

# “Eat Healthy & Stay Fit”



☞ Eating with the season is healthier/ veggies, fruits and nuts available during the winter months

- Turnips contain insoluble fibre, folates, vitamins and minerals.
- Radish has a lot of roughage and potassium, folic acid and ascorbic acid.

Eat it raw, make parathas, sambhar.

- Spinach contains Vitamins, minerals, carotenoids and a host of flavonoids that offer antioxidant protection –you can cook palak paneer (spinach and cottage cheese gravy), or just stir fry it.



- Methi contains vitamins, minerals, fibre and phytonutrients. It can lower cholesterol, help keep diabetes under check and more. You can prepare methi parathas.

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

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

A Chaitanya Wellness Research Institute