

## **FATTY LIVER**

PATHYA AHARA & VIHARA (Do's)

<b>VEGETABLES</b>	<b>SPICES</b>	<b>DRAVA DRAVYAS</b>
Bitter gourd Bottle gourd Round gourd Ridge gourd Pumpkin Carrots Beetroot Garlic Spinach Green Mustard Broccoli Cabbage Cauliflower Sweet potato Tomato Onion Ginger Drumstick	Turmeric Pepper Cumin Coriander Fennel  <b><u>Non- Veg</u></b>  Fishes like Salmon Sardines Tuna Mackerel Egg white ( boiled ) Lean meat. <b><u>PULSES</u></b> Green Gram Kidney beans	Milk of goat Cow Camel Buffalo Buttermilk Sura Seedu Honey Castor Oil
<b><u>2 . FRUITS</u></b> Apple Avocado Grapes Lemon Mango Apricot Watermelon Orange Guava Papaya Pineapple	<b><u>Other food products</u></b> Olive oil Millet , Barley Brown Bread Brown rice Whole wheat Flax seeds Oats Whey Protein Soy Protein Coffee	<b><u>PATHYA VIHARA</u></b> Regular Exercise

Reduce : - Alcohol, Processed Grains, Sugar, cookies, Soda, salt, Bread & Redmeat.

APATHYA AHARA & VIHARA (Don'ts)

<b>APATHYA AHARA</b>	<b>APATHYA VIHARA</b>
<b><u>Sugar &amp; added sugar</u></b> Candy Ice cream Sweetened beverages  Alcohol ( even Arishtas ) Refined grains Fried / Salty foods	Day Sleep Smoking Riding
<b><u>Meat</u></b>  Beef Pork Chicken	
<b><u>Vegetables</u></b>  Avoid canned vegetables	
<b><u>Spices</u></b>  Red Chillies	

SNIGDHA