

M.S.AYURVEDIC COLLEGE, HOSPITAL & RESEARCH INSTITUTE- presents----





**NATIONAL NUTRITIONAL MONTH—
SEPTEMBER 2020**

Fats

A top-down view of various food items rich in fats, arranged on a dark, textured wooden surface. At the top is a whole rainbow trout on a piece of parchment paper. Below it are two brown eggs. To the left is a wedge of Swiss cheese. In the center is a halved avocado on a small wooden cutting board. To the right of the avocado is a small white bowl filled with yellow olive oil. Further right is a small white bowl containing several squares of dark chocolate. Below the chocolate is a small white bowl filled with walnuts. To the left of the walnuts is a small white bowl containing a thick, light-colored spread, likely almond butter. A single walnut lies on the wooden surface to the right of the bowl.

EAT HEALTHY

A top-down view of a variety of protein sources arranged around a central chalkboard. The chalkboard, which has a wooden frame, displays the word "PROTEIN" in white, bold, sans-serif capital letters. Surrounding the board are numerous food items: a large piece of raw salmon, a whole fish, a chicken breast, and a piece of pork. There are also several eggs, a block of Swiss cheese, a jar of peanut butter, and various legumes like lentils, chickpeas, and green peas in small white bowls. Dairy products include milk, yogurt, and a small container of cottage cheese. Grains and seeds are also present, such as quinoa, oats, and chia seeds. The entire arrangement is set against a background of various nuts and seeds.

A top-down view of a wooden cutting board surrounded by various fresh foods. The words "BALANCED DIET" are spelled out in wooden blocks in a semi-circle above the board. On the board are a piece of salmon, a piece of red meat, a hard-boiled egg, spinach, broccoli, cherry tomatoes, and two small bowls of lentils and quinoa. Surrounding the board are bananas, oranges, almonds, walnuts, carrots, a red bell pepper, and potatoes.

A vibrant collage of fresh fruits and vegetables, including lettuce, lemons, eggplant, carrots, cucumbers, bell peppers, and more, arranged around a central chalkboard. The chalkboard has the text "VITAMINS & MINERALS" written on it in white chalk.

STAY HEALTHY

CARBOHYDRATES

A collage of various carbohydrate-rich foods including grains, fruits, vegetables, and breads. The image features a variety of items such as oats, quinoa, lentils, chickpeas, bananas, apples, potatoes, and different types of bread and pasta, all arranged on a dark background.



GUIDED BY-DR.ANJALI TURALE MAM
(DEPT OF SWASTHVIRITTA)

15% OFF

PRESENTED BY--ACHAL N. LODHE

(BAMS 3RD YR-20TH BATCH)

THANK YOU