

Rujuta Diwekar

**RUJUTA  
DIWEKAR**

Indian Superfoods

**INDIAN  
SUPER  
FOODS**

**CONTINUE ►**

Forget about acacia seeds and goji berries. The secret foods for health, vitality and weight loss lie in our own kitchens and backyards. From aphrodisiacs to fertility boosters, fat burners to mind calmers, top nutritionist Rujuta Diwekar talks you through the ten Indian superfoods that will completely transform you.

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