

RECOMMENDED FOR
DIABETES.



Moong Daal *(green gram)*

should be taken with bitter and
astringent leafy vegetables

RECOMMENDED FOR
DIABETES.



Chana

(*Cicer arietinum*)



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**Include large
size of
Vegetables
And Fruits
in your plate**

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Shigru

(*Moringa oleifra*)

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Karavellaka

(Bitter gourd)



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Dadima

(*Punica granatum*)

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Jamun

(*Syzygium cumini*)



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Dhanyaka

(*Coriandrum*)

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Amalaki

(*Phyllanthus emblica*)



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Bilva

(*Aegle marmelos*)

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Kapitttha

(*Feronia linonia*)

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Haridra

(Turmeric)



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Shunthi (Ginger)



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Lashuna (Garlic)



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Jeeraka

(Cumin seeds)



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Maricha (Pepper)



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Methika (*Fenugreek*)





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Workout of
45 Mins
daily

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Right amount of **sleep**



NOT RECOMMENDED FOR

DIABETES 



Dadhi (Curd) Butter Cheese

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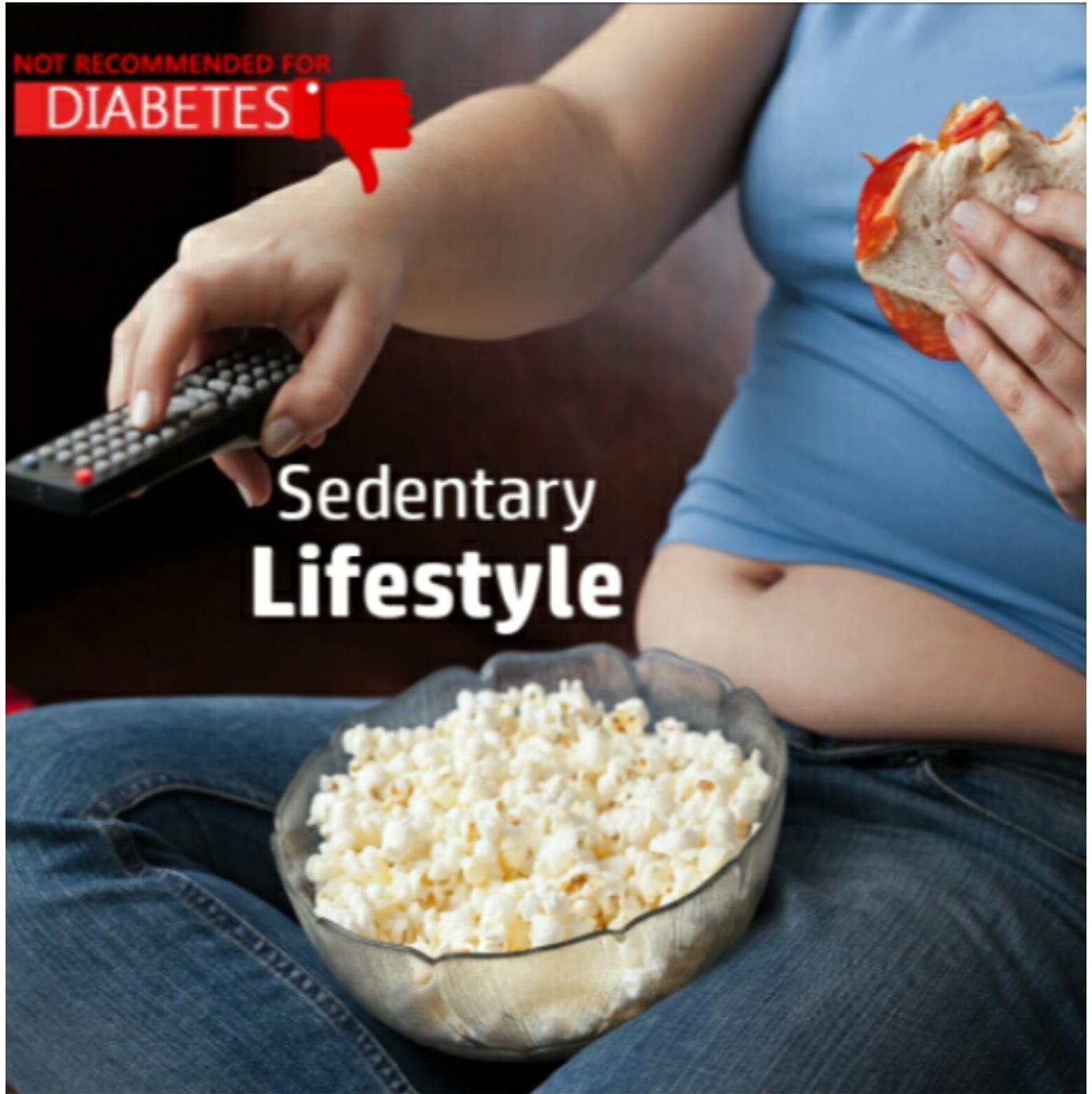
Maida & its preparations



NOT RECOMMENDED FOR

DIABETES 

Sedentary Lifestyle



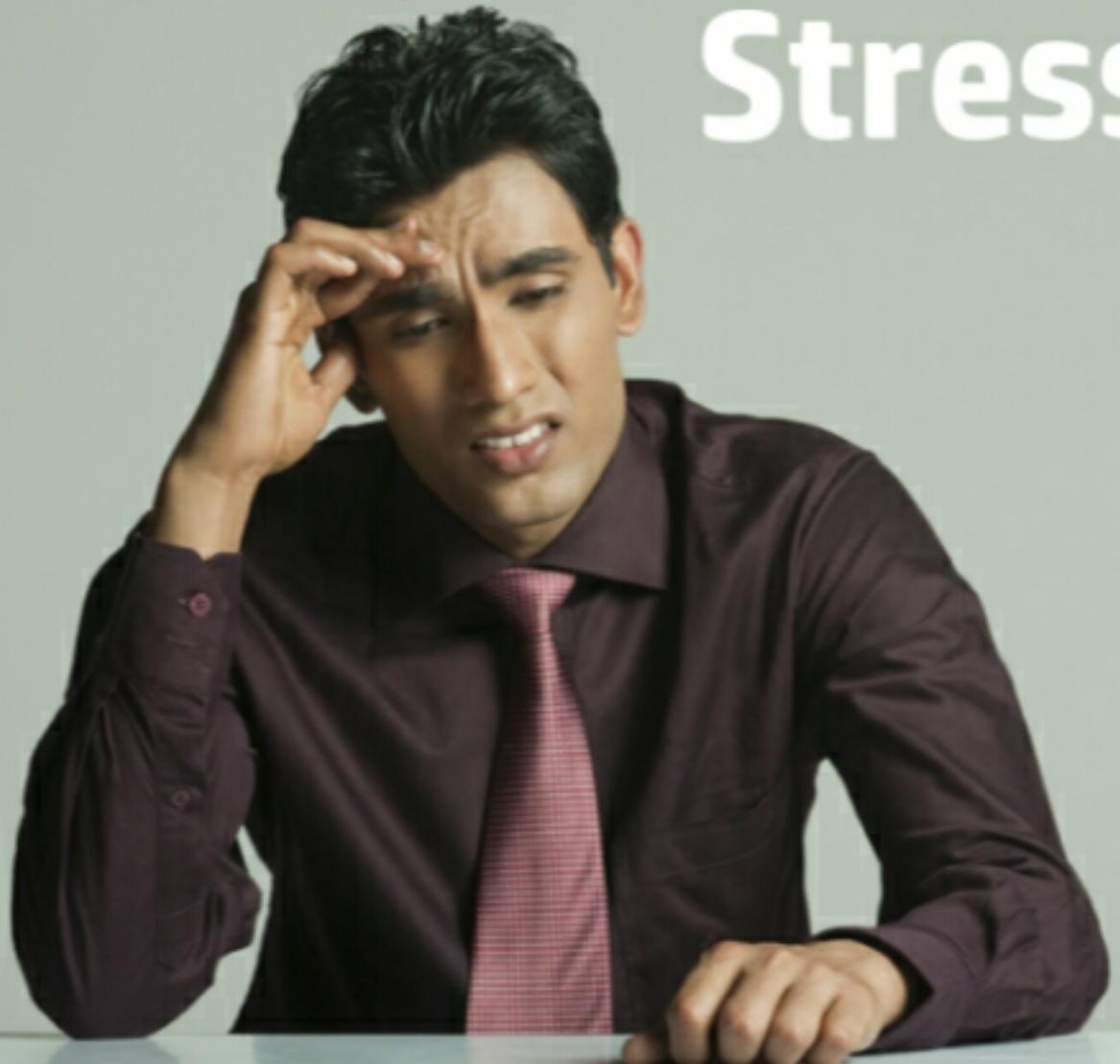
NOT RECOMMENDED FOR
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sleeping in the *daytime /afternoon*



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Stress



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Smoking & Alcohol

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Seasonal Panchakarma

Vaman

Virechan

Nasya

Basti

Raktamokshan

