

FATTY LIVER

PATHYA AHARA

VEGETABLES	SPICES	DRAVA DRAVYAS
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 <u>Non- Veg</u> Fishes like Salmon Sardines Tuna Mackerel Egg white (boiled) Lean meat. <u>PULSES</u> Green Gram Kidney beans	Milk of goat " " Cow " " Camel " " Buffalo Buttermilk Sura Seedu Honey Castor Oil
<u>2 . FRUITS</u> Apple Avocado Grapes Lemon Mango Apricot Watermelon Orange Guava Papaya Pineapple	<u>Other food products</u> Olive oil Millet , Barley Brown Bread Brown rice Whole wheat Flax seeds Oats Whey Protein Soy Protein Coffee	<u>PATHYA VIHARA</u> Regular Exercise

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

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