

RIWA SLIM

WEIGHT LOSS GUIDE

Your Complete Guide to a Healthier, Fitter & Happier You

BEFORE



AFTER



Boosts
Metabolism



Supports
Fat Burning



Improves
Digestion



Natural &
Ayurvedic

NATURAL INGREDIENTS | SAFE & EFFECTIVE | SUSTAINABLE RESULTS

RIWASLIM.

INGREDIENT-FOCUSED GUIDE

Your Comprehensive Guide to
RIWASLIM'S Potent Ingredients.

INGREDIENTS



Zingiber officinale
(Ginger)



Trigonella foenum-
Graecum



Coriandrum Sativum



Polygosum
Verticillatum



Terminalia
Chebula



Plantago
Ovata



Elettaria
Cardamomum



Nigella
Sativa



Foeniculum
Vulgare



Cassia
Angustifolia



Mentha Myristica



Curcuma
Longa



Cichorium
intybus



Terminalia
bellirica



Phyllanthus
emblica



Cinnamomum
Verum



*Just know the power of each ingredient!
Unlock your potential!...*



Boosts
Metabolism



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Improves
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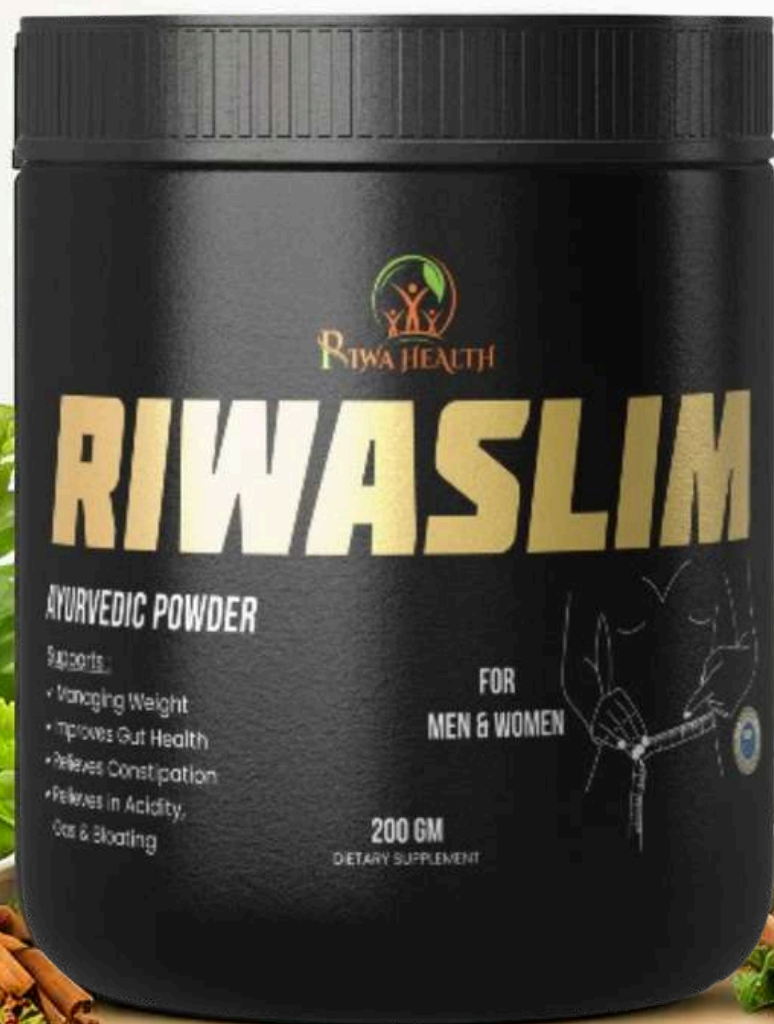


Natural &
Ayurvedic

RIWAGLO

WEIGHT LOSS GUIDE

Your Complete Guide to a Healthier, Fitter & Happier You



What's inside



Know your BMI



About Nutrition



Ways to lead a healthy lifestyle



Ideal body Weight & Height



Calorie Needs for Women



Calorie Needs for Men



Healthy balanced diet for everyone



Diabetic Diet



Weight Loss Diet Plan



Introducing the journey to a healthier you!

Embark on a journey to transform the way you think about food.

No more counting calories or depriving yourself of the flavors you love.



*Just know yourself and eat right!
Let's dive right in!...*



Calculate your BMI

$$\text{BMI} = \frac{\text{Your weight in kg}}{(\text{Your Height in meter})^2}$$



< 18.5
Underweight



18.5 – 24.9
Normal



25 – 29.9
Overweight



30 & above
Obese

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 Boosts Metabolism

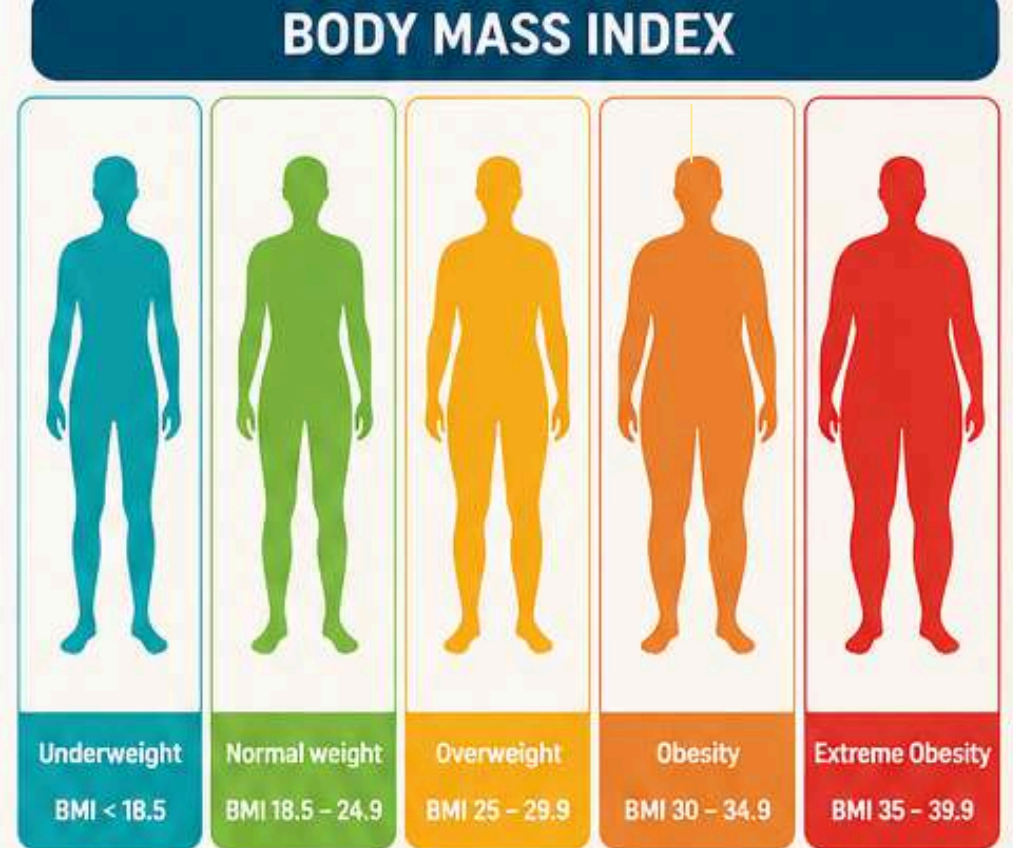
 Supports Fat Burning

 Improves Digestion

 Controls Cravings

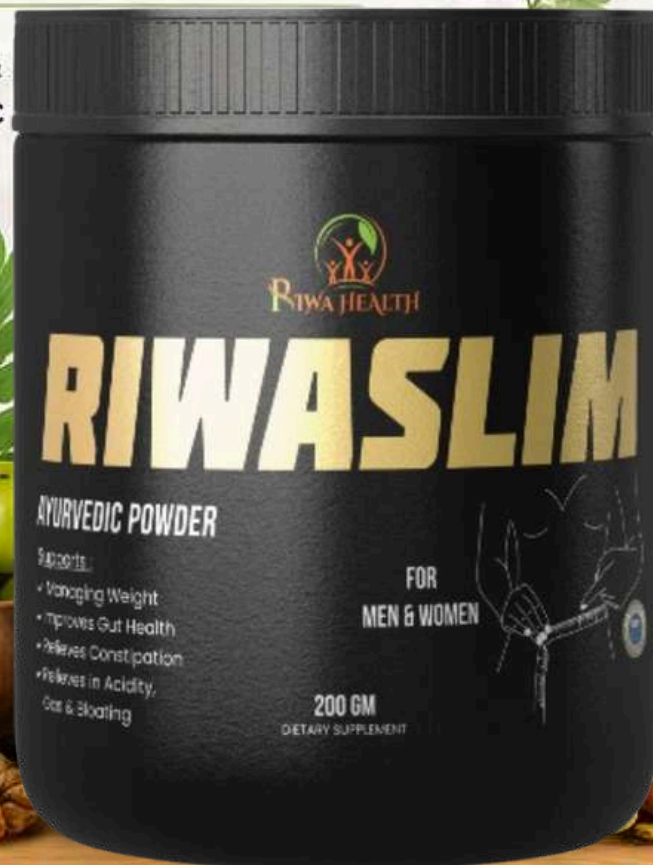
 Detox & Cleansing

 Natural & Ayurvedic



ABOUT NUTRITION

Nutrition is the process of providing or obtaining the food necessary for health and growth. It is a critical part of health and development, and better nutrition is related to improved infant, child, and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.



Just know yourself' and eat right!
Let's dive right in!



Know your BMI



Eat Right



Live Healthy



NATURAL
INGREDIENTS



SAFE &
EFFECTIVE



SUSTAINABLE
RESULTS



HOLISTIC
WELLNESS

RIWAGLO

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EAT HEALTHY FOOD

Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains.



REDUCE THE AMOUNT OF SALT AND SUGAR

Reduce your salt intake to 5g per day. In both adults and children, the intake of free sugars should be reduced to less than 10% of total energy intake.



REDUCE INTAKE OF FATS

Fats consumed should be less than 30% of your total energy intake.



DON'T DRINK

There is no safe level for drinking alcohol.



DON'T SMOKE

Smoking tobacco causes NCDs such as lung disease, heart disease and stroke.



BE ACTIVE

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.



Small changes today, healthy life tomorrow!



EAT RIGHT

Choose nutritious food every day



MANAGE WEIGHT

Maintain a healthy body weight



STAY HEALTHY

Reduce risk of chronic diseases



LIVE BETTER

Feel good, look good, live longer



DAILY DIET PLAN (WEIGHT LOSS SUPPORT)

TIME	MENU
 6:00 AM	+ Riwaslim (1 serving in warm water)
 8:00 AM	Idly (2-4 pcs) / Dosa (2 nos) / Veg Sandwich (2-4 slices) / Upma (1 cup) with chutney
 11:00 AM	Any porridge (150 ml) OR Veg salad (1 cup)
 1:00 PM	Rice (200-250 gm) OR Chapati (2-3 pcs) + 1 serving vegetables + 1 serving dal + Curd (50-70 gm)
 4:00 PM	Tea (1 cup) OR 2 servings fruit OR Nuts / 5 biscuits
 6:30 PM	Riwaslim (2nd serving in warm water)
 8:00 PM	Same as lunch (prefer chapati, reduce rice quantity)
 10:00 PM	Milk / Buttermilk



CALORIE GUIDANCE (MEN)

AGE	SEDENTARY	MODERATE	HEAVY
 19-30	2400-2600	2600-2800	3000
 31-50	2200-2400	2400-2600	2800-3000
 51+	2000-2200	2200-2400	2400-2800



Based on your height if your weight is normal

Then burning calories should be 500 - 1000/day



But if your weight is more then consume less calories and burn more calories

HEIGHT	WEIGHT	
	MEN	WOMEN
4'11 INCH	47 - 50 KGS	45 KGS
5'0 INCH	50 - 52 KGS	49 KGS
5'1 INCH	53 - 55 KGS	52 KGS
5'2 INCH	55 - 57 KGS	54 KGS
5'3 INCH	57 - 60 KGS	60 KGS
5'4 INCH	60 - 62 KGS	62 KGS
5'5 INCH	62 - 65 KGS	64 KGS
5'6 INCH	65 - 67 KGS	66 KGS
5'7 INCH	67 - 70 KGS	69 KGS
5'8 INCH	70 - 72 KGS	72 KGS
5'9 INCH	72 - 75 KGS	75 KGS
5'10 INCH	75 - 77 KGS	77 KGS
5'11 INCH	80 - 82 KGS	80 KGS
6' 0 INCH	82 - 85 KGS	82 KGS

ACCORDING TO RDA(RECOMMENDED DIETARY ALLOWANCES) FOR INDIANS

Calorie Needs for Women

AGE	SEDENTARY	MODERATE	HEAVY
19 - 30	1800 - 2000	2000 - 2200	2400
31 - 50	1800	2000	2200
51+	1600	1800	2000 - 2200

DO's



Prefer **Small & Frequent** Meals



Include at least 2 servings of **Fruit / Day**



Include 2 servings of **veggies** in Day



Include **300 mL** of Milk/ Day



Include a fistful of **nuts seeds** in day



Include **9 glasses** of Water/ Day



Include **lean meat** like skinless chicken twice in a week



Include **fish** weekly twice, **egg white** can have daily



DON'Ts



Don't consume **red meat**



Don't prefer **big meals** at a time



Don't prefer **outside** food



Consume less **oily** foods



Don't drink **tea** immediately after lunch or dinner



GOOD HABITS TODAY, HEALTHY LIFE TOMORROW
FOLLOW RIWAGLO, FOLLOW A BETTER YOU





Eat slowly and stop eating when you're 80% full.



Save the starchy carbohydrates for after your exercise.



Choose mostly whole foods with minimal processing.



Choose local or organic foods when possible.



Use smaller or larger plates based on your body size.

DIABETIC DIET WITH RIWASLIM

POWERED BY
RIWASLIM

TIME	MENU
6.00 AM	Warm water with Riwaslim (1 scoop) empty stomach
8.00 AM	IDLY WITH VEGETABLE (3 PCS) / DOSA (2 NO) / UPMA/ PHULKA (2 NO) WITH VEG CURRY/ NO COCONUT AND GROUNDNUT CHUTNEYS
11.00 AM	OATS JAVA/ JOWAR PORRIDGE/ DIABETICALLY SAFE FRUIT (100GM) (Low Glycemic Index Fruits Preferred)
1.30 PM	BROWN RICE (150 GM) & VEG CURRY (100GM) & LEAFY VEG DHAL (100GM) & BUTTERMILK (100ML)
4.30 PM	VEG SALAD/ SPROUTS SALAD/PUFFED RICE/ POHA (Avoid deep fried snacks)
6.00 PM	Warm water with Riwaslim (1 scoop)
8.00 PM	PREFER ONLY WHEAT OR JOWAR PRODUCTS AT NIGHT WITH MORE VEGETABLE CURRY (Less Rice)
9.30 PM	MILK/BUTTER MILK (Low Fat)

THE ABOVE DIABETIC DIET WITH RIWASLIM CONTAINS 1600 – 1700 K.CAL OF ENERGY

INSTRUCTIONS

1 Eat small and frequent meals to control your sugars

2 Completely avoid the simple carbs, prefer complex carbs (no sugar, honey and Jaggery)

3 Include more fiber to control your hunger panics

4 Include apple, guava, papaya, pomegranate, musk melon and watermelon only one fruit per day

5 Don't include mango, chikoo, custard apple, banana, jack fruit and grapes

6 Don't include rice in night times

7 Include more of fiber foods like vegetables

8 At least 45 min of physical activity to control your sugars

9 Don't include deep fried and madhya products

10 Prefer fruits than fruit juices

11 Include chicken and fish weekly once (75 - 120 gm)

12 Egg white can have daily, with yellow weekly once

HEALTH BENEFITS OF RIWASLIM

NATURAL INGREDIENTS • POWERFUL RESULTS



POWER OF NATURAL INGREDIENTS



GINGER

Boosts metabolism and aids digestion



CUMIN SEED

Improves digestion and helps in fat metabolism



CORIANDER

Detoxifies body and supports weight loss



FENUGREEK

Controls appetite and reduces body fat



TRIPHALA

Improves digestion, metabolism and detoxification



CINNAMON

Regulates blood sugar and supports fat burning



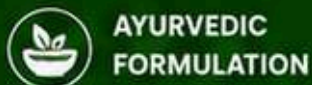
TURMERIC

Reduces inflammation and boosts immunity



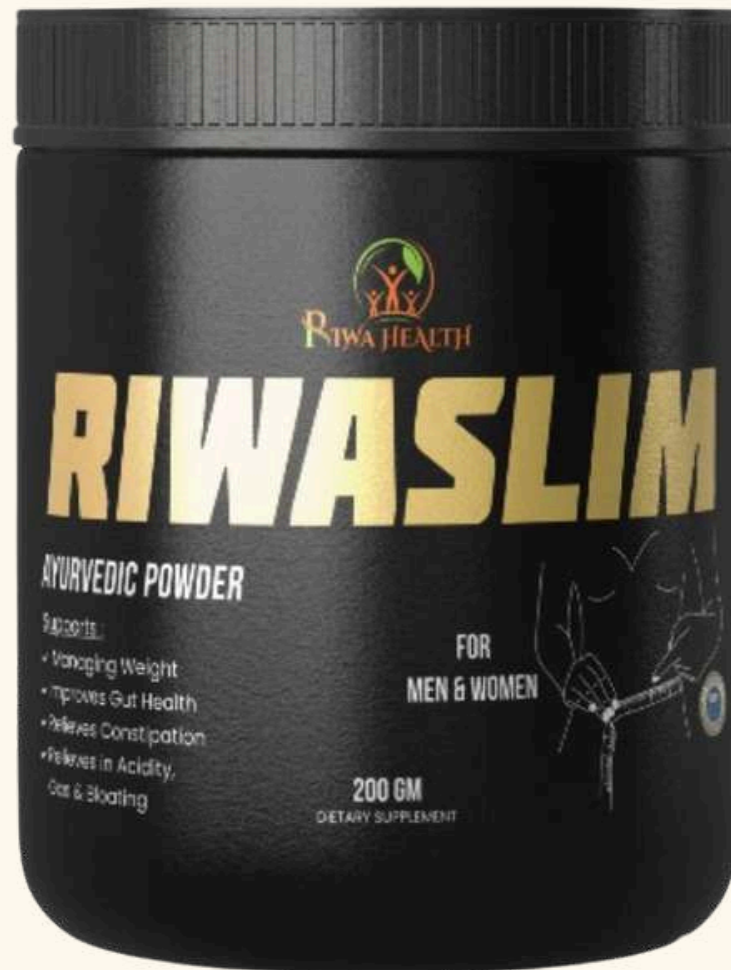
GREEN TEA EXTRACT

Rich in antioxidants, boosts metabolism and fat oxidation



Riwaglo

CREATE FUTURE



MANAGE WEIGHT



IMPROVES GUT HEALTH



RELIEVES CONSTIPATION



RELIEVES IN ACIDITY



FAT & BLOATING



RIWAGLO HEALTHCARE

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NATURAL & SAFE



AYURVEDIC FORMULA



NO SIDE EFFECTS



HEALTHY LIFESTYLE



EAT RIGHT • STAY FIT • LIVE BETTER

