

Newsletter

Makhana is your go to snack, if you are looking at Weight Management

Makhana, also known as fox nuts or water lily seeds, is a popular snack in India that offers a variety of health benefits. Rich in fiber, protein, and antioxidants, makhana can be a valuable addition to a weight management plan.



Nutritional Profile of Makhana:

A 100-gram serving of makhana typically contains:

Calories: Approximately 370 calories

Protein: Around 18 grams of protein

Fiber: Approximately 6 grams of fiber

Carbohydrates: Approximately 370 calories

Fat: Approximately 1 gram of fat



How Makhana Helps with Weight Management:

Promotes satiety

The fiber content in makhana helps you feel full for longer, reducing overall calorie intake.

Low in calories

Makhana is a low-calorie snack, making it a great alternative to high-calorie snacks.

Nutrient-dense

Makhana provides essential nutrients without adding excessive calories.

Can help manage cravings

Makhana provides essential nutrients without adding excessive calories.

Practical Makhana Recipes

Makhana and Vegetable Stir-Fry

Sauté makhana with your favorite vegetables like beans, carrots, and bell peppers. Season with ground chillies, ginger, and garlic.



Makhana and Fruit Salad

Toss roasted makhana with chopped fruits like apples, bananas, and muskmelons. Add a dash of lime and honey for extra zing

Makhana Khichdi

Cook makhana with vegetables like potatoes, carrots, and peas. Season with cumin seeds, turmeric, and salt.



Makhana Ladoo

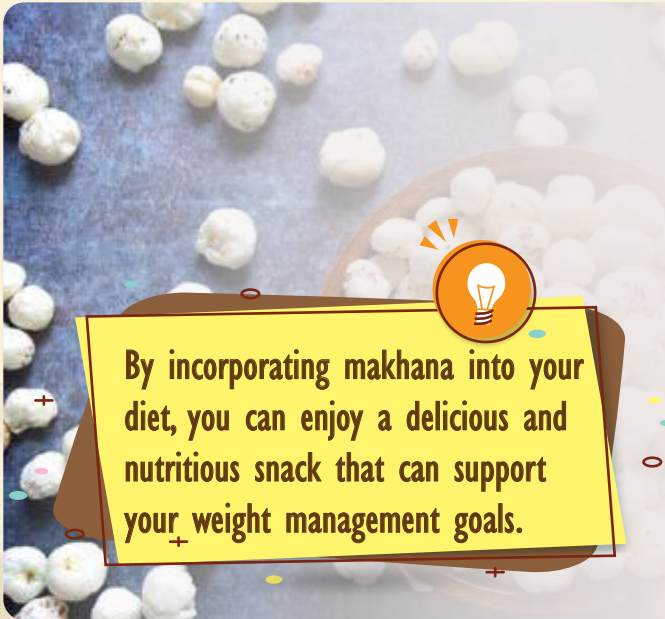
Combine roasted makhana with palm jaggery, ghee, and cardamom powder. Shape into small balls and roll in coconut flakes.

Tips for Incorporating Makhana into Your Diet:

Roast makhana: Roasting makhana enhances its flavor and adds a satisfying crunch.

Use as a topping: Sprinkle makhana over salads, soups, or oatmeal for an extra boost of nutrients.

Experiment with flavors: Try different seasonings and spices to find your favorite makhana combinations.



By incorporating makhana into your diet, you can enjoy a delicious and nutritious snack that can support your weight management goals.

For doubts and queries, please reach out: **Dr. Shanti Vijeyapall - 9866101009**