

## Rujuta Diwekar

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### Rujuta Diwekar

India's leading nutrition and exercise science expert, Rujuta Diwekar is a vocal champion of using our common sense and un - complicating the act of eating.

### Rujuta Diwekar

India's leading sports science and nutrition expert, Rujuta Diwekar is a vocal champion of using common sense and uncomplicating the act of eating right.

### Rujutadiwekarofficial - YouTube

885.4k Followers, 216 Following, 1,925 Posts - See Instagram photos and videos from Rujuta Diwekar (@rujuta.diwekar)

### Rujuta Diwekar (@rujuta.diwekar) • Instagram photos and videos

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### Rujuta Diwekar (@rujutadiwekar) • Twitter

Rujuta Diwekar, Mumbai, India. 892K likes. Eat local, think global.

### Rujuta Diwekar - Home - Facebook

Celebrity nutritionist and author Rujuta Diwekar took it to her Instagram and shared the benefits of this magical combo. She wrote, "Finish your lunch with a little jaggery and ghee. Rich in ...

### Rujuta Diwekar recommends this 'rustic' dessert post lunch ...

Rujuta Diwekar, a well-known celebrity in the diet and nutrition space. You might have heard many Bollywoodood celebrities or business tycoons opting for her diet consultation. She is the winner of 'nutrition award' from the Asian Institute of Gastroenterology. (1)

### Rujuta Diwekar Diet Plan - A Complete Wellness Blog

Rujuta, the last pick of yours is completely based on biasness. You could definitely have featured girls who survived acid attacks, stood tall and reshaped their lives. The rest of the women are worth mentioning because they got recognized on their skills and merits without any backing.

### Rujuta Diwekar

— Rujuta Diwekar (@RujutaDiwekar) July 20, 2018. **आयुर्वेद में अमृत अणु** का अर्थ है 'जैविक अणु', जिससे आयुर्वेद में अमृत अणु का अर्थ है 'जैविक अणु' ...

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Rujuta Diwekar works out of Mumbai, practises yoga in Rishikesh, ideates in Uttarkashi and treks in the rest of the Indian Himalayas. For over fifteen years she has worked with people from all walks of life on fitness and diet-related issues. Her celebrity clients include Kareena Kapoor Khan, Saif Ali Khan, Alia Bhatt, Varun Dhawan and Anil Ambani.

### Don'T Lose Your Mind, Lose Your Weight eBook: Diwekar ...

Celebrity nutritionist Rujuta Diwekar recently took to Instagram to talk about the importance of incorporating aliv seeds in your daily diet. "In Ayurveda, it has been regarded as one of the foods which help in recovery postpartum," she said in an Instagram video. The nutritionist went on to answer FAQs on aliv seeds as well.

### Benefits of aliv seeds: Preventing hair loss to postpartum ...

Rujuta Diwekar, Winner of the 'Nutrition award' from Asian Institute of Gastroenterology, is the most qualified and sought after Nutrition and sports science expert in the country. In the plethora of diet fads and fears, her voice rings loud and clear, urging us to use our common sense and uncomplicate the act of eating.

### Rujuta Diwekar

As part of National Nutrition Week (September 1 to 7), celebrity nutritionist and author Rujuta Diwekar shared the 10 basics of good health. According to Rujuta, who has trained celebrities like...

### Rujuta Diwekar's 10 tips for good health - Rediff.com Get ...

Celebrity nutritionist Rujuta Diwekar in an Instagram post shared how can one stay fit while working from home. Also Read - How Keeping Windows Open Will Help You Get Rid of COVID-19 at Home The...

### Rujuta in her latest video shares how can we stay fit and ...

Well-known celebrity nutritionist Rujuta Diwekar has transformed several leading ladies of Bollywood through her power-packed diet. Just following her diet plan, coupled with some basic exercises...

### Follow This Diet Plan by Celebrity Nutritionist Rujuta ...

Celeb Nutritionist Rujuta Diwekar Shares 5 Food Tips For Children Pursuing School From Home Although the school from home facility helped the students to continue their studies without being...

### Celeb Nutritionist Rujuta Diwekar Shares 5 Food Tips For ...

Rice is good for all 12 months but don't forget millets like jowar, bajra, ragi or even the kuttu, rajgeera, samo, etc An exclusive look at Rujuta Diwekar's 12-week fitness project

### An exclusive look at Rujuta Diwekar's 12-week fitness project

Here's how Rujuta has Kareena starting her day.