



Eat Right India

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Eat Right India Movement – Three Pillars



Eat Safe

- Personal/Surrounding hygiene
- Hygiene and Sanitation in food value chain
- Combating adulteration
- Eliminate toxic residues in food
- Prevent hazards of used cooking oil

Food that is 'Not safe' is not food



Eat Healthy

- Balanced diet: less and timely
- Diet diversification: Eat variety
- Eliminate industrial trans-fats
- Reduce Salt, Sugar and Saturated fats
- Eat fortified staples

Diets are not only for the palate, but for body and mind



Eat Sustainable

- Eat local and seasonal foods
- No food waste
- Reduce, recycle plastics
- Conserve water in food processing
- Reduce chemicals in food chain

Sustainable Diets are good for both people and planet

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