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## 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