• warm, fresh, organic vegetables should be contitute.

- Get at least two different vegetables at each meal.
- choose those that complement each other in colour, texture and flavor.
- Eat one dark leafy green vegetable every day.
- Choose your vegetables based on the doshas you are trying to balance.

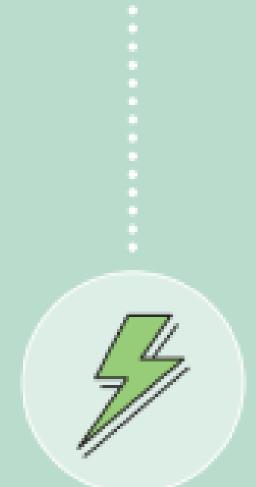


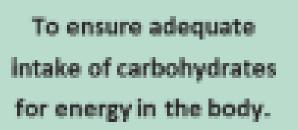


FOOD CONCEPT

Roles of basic tastes

SWEET

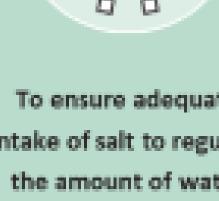






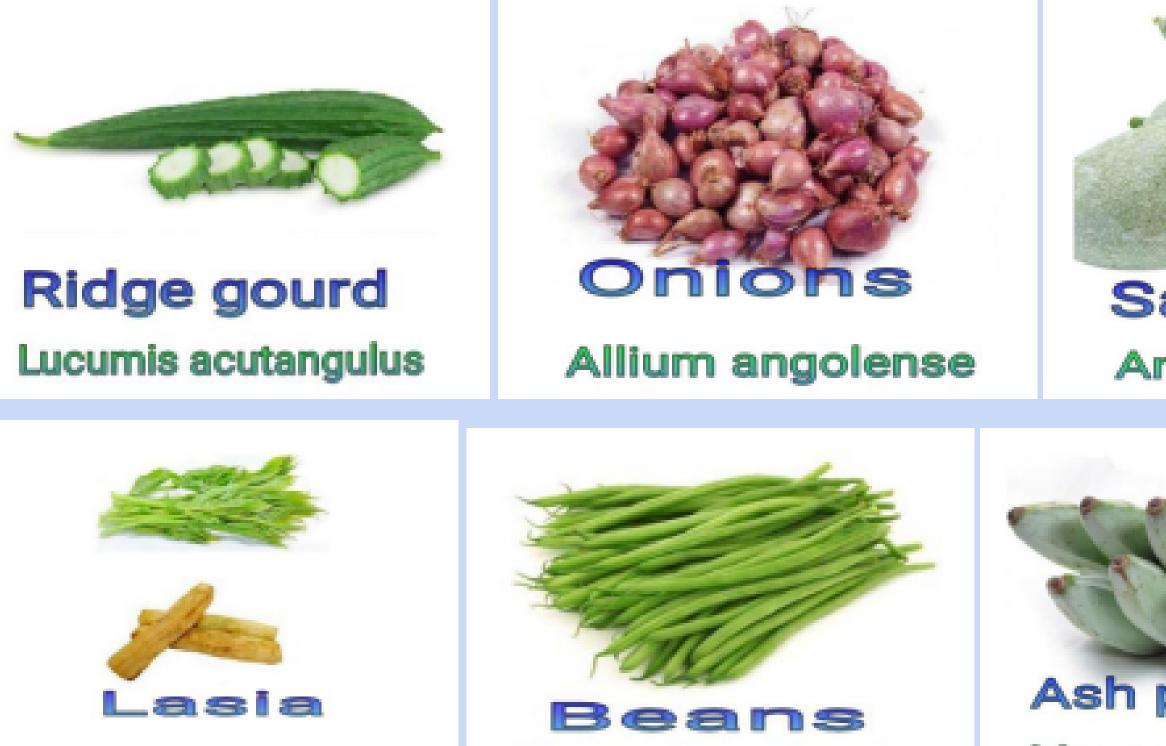
SOUR

detect ripene



in the body

Vegetables which balancing tridosha

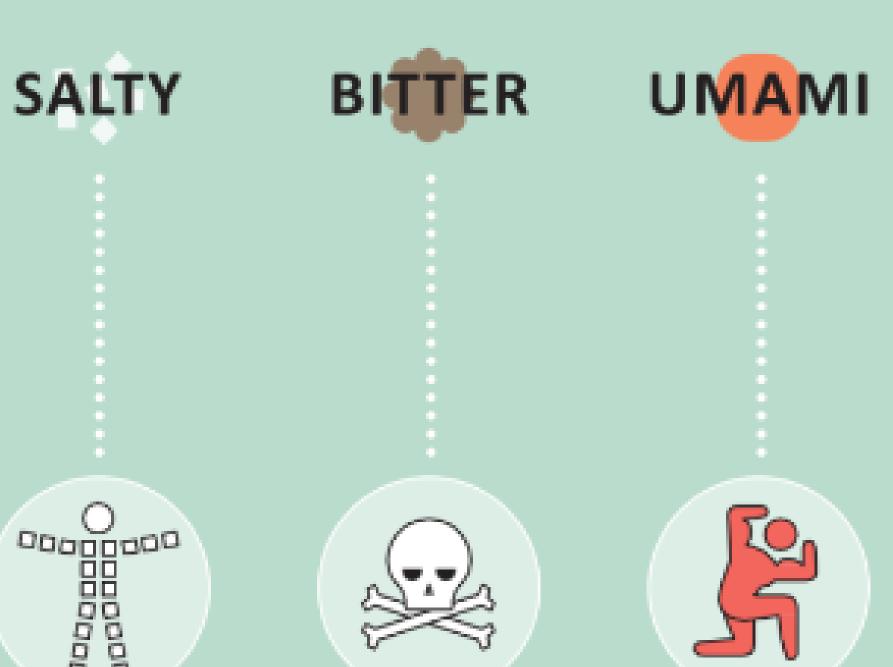


Dracontium spinosum

Phaseolus vulgaris









sonous substanc into the body



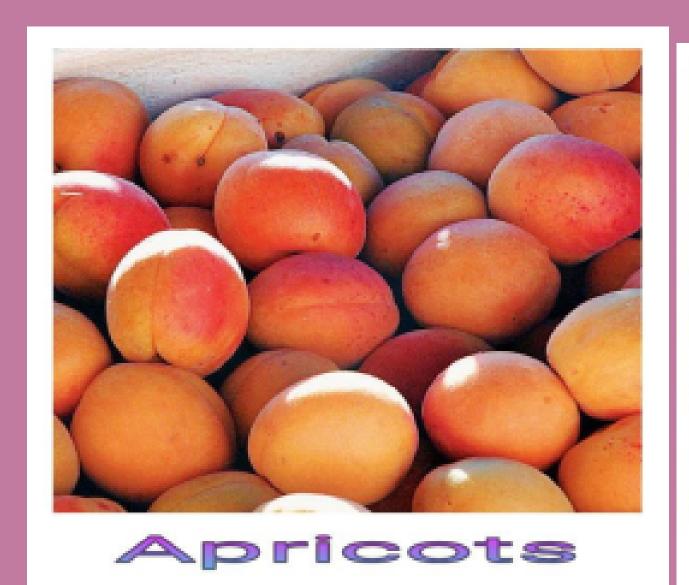
ensure adequate intake of proteins for proper growth and maintenance of the body.



Winged beans Psophocarpus tetragonolobus



Banana blossom







Raisins





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