



**AN OVERVIEW ON NUTRITIONAL ASPECTS OF VEGETARIAN AND NON-
VEGETARIAN DIET**

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ABSTRACT

Ahara plays an important part in the maintenance of health. Ahara that we eat not only affects our body and mind, but directly affects our nature and habits. Improper intake of ahara can affect our nutrient intake also. No medicine can perform well unless it is accompanied with proper food. The classification of the different aharavarga with detailed description of its attributes on the basis of their panchabhautika predominance can be found in classics. Humans depend upon vegetarian and non-vegetarian sources for food. But less people have awareness on the nutritional aspects of each type of food. Either due to religious reasons or due to preferences, people adhere to any of the type of diet ending in nutritional deficiency disorders. The judicious blending of different types of food can lead to a better nutrition.

KEYWORDS: Nutrition, Aharavarga, Vitamins, Dietary fibre.

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