



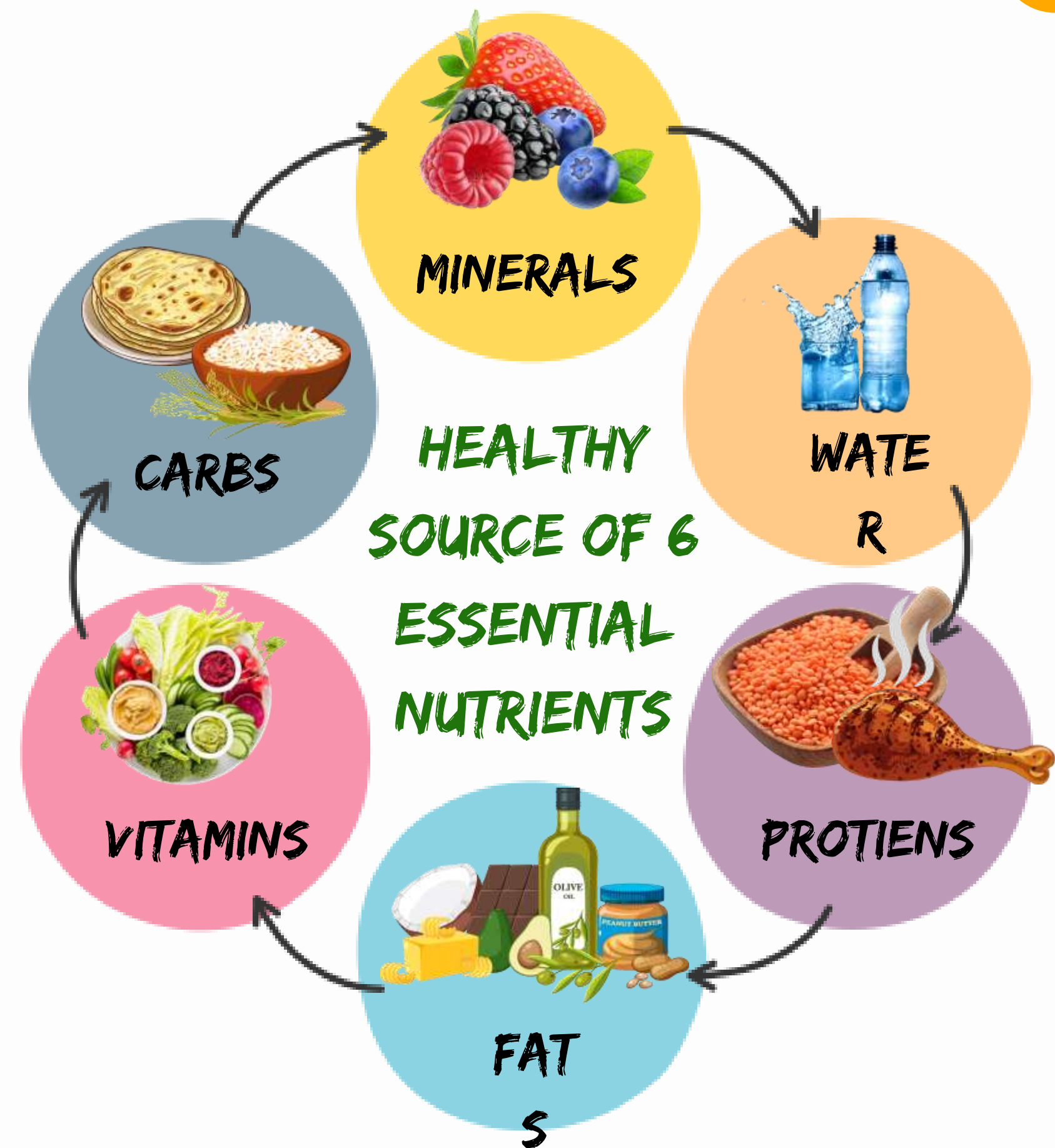
Smart Decisions for Better Living

Empowering you to heal
naturally through homely
food & lifestyle



FOOD IS FUEL

1



**Women's Nutritional
needs change as our
bodies change during
different stages of life.**





**During
Childhood**

**Similar Diet for Boy
& Girl**



**During
Teenage**

**Need more Calcium,
Iron & Vitamin D**



Young Adults

**Need more Calories
BMR**



Before & During Pregnancy

Need more of certain Nutrients, Protein, Calcium, Iron & Folic Acid



During Breastfeeding

Continue Eating Healthy Food while Breastfeeding, water is very Important



After Menopause

Lower levels of Estrogens after Menopause raise your risk for chronic disease. Such as Heart, Stroke, Diabetes, Osteoporosis.



5 Nutrients Women Need the Most

Vitamin B6

Banana, Peanuts, Some Fish

**Regulates Mood, Appetite &
Sleep**

5 Nutrients Women Need the Most

Vitamin B12

Yogurt, Egg & Mushroom

**Fights Fatigue, Improves
Alertness**



5 Nutrients Women Need the Most

Calcium

Palak, Ragi, Moringa

**Reduce PMS Symptoms &
Build and Maintain Strong
Bones**



5 Nutrients Women Need the Most

Iron

**Beetroot, Nuts & Seeds,
Anjeer**

**Proper Brain Function, Boost
Energy, Prevent Anemia**



5 Nutrients Women Need the Most

Folic Acid

**Legumes, Citric fruits,
Beetroots, Green Leafy
veggies**

**Prevent Brain and Spinal defects
in the first week of pregnancy
and lowers risk of breast and
colon cancer**

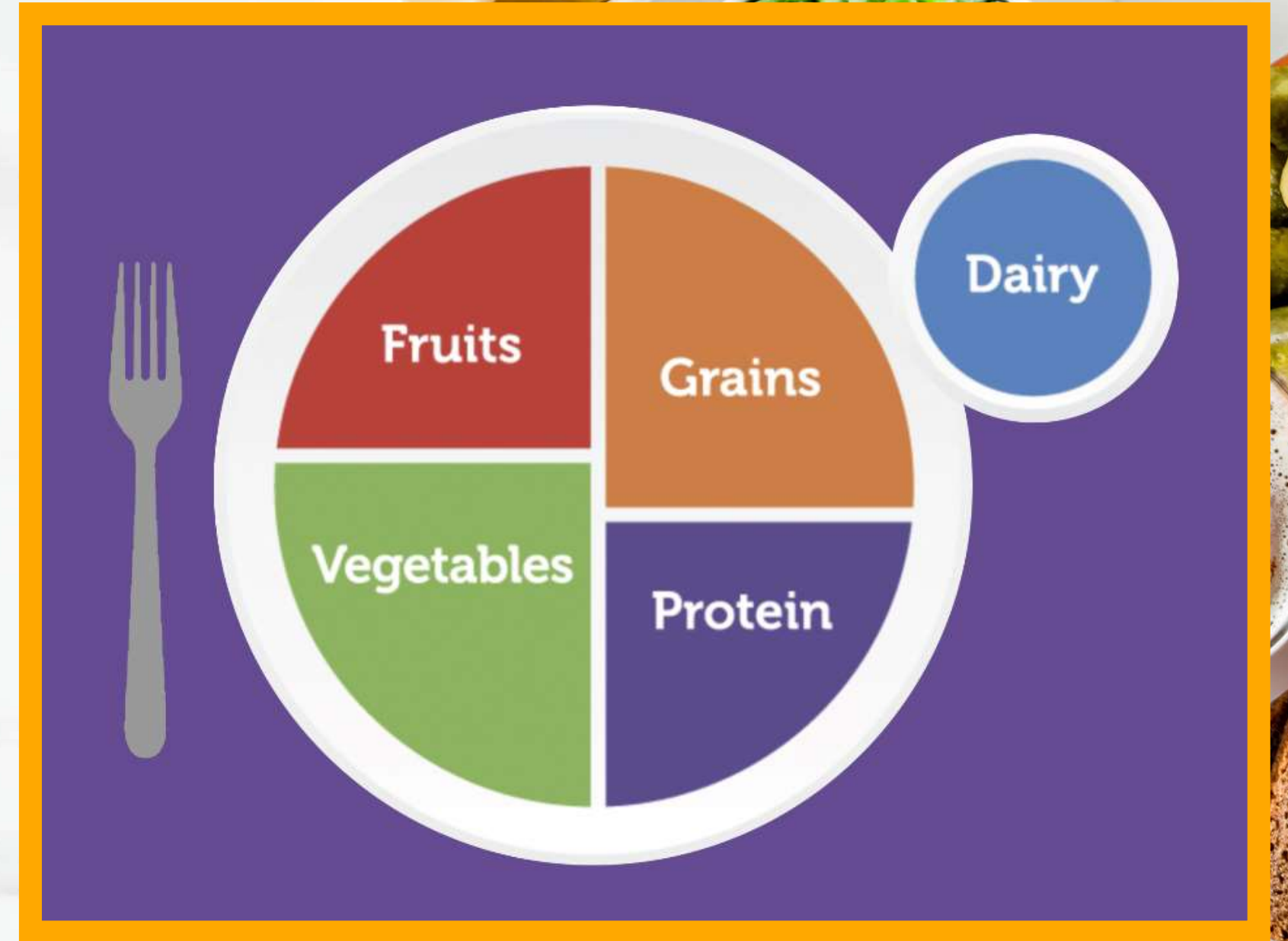


“What’s On Your Plate?”



“Was it colorful?
Did it have protein,
carbs, or just taste?”

My Plate: A Guide



A woman with her hair in a ponytail, wearing a white tank top and dark leggings, is performing a yoga tree pose on a grassy hill. She is standing on her right leg, with her left leg bent and foot resting on her right thigh. Her arms are raised straight up, with her hands clasped together above her head. The background is a soft, golden sunset over a body of water, with a few clouds visible. The overall mood is peaceful and serene.

**As a Working Women
We Must Try to**

A top-down view of a white surface filled with various breakfast items. In the top left, a bowl of mixed nuts sits next to a glass of milk and a banana. Below the nuts is a bowl of oatmeal topped with berries and nuts. To the left of the oatmeal are waffles. In the center, a plate holds two sunny-side-up eggs, two strips of bacon, and a slice of orange. To the right of the plate is a glass of orange juice. Below the plate is a cup of coffee on a saucer, next to a waffle. At the bottom, there are slices of bread, cheese, and ham.

**"Raise your hand if
you skip breakfast
often. Why?"**

**Have All Meals
Everyday Without Fail**



**Take Lunch Box with
Home Cooked Food
to work**



**Replace Your
Coffee/Tea with
Fresh Lime Juice or
Coconut Water**





**Avoid having
Biscuits, Chips & Fry
Snacks During
Meetings**





**Eat Local, Seasonal
Fresh Fruits &
Vegetables as far as
Possible**



How many of you
check food labels
before buying any
Food Products ?

One serving 80g contains*

Energy 259kJ/ 62kcal	Fat 1.4g	Saturates 0.3g	Sugars 5.9g	Salt <0.01g
3%	2%	2%	7%	<1%

of the reference intake. Reference intake
of an average adult (8400kJ/2000kcal)
Typical energy values per 100g*: 324kJ/77kcal



**Take a Break and
Stand up from Your
Seat after every
30 Minuts**

Preventive Check Ups



Age Group	Test	Frequency
After 30	CBC, Vitamin D3, TSH, Lipid Profile, HBA1C	Once in a Year
After 40		Every 6 Months
After 50		Every 3 Months

Typical Day in Life

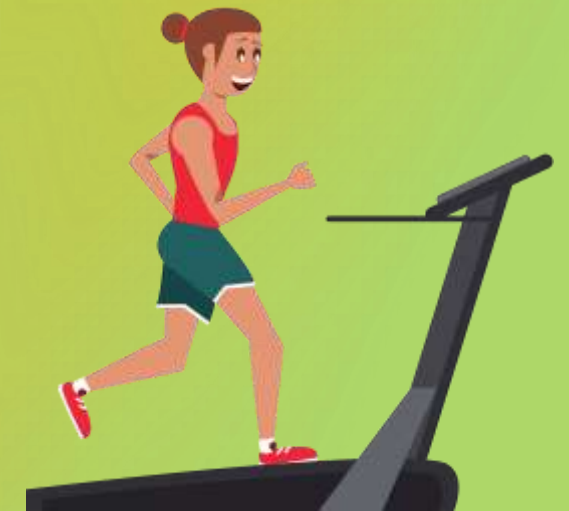
START YOUR DAY

Warm Water



EXCERCISE

30 Minutes



SUNLIGHT

15 Minutes



Typical Day in Life

HEALTHY BREAKFAST

Fresh fruits,
Nuts, Idili, Poha etc



HYDRATE YOURSELF

3-4Ltr



HEALTHY LUNCH

Protien, fibre and carbs



Typical Day in Life

IDEAL POSTURE WHILE EATING

Avoid Dining Table



SNACKS

Prefer Homemade



EARLY DINNER

Before 7:30pm

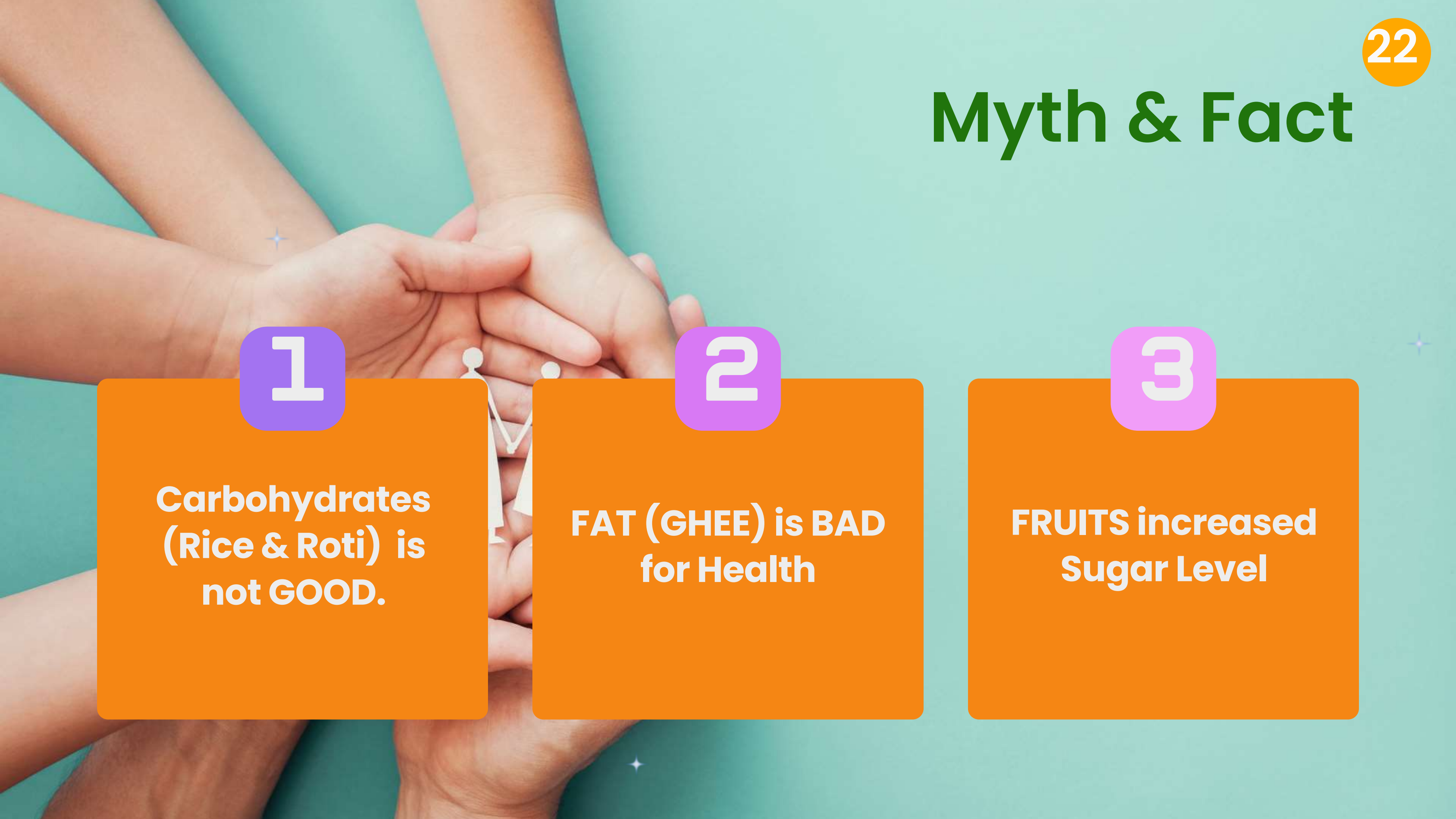


NIGHT ROUTINE

7-8 hours of sleep,
no phone, gratitude



Myth & Fact

The background of the slide features a close-up of several hands of different skin tones stacked together in a supportive gesture. In the center, held within the palms, is a small white silhouette of a family consisting of two adults and two children. The overall aesthetic is clean and modern, with a teal background and decorative star-like sparkles.

1

**Carbohydrates
(Rice & Roti) is
not GOOD.**

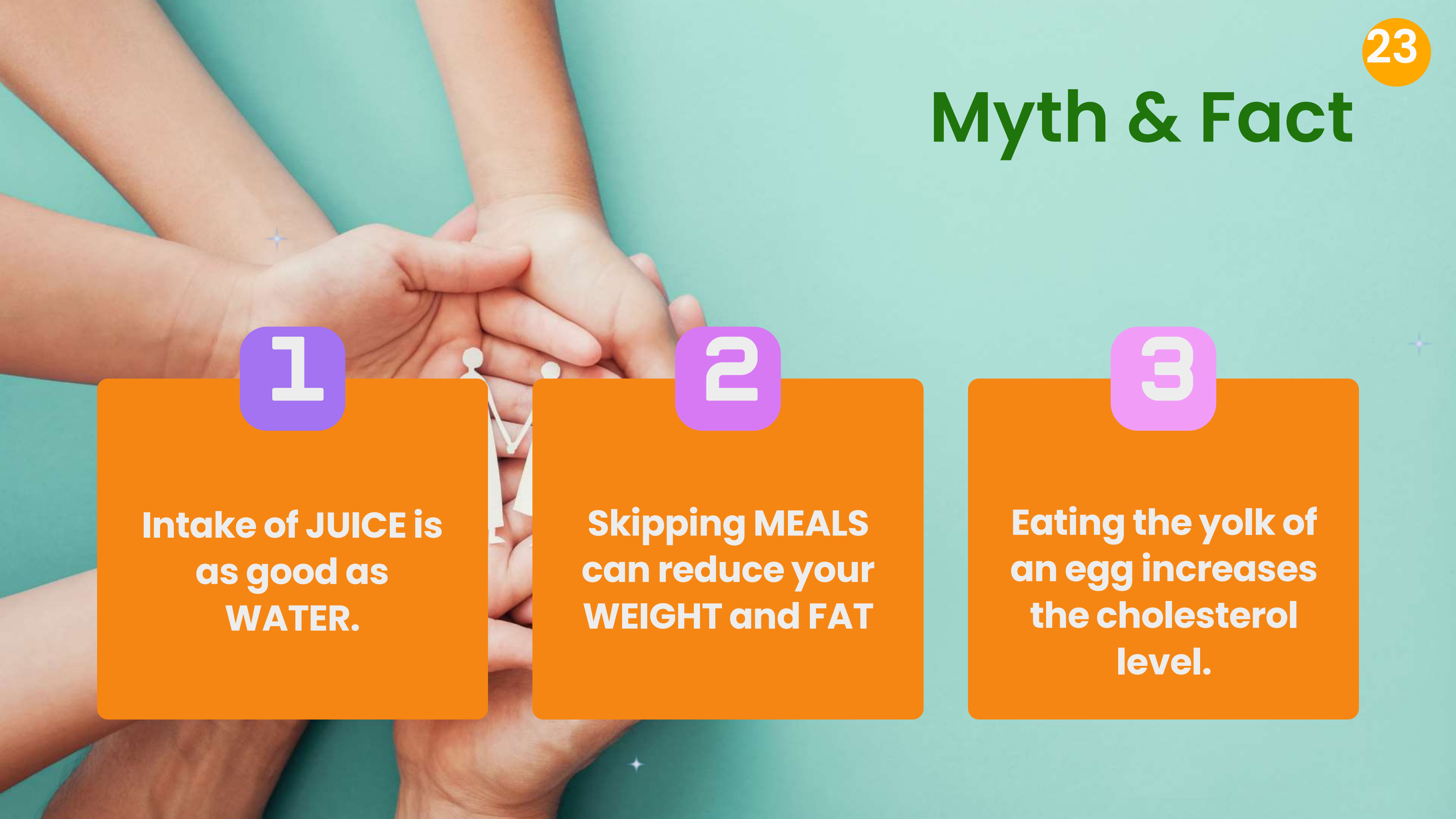
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**FAT (GHEE) is BAD
for Health**

3

**FRUITS increased
Sugar Level**

Myth & Fact



1

Intake of JUICE is
as good as
WATER.

2

Skipping MEALS
can reduce your
WEIGHT and FAT

3

Eating the yolk of
an egg increases
the cholesterol
level.

BONUS TIPS

Replace medicines with ingredients in your kitchen

1

STOMACH PAIN AND ACIDITY

- 2 Tsp Cumin
- 2 Tsp Carom
- 2 Tsp Fennel
- 1 Tsp Hing Powder
- 1 Tsp Black salt

+

2

PERIOD PAIN

- 1 cup water – 1 Tsp ghee
- Twice a day

3

KNEE PAIN

- Apply Sesame oil
- Take 15 min of Sunlight
- Dip your knee in hot water(42 degree celcius)

BONUS TIPS

Replace medicines with ingredients in your kitchen

4

LOOSE MOTION

- 1 tsp Cumin Seeds with warm water

5

COLD COUGH

- Ginger dipped in Honey
- Chew it

Name: Ajay
Age: 41
Location: Bangalore

90 Days of
Transformation

16 Kg weight loss



Parameters	23rd Jan 2025	26th April 2025	Conclusion
HBA1C	6.4	5.5	Normal
VIT B12	148	222	Normal
Total Chol	221	179	Normal
VIT D3	75	175	Normal
Hemoglobin	10	12.1	Normal

Name: Ajay
Age: 44
Location: Singapore

Improvement:

He was suffering from Acidity for the last 20 years, even medicine doesn't work.

With a simple diet, he was able to control and bring his life back to normal.

Nutritionist Dr. Mamta Kumari

5.0 ★★★★★ (41)

Nutritionist · Patel green front

Closed · Opens 9 am ·

098190 16005



Website



Directions



"Her diet plan and workout sessions are very helpful."



Nutritionist Dr. Mamta Kumari



Overview

Reviews

About



Ajay Nandagiri

4 reviews · 28 photos



★★★★★ 3 months ago

Thanks a lot Dr Mamta Kumari. If we have a rating more than 5, I would love to give. Let me share my story "I am suffering with gut (acidity) problem since 20+ years, due to same I had migraine and related issues. After following your course of diet plan, I just started seeing myself change in less than 15days. It's like a magic. Today after close to 3 months I almost got rid of this issue which I was suffering for past 20 years." Apart from diet plan, your suggestions in general life style changes bring big difference to me. Everything is natural. Thanks a lot for all your suggestions. Who ever wants to get rid of medicine for any issue must consult Dr. Mamta Kumari and go for natural remedies. I wish you all the very best for new clients and thanks a lot for everything.

Key Learning	Takeaway
Balanced Diet	All nutrients in the right amount
Variety	Add color and diversity to meals
Water	Minimum 6–8 glasses daily
Say No to Junk	Prefer home-cooked & fresh food
Family & Schools	Play a key role in forming habits





Nutrition is not about restrictions; it's about awareness and balance.

Every small change you make in your plate today builds a healthier you tomorrow.



Get in Touch

We're here to assist you on your journey to healthier living with personalized support and product guidance. Reach out to our team for any inquiries, orders, or additional information – your health is our priority!

Contact Information



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