



DIET TIPS FOR **ANKYLOSING SPONDYLITIS PATIENTS**



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Diet Tips For Spondylitis Disease Patients



Human body needs energy to be alive and work normally, it will get through nutrient i: e carbohydrates, fats, proteins. Minerals and vitamins. A healthy diet is required to help the body to fight against foreign particle which can prevent from the disease.

A balance food is very important to achieve maximum health benefit, which can be get through bread, rice, Vegetables, fresh fruits, dry fruits, Non –Veg, Milk and their product.

Good Diet is Very essential for being healthy whole life. It's the good nutrition only which builds up a healthy and strong human system. If you are suffering from ANKYLOSING SPONDYLITIS disease then your immune system might got weak, the diet tips given below helps you to chose that what is safe to eat and what's not. These Diet guidelines should be followed by patient to make their health better as well as trying to stop the progression in their disease.

❖ LIST OF FOOD FOR ANKYLOSING SPONDYLITIS DISEASE

FOOD RICH 3 OMEGA 3 FATTY ACID:-

- WALNUTS
- FISH
- FLAXSEEDS

HIGH SULPHUR FOODS:-

- MEAT & FISH
- EGGS
- CHEESE
- TEA
- COCOA
- DRIED APRICOTS
- CABBAGE
- GARLIC

FRUITS:-

- PAPAYA
- PINEAPPLE
- APPLES
- MANGOS
- BANANA
- ORANGE
- GRAPE FRUIT

OTHERS:-

- TOMATOES
- ALMONDS
- SPINACH
- SHRIMP
- LENTILS
- SWEET POTATOES
- TURMERIC
- BRUSSEL SPOROUTS
- CELERY
- CARROTS
- STRAWBERRIES
- BEANS
- GREEN TEA
- BOK CHOY
- BLUEBERRIES
- EXTRA VIRGIN OILS
- BROCCOLI
- WILD CAUGHT SALMON
- BEETS
- CHERRIES
- PEPPERS
- GINGER

Food to eat

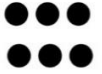


Food to avoid



Stem Cell Care India (SCCI) is playing an essential role in maintaining a healthy life of a patient which is very much important for our patient who are suffering from prolonged disease. With the proper guidance of Diet and treatment, patient get more improvement For healthy life we should take balanced diet, regular exercise, live freely, reduce stress, sleep on time, medication and the very important is positive thinking.

Stem Cell Care India is very much thankful to our Dietician and team members of SCCI who have done a wonderful work in suggesting a proper diet to each individual disease of patients.



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