

OBESITY DIET CHART

Wholesome Diet (Pathya)

Grains- Wheat, Brown Rice, Brown Bread, Wheat Pasta, Jowar, Oatmeal, Barley, Quinoa

Vegetables

Cabbage, Cauliflower, Tomato, Cucumber, Radish, Carrot, Spinach, Broccoli, Mushroom, Garlic, Ginger, Bean.

Dr. Chawla

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Legumes - Horse gram (kala channa), Pigeon pea (hari moong dal), Fresh chick pea (green choliya), Cluster beans (philiyan), Lentils, Green gram



Pigeon pea



Fresh chick pea



Cluster beans



Lentils

Fruits – Apple, Lemon, Peach, Papaya, Orange, Kiwi, Guava

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Milk & Milk products - Butter milk, Fat free milk, Cottage Cheese

Water - Hot water (Palatably hot), Medicated water



Tubers – Turmeric, Onion, Pepper, Mint, Cloves, Cinnamon

Honey - Jamun honey (Honey collected in blossoming period of Jamun flowers), Haritaki honey (Honey collected in blossoming period of Haritaki flowers), Madhusharkara (Naturally formed sugar in honey)

Unwholesome Diet (Apathya)

Grains – White Rice, White Flour (Maida), White Bread, Pasta

Vegetables – Potatoes, Sweet Potatoes



Legumes -Cow pea(rongi), Sprouted beans,Kidney Beans(Rajma)

Meat – Avoid All Types Of Non Veg

Fruits - Mango, Chiku, Banana,Litchi

Milk & Milk products-Curd, Cheese, Shrikhand, Sweets like pedha, Bari, Gulabjamun etc, Deep fried sweets like Jalebi, Imrati, Malpuva

Water-fridge water, contaminated water, Excessive water intake, Things like jelly, custard, pudding or watery, juicy fruit

Other - Viruddha ahar (Incompatible food), Sugarcane & its derivatives i.e. molasses, jaggary, sugar and Irritating citrus fruits

For Taking Consultation with our Experts you can book appointment with us at +91-730-77-92-522, +91-730-76-79-706 or can mail your reports at deevyaayurveda@gmail.com or can visit us at www.ayurvedahaircare.in

1		CLEAN OIL	Eliminates dandruff, Reduces Itching
2		ROBIN LIV 99 SYRUP	Increases appetite and protects Liver
3		ROBIN COUGH SYRUP	For dry and Productive Cough
4		RISHI PATCH OIL	Prevents Alopecia and maintains healthy hair growth
5		HY CURE	Treats anxiety, Stress, Tension and Sleep disturbances
6		ARTHOGESIC OIL	Muscular pains, Stiffness, Joint pains, Sprains
7		DIAB BAN	Controls diabetes and its symptoms in combination to hypoglycemic
8		HAIR GROW	Prevents hair fall and maintains existing hair Length
9		SUNETRAM	Makes eyes fresh and Relaxed, Improves vision
10		ROBIN HERBAL FACE PACK	Treats Pimples, Makes Skin Farer and Glowing Naturally
11		ROBIN HERBAL TONIC	Tonic for general weakness of body and lethargy

12		ROBIN HERBAL SHAMPOO	Herbal Hair wash which arrests hair fall, makes hair smooth & shiny Naturally
13		AL CURE	Anti Allergic and Immunity Booster
14		ARTHOGESIC	Treats Joint Pains, Stiffness
15		CAL-CURE	For management of Urinary Tract Infections and Kidney Stones
16		HAIR CARE	Prevents hair fall and maintains existing hair Length
17		FIT WOMEN Spray	Vaginal wash for treating Leucorrhoea & Maintaining Hygiene
18		KAMAGNYA CAP.	Treats Loss of Libido, Pre-Mature Ejaculation, General weakness, Oligozoospermia & infertility issues
19		LIPI CURE	Dyslipidemia, Obesity and Joint pains

20		FIT WOMEN CAP.	Leucorrhoea, DUB, Metorrhoea
21		G NIL	For Treatment of Gout and Raised Uric Acid
22		PILES 3	Treats Hemorrhoids, Piles
23		ROBIN TONIC	Treats weakness of body and promotes hair growth
24		THROAT CARE	Reduces Cough, ThroatIrritation, Hoarsness of voice
25		GILOY	Immunity booster, Reduces hyperuricemia
26		SHATAVARI	For improving Feminine issues and Sexual wellness
27		ANERGEX PLUS	General weakness, Diabetic Weakness
28		FRESH MORNING	Chronic constipation, Flatus, Gaseous Distension
29		TWACHYA HERBAL CREAM	Improves Complexion and makes skin glowing and smooth. Treats Rosacea, Improves Cracked Heels and Dryness of skin.

30		Hair Gainer OIL	Prevents Hair Falling and increases length of existing hair
31		TEMPRINA SYRUP	Treats fever and post fever weakness
32		ROBOSYME SYRUP	Improves Digestion and abdominal pain
33		Stevia Drops	Natural Sweetener, Controls Blood Sugar and Obesity
34		GOKSHRU TRIBULUS	Enhances Natural Testosterone, Increase Energy & Endurance, Boost Male Performance