

Sample Diet Chart for Hair Health

Maintaining healthy hair requires a balanced diet rich in essential nutrients. This sample diet chart is designed to help you improve hair health and reduce hair fall.

Breakfast

- Scrambled eggs (rich in biotin) or a bowl of oatmeal.
- A handful of nuts like almonds or walnuts.
- Fresh fruit juice (preferably orange or grapefruit for vitamin C).
- A slice of whole-grain toast with avocado spread.

Mid-Morning Snack

- A small bowl of mixed berries (strawberries, blueberries, etc.).
- A cup of green tea for antioxidants.

Lunch

- Grilled salmon or a vegetarian protein like lentils (rich in omega-3 fatty acids).
- A large bowl of leafy greens (spinach, kale) with olive oil dressing.
- Brown rice or quinoa for essential carbohydrates.
- A side of steamed vegetables like carrots and broccoli.

Evening Snack

- A handful of sunflower or pumpkin seeds (rich in zinc).
- A smoothie made with banana, spinach, and almond milk.

Dinner

- Grilled chicken or tofu stir-fried with colorful vegetables.
- A serving of sweet potatoes for beta-carotene.
- Whole-grain roti or a small portion of brown rice.

- A bowl of curd or yogurt (probiotic and calcium-rich).

Before Bed

- A warm glass of milk or chamomile tea.

This sample diet chart is a general guide. For personalized diet plans, consult Dietitian Prarthana Goyal at Dear Health by Prarthana.