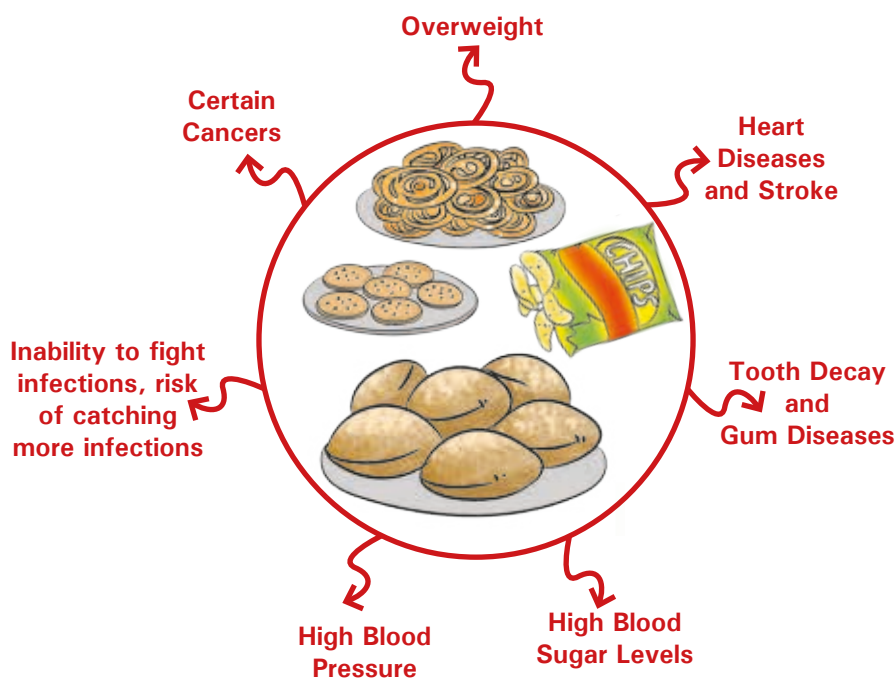


Such changes in the diet are not only applicable to rural areas but also to urban areas, where intake of processed foods has increased because of the lack of easily available fruits and vegetables. The cost of vegetables and fruits has also risen. Ready-to-eat and packaged foods are hard to resist and easily available everywhere. Sometimes they are cheaper and easier to make when compared to healthy/fresh foods.

Effects of an Unhealthy Diet



An unhealthy diet during pregnancy increases the risk of premature delivery, low birth weight and birth defects. Such babies are more prone to develop Non-Communicable Diseases as adults.

Helping people make healthy food choices

The following points will help you to explain healthy food choices to your community.

- Consume a variety of fresh, seasonal and locally available fruits and vegetables (including green leafy vegetables).
- Eat whole cereals and pulses (with outer covering) as they are high in fibre or roughage than refined cereals and pulses (without outer covering). Fibre/roughage helps in slowing down the absorption of sugar and fats into the blood.
- Avoid eating processed foods or foods available in packets - these have high amount of fat, salt and sugar.
- Try to include foods from each of the four basic food groups shown in the table of food group classification.
- Eat whole fruits as they are rich in natural fibre or roughage.