

FOOD ITEMS THAT CAN BE CONSUMED BY WILSON DISEASE PATIENTS (Reference National Institute of Nutrition 2017)

DAIRY – Milk, curd, Khoa, Ghee, Cheese, Paneer

Rice / Wheat / Jawar / Bajra / Makka / Ragi

All vegetables

All fruits

Egg

Fish Prawns

Chicken

Red meat – Mutton /Sheep / Beef

Jaggery

Tea / Coffee

Spices except cumin, corianderseed, black pepper, mace

Bengalgram Dal (Chola / Chana), Moong, Masoor, Urad dal,

Mushrooms

AVOID

Copper and brass vessels to store water or cooking

Cocoa and its products likes hot chocolates / horlicks

Chocolate

Cashewnuts / Walnuts / Almond / Pista / Dried Apricots

Organ meats like liver / brain / kidney

Oysters (Shimplya)

Duck

Soy beans / Proteins (Nutralite protein powder)

Ground nuts

Coconut

Ayurvedic medicines

Multivitamins

Red gram (arhar / tuvar)

Shinghara (water chestnut)

Kamalkakdi (lotus stem)