

Rujuta Diwekar

Amongst the most qualified & sought after nutrition & wellness experts in India, Rujuta Diwekar is a vocal champion of using our common sense and un-complicating the act of eating. In 2005, Rujuta started "Run With Rujuta," India's first marathon training program. In April 2008, Diwekar rose to fame for helping Bollywood actress Kareena Kapoor Khan achieve a "size zero" body for her ... In an exclusive interview amid her jam-packed schedule in Delhi, Rujuta busts myths about diets, fads and starvation. 2M Followers, 350 Following, 3,128 Posts - Rujuta Diwekar (@rujuta.diwekar) on Instagram: "Local. Seasonal. Traditional. NO Paid campaigns, brand endorsements, collaborations or products to sell. ... Rujuta Diwekar is one of India's most respected nutritionists, fitness experts, and authors, known

for her realistic and rooted approach to diet and wellness. She promotes local, seasonal, and traditional ... An easy to prepare drink that's made with buttermilk, kulith (horse gram) and spices, Kalan is traditionally used to keep the body cool in the hot summers. It's the perfect drink for late nights, after ... May 4, 2026 · The hidden reason behind your weight loss struggle You are trying to lose weight, but your stomach is not getting flat because the issue is not effort but approach. In an Instagram post, Dr ... Rujuta Diwekar - the famous nutritionist behind Kareena Kapoor's body transformation to "size zero," is one of the most renowned sports science and nutrition experts in the Bollywood industry. Rujuta Diwekar is India's leading public health advocate and amongst the most followed nutritionists globally. Her books have sold more than 17.5 lakh copies and her videos

have received more... Mar 26, 2025 · Who is Rujuta Diwekar? A sports science graduate and one of India's top nutritionists, Rujuta Diwekar is best known for championing the local-food movement long before it was a buzzword.

Rujuta Diwekar: The ghar ka khana nutritionist - Hindustan Times

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Rujuta Diwekar's New Book: The Commonsense Diet

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Dr Rujuta Diwekar reveals the real reason your flat stomach goal is ...

Rujuta Diwekar

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