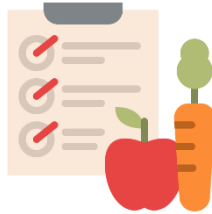




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A prophylactic diet for Urticaria



A prophylactic diet for Urticaria

Follow this diet for **3 weeks**, if urticaria does not appear, you can start eating prohibited foods one by one in each new week.

You should notice if there are any other food allergens, and then they should also be **avoided**.



The bellow-mentioned foods may not be the only allergens, but they are the most known allergens, and you should notice what food could cause allergies.

Allowed



Apple sauce



Lamb



Pear



Beef



Peach



Rice



Cherry



Potato



Butter



Carrot



Sugar



Peas



Coffe and tea without milk or lemon



Pumpkin



Avoid



Chocolate



Spices



Walnut and nuts



Chestnut



Peanuts



Banana



Tomato



Avocado



Strawberry



Oysters



Cantaloupe



Sesame



Milk



Artificial sweeteners (aspartame and

others)



Avoid



Passion fruit



Cheese



Kiwi



Garlic



Sea food



Onions



Eggs



Sources and references:

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Review and audit:

The content of this booklet has been reviewed by consultant dermatologists at King Fahd University Hospital.

Health Awareness Unit

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