

DO'S & DON'T'S SKIN

ON DIET

TO BE TAKEN		TO BE AVOIDED
1	Honey	Meat
2	Yavam	Fish
3	Matta Rice	Eggs
4	Wheat Germ Oil	Bengal Gram
5	Green Gram	Black Gram
6	Pea (Thuvaradhal)	Curd
7	Bajari Rice (Thina rice)	Horse Gram
8	Leafy Vegetables (Cheera, Spiniche,etc)	Cold water
9	Muringa(Drumstick leaves)	Jaggery
10	Muringa Fruits	Pumpkin
11	Bitter guard	Yam etc.
12	Garlic	Colocasia (Tuber)
13	Pomegranate,Avocado	Potatoes
14	Gooseberry	Egg plant
15	Carrot	Pissa
16	Shark Oil, Salmon, Mackerel	Potato Chips
17	Green Tea	
18	Almonds	
19	Orange Juice	
<u>ACTIVITIES</u>		
*	Drink plenty of water	Avoid Dust /Smoke
		Betal eating