



## 5 Super foods that must be consumed every day

Let's make your life easy yet healthy. The food items which you should consume regularly are commonly known as superfoods. These items will not only help you in staying healthy but also provide you with nutrients that are much needed for your body.

These foods are called superfoods because they not only prevent you from modern diseases like diabetes, acidity, gastric problems, cardiac diseases, etc. but also build your stamina to work more effectively and efficiently, reduce stress levels, and improve you.

Here are the top 5 superfoods that you can consume regularly to stay healthy –

- Amla
- Curd
- Papaya
- Peanuts
- Ghee

Taking a diet plan from a Diet Mantra by Monika doesn't mean that you are cutting down on your meals. But rather it means that you have become wise to choose your healthy meal.

Then, what are you waiting for? Book your appointment now or call us @ 9818565756.



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