FOOD IS MEDICINE
Important sources of essential nutrients

- Calories
  - Sweet potato, potato, onion, pumpkin, onion, banana, etc.

- Iron
  - All leafy vegetables, dates, raisins, guava, etc.

- Proteins
  - Peas, cowpea, etc.

- Calcium
  - Curry leaves, drumstick, spinach and all the other leafy vegetables, custard apple, etc.

- Vitamin A
  - Carrots, spinach, Amaranthus, methi leaves, drumstick leaves, pumpkin, mango, papaya, tomato, etc.

- Vitamin C
  - Leafy vegetables, tomato, orange, lemon, guava, mango, etc.

- B-Complex
  - Peas, broad beans, tomato, banana, grapefruit, bhindi, capsicum and other vegetables.