

# Pregnancy Time Food Guide Malayalam

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### **Food Guidelines for Basic Constitutional Types**

Food Guidelines for Basic Constitutional Types NOTE: Guidelines provided in this table are general Specific adjustments for individual requirements may need to be made, eg, food allergies, strength of agni, season of the year and degree of dosha predominance or aggravation \* okay in moderation \*\* okay rarely VATA PITTA KAPHA AVOID FAVOR AVOID FAVOR AVOID FAVOR FRUITS Generally most ...

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