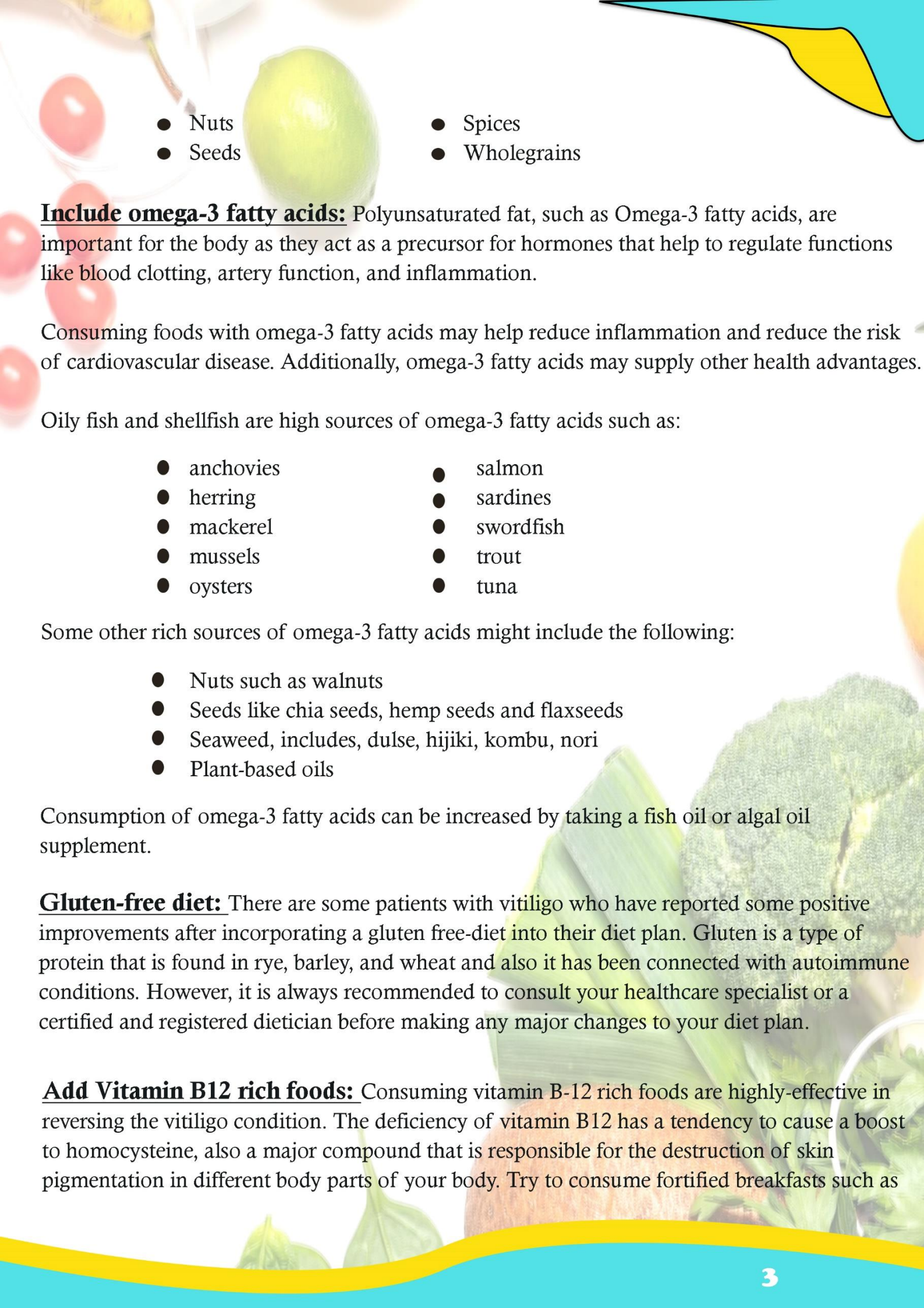
There is no officially prescribed “vitiligo diet” by any experts. But here, we’ll learn about some common food and drink choices that might help you to support your symptoms.

**Antioxidant-rich foods:** Consuming foods from this category may help prevent cellular damage and limit inflammation. Fruits such as raspberries, oranges, melon, apples and strawberries contain rich sources of antioxidants. Remember to choose non-starchy veggies such as:

- Brussels sprouts
- Kale
- Spinach
- Beets
- Carrots
- Cauliflower
- Green Beans

These antioxidant features are also found in other plant-based foods which might include:



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- Nuts
  - Seeds

- Spices
- Wholegrains

**Include omega-3 fatty acids:** Polyunsaturated fat, such as Omega-3 fatty acids, are important for the body as they act as a precursor for hormones that help to regulate functions like blood clotting, artery function, and inflammation.

Consuming foods with omega-3 fatty acids may help reduce inflammation and reduce the risk of cardiovascular disease. Additionally, omega-3 fatty acids may supply other health advantages.

Oily fish and shellfish are high sources of omega-3 fatty acids such as:

- anchovies
- herring
- mackerel
- mussels
- oysters
- salmon
- sardines
- swordfish
- trout
- tuna

Some other rich sources of omega-3 fatty acids might include the following:

- Nuts such as walnuts
- Seeds like chia seeds, hemp seeds and flaxseeds
- Seaweed, includes, dulse, hijiki, kombu, nori
- Plant-based oils

Consumption of omega-3 fatty acids can be increased by taking a fish oil or algal oil supplement.

**Gluten-free diet:** There are some patients with vitiligo who have reported some positive improvements after incorporating a gluten free-diet into their diet plan. Gluten is a type of protein that is found in rye, barley, and wheat and also it has been connected with autoimmune conditions. However, it is always recommended to consult your healthcare specialist or a certified and registered dietician before making any major changes to your diet plan.

**Add Vitamin B12 rich foods:** Consuming vitamin B-12 rich foods are highly-effective in reversing the vitiligo condition. The deficiency of vitamin B12 has a tendency to cause a boost to homocysteine, also a major compound that is responsible for the destruction of skin pigmentation in different body parts of your body. Try to consume fortified breakfasts such as



- Cereals
- Yoghurt
- Other vitamin B12 abundant foods

**Increase the amount of mineral intake:** There are various types of minerals that have been alleged as helpful in preventing the symptoms of vitiligo, the minerals might include the following:

- **Iron:** Many individuals with vitiligo get a healthy quantity of iron by eating food that was prepared in a cast-iron skillet.
- **Zinc:** Many Zinc-rich foods are on the list of foods to avoid if you have symptoms of vitiligo, however, you may wish to ingest your zinc via a supplement.
- **Copper:** To get the right and healthy amount of copper in your body acquire it by drinking a glass of water out of a copper cup, bottle, or water purifier made from copper.
- **Beverages:** For any condition, the best beverage to drink is plain water. However, rather than plain or unflavored water a patient with vitiligo symptoms can opt for unsweetened tea and coffee and you can also go for seltzer or carbonated water.
- **Healthy fats:** Food such as:
  - Chia seeds
  - Avocado
  - Nut butter

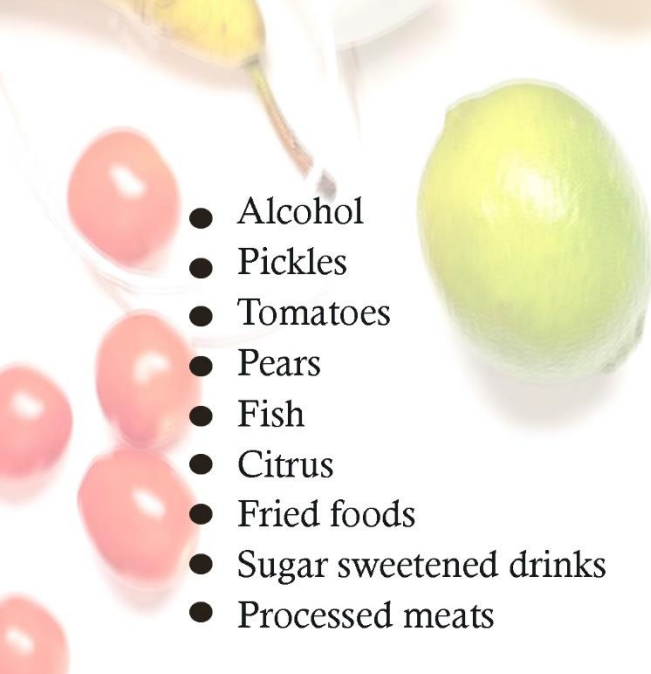
These are some great and rich sources of healthy fats. As it is necessary to get enough healthy fat is a crucial step if a balanced and complete diet for vitiligo patients.

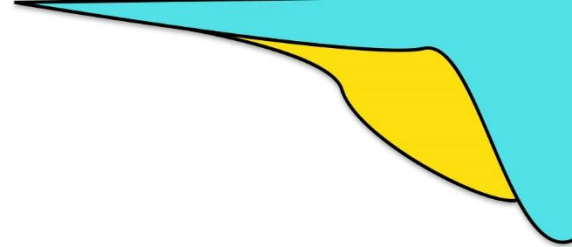
## ▶ **FOOD TO RESTRICT IN TREATING VITILIGO**

There are no medically prescribed foods that worsen the condition, as same there are no recognized diets for vitiligo. However, various evidence shows that some individual faces some negative reaction they consume some particular foods. Remember, foods limiting any of the listed foods, every body is different from each other and might react differently to certain food items. Some of the foods and drinks that you have to avoid are:





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- Alcohol
  - Pickles
  - Tomatoes
  - Pears
  - Fish
  - Citrus
  - Fried foods
  - Sugar sweetened drinks
  - Processed meats

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- Coffee
  - Blueberries
  - Curds
  - Red meats
  - Grapes
  - Gooseberries
  - Pomegranate
  - Refined grains, such as white rice, white pasta, pastries and white bread

There is a need for more research and studies to learn how eating and avoiding certain foods and drinks might help you limit your vitiligo symptoms.

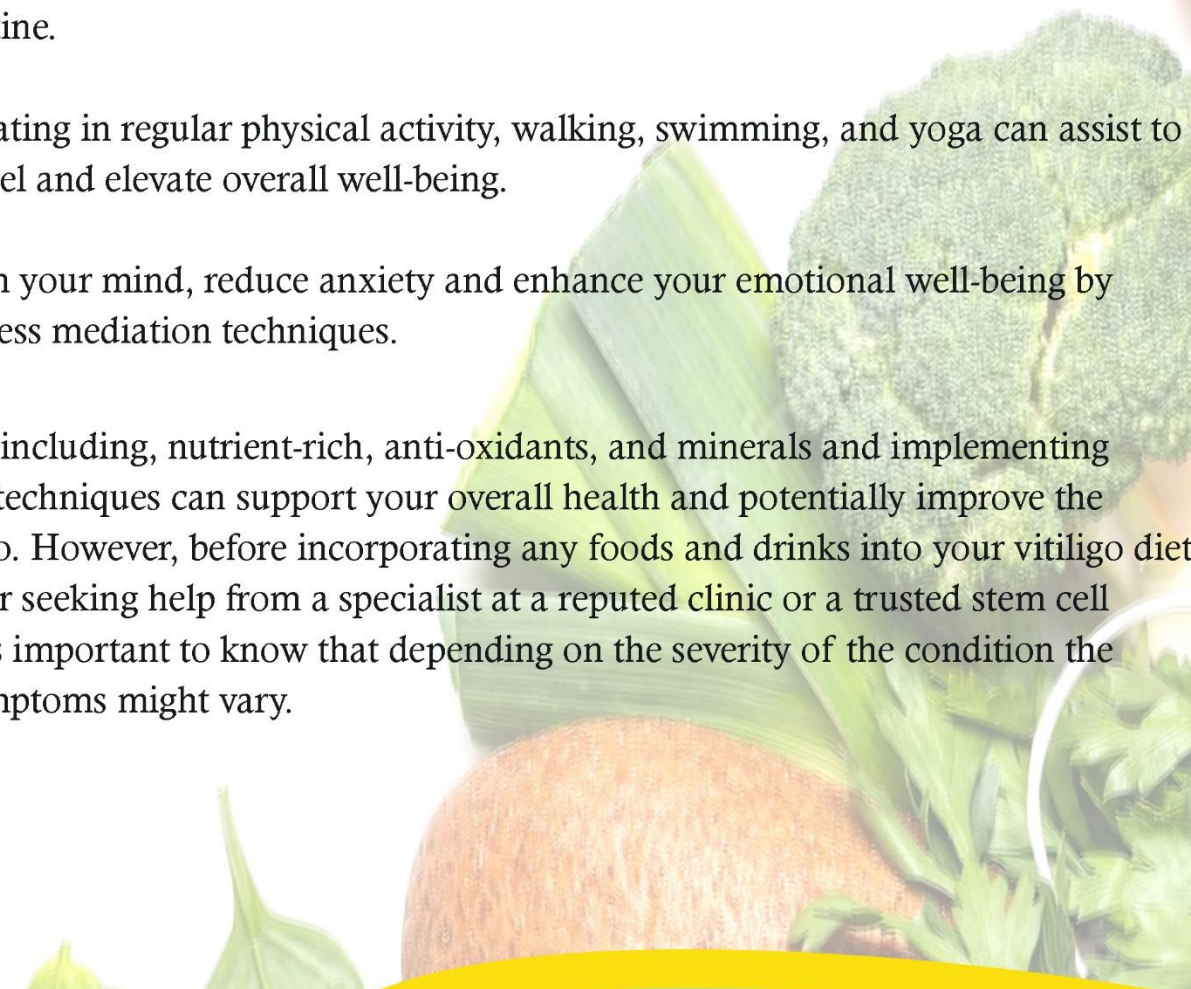
It's also important to include some stress management techniques in your daily routine and diet plan, as stress has been associated with the worsening of various skin conditions, including vitiligo. Some strategies contain:

**Proper sleep:** For managing your stress getting a restful good and enough sleep is very beneficial. An individual must aim for 7 to 9 hours of sleep per night and should create a persistent sleep routine.

**Exercise:** Participating in regular physical activity, walking, swimming, and yoga can assist to reduce the stress level and elevate overall well-being.

**Meditation:** Clam your mind, reduce anxiety and enhance your emotional well-being by practising mindfulness mediation techniques.

Along with the diet including, nutrient-rich, anti-oxidants, and minerals and implementing stress management techniques can support your overall health and potentially improve the symptoms of vitiligo. However, before incorporating any foods and drinks into your vitiligo diet you should consider seeking help from a specialist at a reputed clinic or a trusted stem cell hospital in India. Its important to know that depending on the severity of the condition the responses to the symptoms might vary.





# Stem Cell Care

## India



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