

10 NUTRIENT-RICH FOODS



EGGS

Good source of protein; essential for normal body function.



ALMONDS

Good source of protein and magnesium; reduces the risk of heart disease.



YOGURT

Full of protein and probiotics; helps to prevent osteoporosis.



OAT MEAL

High in fibre; helps to lower cholesterol levels.



GREEN TEA

Good source of antioxidants; helps to protect against cancer.



APPLE:

Rich in fibre and low in calories. Reduces the risk of cardiovascular diseases and is good for diabetes patients.



GINGER

Provides delicious flavouring; helps to relieve gastrointestinal symptoms.



BEANS

Good source of protein; low in cholesterol and helps to reduce the risk of certain cancers.



BROCCOLI

Provides lots of Vitamin C.



GARLIC

Has strong anti-inflammatory benefits across body systems; helps reduce cardiovascular diseases.



SHOOT PREPARED BY: LS DESK



SOUP RECIPES

CURRIED LENTIL

Aromatics: 1 onion (diced)
Protein: 1 cup lentil
Spices: coriander leaves
Liquid: chicken broth
Vegetable: tomatoes

WHITE BEAN SOUP

Aromatics: 1 chopped onion, 2 minced cloves garlic
Protein: 2 cans (15 ounces each) of beans, rinsed and drained
Spices: 1 teaspoon minced rosemary
Liquid: 6 cups vegetable stock
Vegetable: 1 cup tomatoes
Garnish: 1 drizzle extra-virgin olive oil

BEEFY MUSHROOM

Aromatics: 1 onion, chopped
Protein: one-fourth pound lean ground beef
Spices: half teaspoon minced thyme leaves
Liquid: 6 cups mushroom broth
Vegetable: 1 pound mushrooms, sliced
Garnish: minced low fat sour cream

CHICKEN ORZO SOUP

Aromatics: 1 diced onion, 2 minced cloves, garlic
Protein: 1 chicken breast, cooked and diced
Spices: half teaspoon dried thyme
Liquid: 6 cups chicken broth
Vegetable: half cup diced carrot, half cup diced celery
Garnish: Cooked orzo



HEALTHY SMOOTHIE COMBINATIONS



PHOTO: LS ARCHIVE

BANANA, MILK, OATS

MILK, BANANA, PEANUT BUTTER

MILK, CHOCOLATE PROTEIN POWDER, PEANUT BUTTER

YOGHURT, CHOCOLATE PROTEIN POWDER, BANANA

YOGHURT, MANGO, CINNAMON POWDER

BANANA, MILK, ORANGE JUICE

BANANA, ORANGE JUICE, YOGHURT

PINEAPPLE, MILK, BANANA

YOGHURT, SPINACH, BANANA

BANANA, SPINACH, LIME



CONTENTS OF PAGE 8 AND 9 HAS BEEN COMPLIED BY LS DESK WITH HELP OF TAMANNA CHOWDHURY, PRINCIPAL DIETICIAN, DEPARTMENT OF DIETETICS, APOLLO HOSPITALS, DHAKA