

## ON DIET- OBESITY

<b>TO BE TAKEN</b>	<b>TO BE AVOIDED</b>
Horse gram	Maida
Green gram	Black gram
Barley rice	Cheese, cream
Whole grains	Curd
Millets	Beef, pork
Cucumber, ivy gourd	Deep fried foods, spicy food, pasta, white bread
Watermelon	Pickle
Fenugreek	
Green salads/ leafy vegetables	
Ginger/ Garlic	