



GPS Map Camera

Haflong, Assam, India

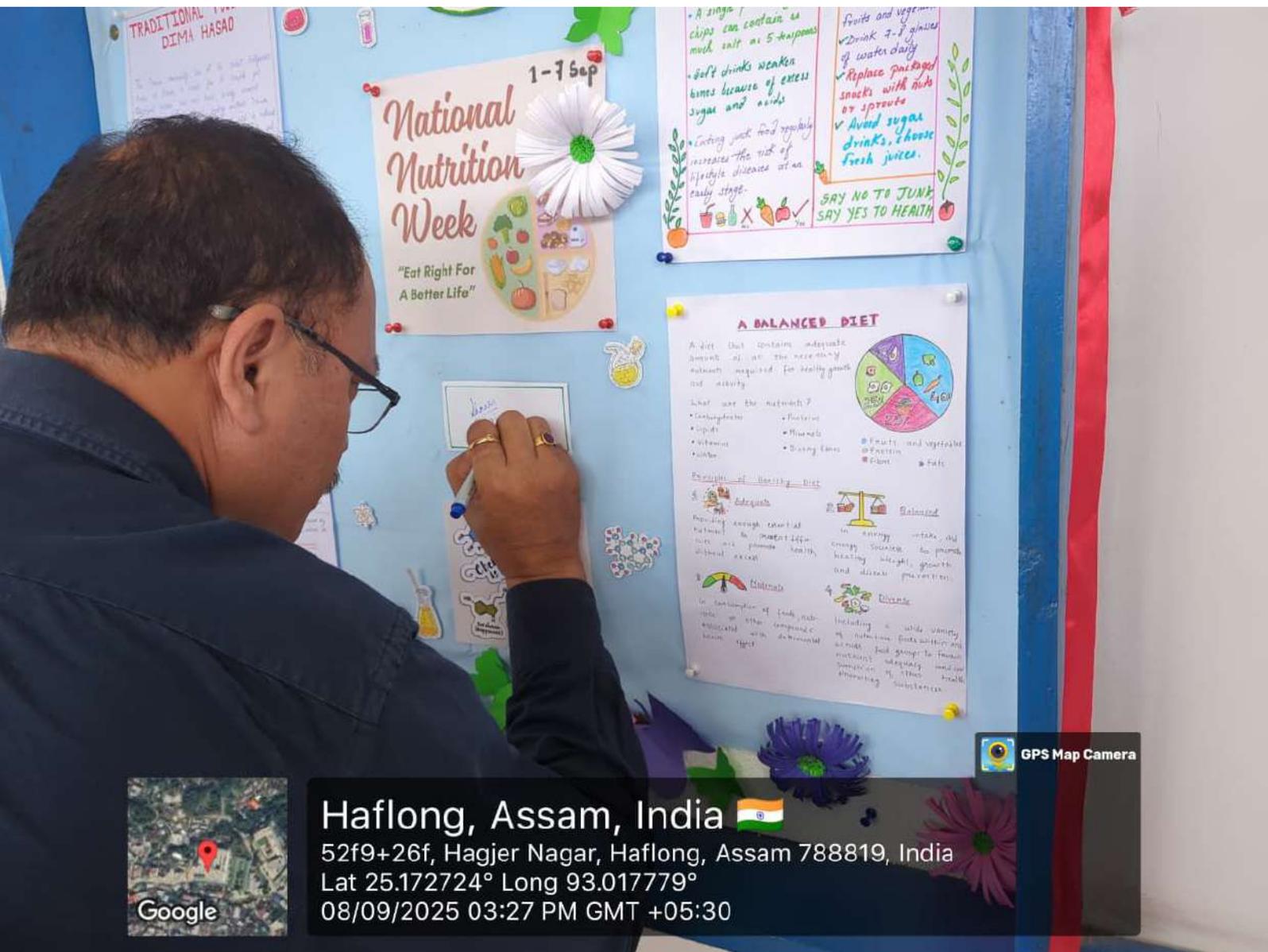


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1-7 Sep
National Nutrition Week
 "Eat Right For A Better Life"

• A single chip can contain as much salt as 5 teaspoons
 • Soft drinks weaken bones because of excess sugar and acids
 • Eating junk food regularly increases the risk of lifestyle diseases at an early stage.

Fruits and vegetables
 ✓ Drink 7-8 glasses of water daily
 ✓ Replace packaged snacks with nuts or sprouts
 ✓ Avoid sugar drinks, choose fresh juices.

**SAY NO TO JUNK
 SAY YES TO HEALTH**

A BALANCED DIET

A diet that contains adequate amount of all the necessary nutrients required for healthy growth and activity.

What are the nutrients?
 • Carbohydrates • Proteins
 • Lipids • Minerals
 • Vitamins • Dairy foods
 • Water

Percentage of healthy diet

50%	10%	10%	10%	10%
Carbohydrates	Proteins	Fats	Fruits and vegetables	Fiber

1. Deficient
 Providing enough essential nutrients to prevent life, but not promote health, without excess.

2. Balanced
 In energy intake, all energy sources, to promote healthy weight, growth and disease prevention.

3. Excessive
 In consumption of food nutrients or other compounds associated with detrimental health effect.

4. Diverse
 Including a wide variety of nutrients from within all nutrient food groups to ensure nutrients adequately and in proportion of other health promoting substances.



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