

“Eat Healthy & Stay Fit”

☞ Habits for better lifestyle

- It's best to prefer wheat, rice, ragi, bajra, maize jawar. Avoiding constituents of maida- wheat bread, biscuits cakes, pastries, naan roti, roomali roti, noodles
- Prefer having whole & sprouted, dals, green leafy vegetables and other vegetables in your diet
- Give preference to jaggery than sugar. Avoid sweets like chocolates, ice-cream.



Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com

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