

# “Eat Healthy & Stay Fit”



☞ Eating with the season is healthier/ veggies, fruits and nuts

available during the winter months

- Fresh citrus fruits and oranges have, very essential vitamin-C — that helps your body in its fight against germs
- “An apple a day, keeps the doctor away” - in winter apples are plenty, consumption of it is very good for health
- Carrots are an excellent source of vitamins B, C, D, E and K, as well as calcium pectate (a pectin fibre that has cholesterol-lowering properties).



Make gajar (carrot) halwa or eat them raw.

**Be TUNED IN to know more.....**

For more guidance & tips email to - [food@wellnessway4u.com](mailto:food@wellnessway4u.com)