

The background of the image is a top-down view of various Indian spices and herbs arranged on a light-colored wooden surface. In the top left, there is a white bowl filled with dark brown, round peppercorns. Next to it is a clear glass jar containing finely chopped green herbs. To the right of that is another clear glass jar filled with bright orange-red powder. Further right, there are fresh green rosemary sprigs and a single brown star anise. In the middle left, several cinnamon sticks are laid out. Below the text, there is a green rectangular bar. At the bottom, there are several more bowls: one with yellow turmeric powder, one with bright red peppercorns, one with a mix of black, white, and red peppercorns, and one with light green cardamom pods. A bunch of fresh green parsley is in the bottom right corner.

INDIAN SUPERFOODS FOR GOOD HEALTH



AMLA

Amla is a nutrient-dense fruit that aids in the removal of toxins and the prevention of inflammation in the body.

It's high in vitamin C, antioxidants, and fiber, and it boosts metabolism.



ASHWAGANDHA

Ashwagandha, also known as Indian ginseng, is an adaptogen known for its immune-boosting and stress-relieving qualities.

"It also enhances general immunity, strength, energy, and endurance.



TURMERIC

This is an important ingredient for Indian cooking. Turmeric is known for its detoxification properties and is beneficial for the cardiovascular system

Some studies have also pointed out that it can fight certain types of cancers.



MAKHANA

Makhana is a light snack & doesn't have those excess calories. Makhana is the answer, it's good for health and tastes good too.

It promotes cardiac health, has anti-ageing properties and has a low glycemic index.



SPICES

Black pepper, cumin, coriander, fennel, fenugreek, and various other household spices are beneficial for one's general health.

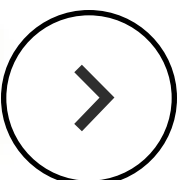
These spices (in moderation) signify goodness and can be used for detox.



TULSI

Tulsi, often known as Indian basil (or Holy basil), has long been used for its healing properties.

Tulsi is beneficial in any form, whether it is dried, fresh, or powdered.

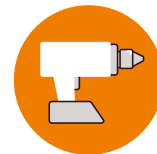


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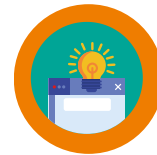
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