



miracle drinks®
NEO AYURVEDA
Be Healthy Again

How to prepare leafy vegetable food with defined herbs for chronic kidney disease patients

Rich in calcium, minerals, less proteins etc. How to prepare Leafy Vegetables food (soppu in Kannada, Akukura in telagu , Saag in Hindi) and Vegetable food :

- a) Mix various leafy vegetables such as palak, methi, Moringa or any other type of leafy vegetables (soppu in Kannada, Saag in Hindi) with tomatoes, potatoes, ginger, garlic, green chilies, coriander leaves, or any vegetables and spices with out salt . Boil the mixture, remove liquid/water released from the ingredients .
- b) Give tempering(tadka/vaggarane) for the Leafy Vegetables food add a tadka/vaggarane with 2.5 gram to 5 grams of ghee/butter for a delightful aroma for the food what we call sabji in hindi, pallya in kannada .
- c) Family members can add salt after taking out the required quantity for patients.
- d) Patients should use 1 gram pocket salts their meals each meal/breakfast
- e) Vegetable Preparations: Apply similar principles (of leafy vegetables) to the preparation of other vegetables as well.
- f) C. Salt Intake Control: Use a 1-gram salt pocket for each meal to manage salt intake. Excessive salt can lead to water retention in the body.



Leafy Vegetables