# 5 Nepali Home Food Ingredients which boost your Immunity.

In Nepali Home Kitchen, It is not just place for culinary creations but also a source of traditional remedies for overall well-being. With the rich culinary heritage it offers a variety of nutritious foods that can contribute healthy immune system. Here are the list of five foods which will helps to improve immunity.

1. Turmeric (Besar)

Turmeric is a deep golden-orange spice known for adding color, flavor to foods. It just looks similar to ginger. It has used in Ayurveda and other forms of traditional medicine. It is the good spice to increase immunity.

1. Garlic (Lasun)

Garilic is also another food which is most commonly found on the nepali kitchen. It is the most popular food ingredients which is used in to make meats. It has health benefits related to heart and blood system. Most people use garlic for high blood pressure, high level of cholesterol or other fats in the bloods.

1. Ginger (Aaduwa)

Garlic is a common ingredient in nepali cooking and is known for its immune-boosting properties. It can be used in various dishes, such as curries, soups, etc.Its health benefits are Lowers blood pressure, Lowers cholesterol, extend life, etc…

1. Honey (Mahaa)

Honey is a natural sweetener with antibacterial properties. It can be used as a healthier alternative to refined sugar and is commonly found in Nepali households. Mixing honey with warm water or adding it to tea is a popular way to consume it.

1. Yogurt (Dahi)

Yogurt is a common milk product in nepali homes. It contains probiotics that support gut health and, in turn , contribute to a strong immune system. It can be eaten on its own or used in various dishes and drinks.

These are some food ingredients which are available in every nepali home kitchen. This ingredients will make positive impact on your immune system.These ingredients also available in every grocery stores near by you. It you are in confusion to choose the grocery store which offers the these ingredients in better price and quality. Just go to our site , there are the information of various grocery stores which offers these kind of healthy ingredients.