



miracle drinks®
NEO AYURVEDA
Be Healthy Again

How to prepare vegetable food with defined herbs

Rich in calcium, minerals, less proteins etc. How to prepare Vegetables food:

- a) Mix various vegetables such as Beetroot, Carrot, Cabbage or any other type of vegetables with tomatoes, potatoes, ginger, garlic, green chilies, coriander leaves, or any vegetables & spices with out salt.
- b) Give tempering(tadka/vaggarane) for the Vegetables food add a tadka/vaggarane with 2.5 gram to 5 grams of ghee/butter for a delightful aroma for the food.
- 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 vegetables) to the preparation of other vegetables as well.
- f) 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.

