
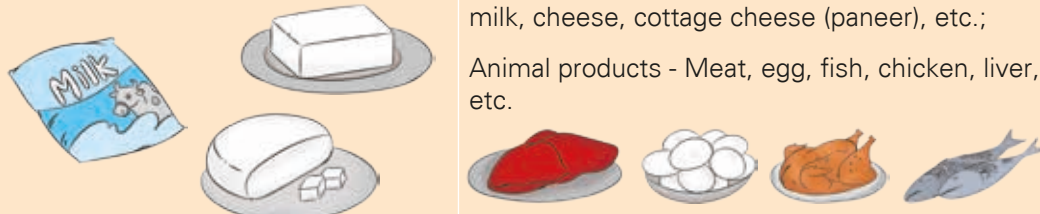



Food Group	Examples*
Vegetables and Fruits 	<p>Green leafy vegetables - spinach, mustard leaves (sarson), fenugreek leaves, bathua, coriander leaves etc;</p> <p>Other vegetables - carrots, onion, brinjal, ladies finger, cucumber, cauliflower, tomato, capsicum, cabbage etc;</p> <p>**Starchy roots and tubers - potatoes, sweet potatoes, yam, colocasia and other root vegetables;</p> <p>Fruits - Mango, guava, papaya, orange, sweet lime, watermelon, lemon, grapes, amla, etc.</p>
Milk and Animal Products 	<p>Milk and milk products - Milk, curd, skimmed milk, cheese, cottage cheese (paneer), etc.;</p> <p>Animal products - Meat, egg, fish, chicken, liver, etc.</p>
Oils, Fats, Sugars and Nuts 	<p>Oils and Fats - Butter, ghee, vegetable cooking oils like groundnut oil, mustard oil, coconut oil, etc;</p> <p>Sugars - Sugar, jaggery, honey;</p> <p>Nuts - peanuts, almonds, cashew nuts, pistachios, walnuts, etc.</p>

* These examples will change according to local crops and diets in different areas

** Starchy roots and tubers like potatoes, sweet potatoes (shakarkandi), yam (jimikand), colocasia (arbi) and other root vegetables; as well as fruits like banana are rich in starch which provide energy.

What is an Unhealthy Diet?

In the last few years, there have been changes in the lifestyle of people in India in rural and urban areas. Improved economic growth and status among some people has led to dietary changes. Increasing poverty levels have also led to changes in people's eating habits.

People have shifted from consuming traditional and fibre-rich foods like whole products - wheat (atta products), jowar, bajra, maize, unhusked dals (with outer covering), fruits and vegetables towards eating more processed foods like - white rice, maida, husked dals (without outer covering), foods of animal origin, foods available in packaged forms which are ready-to-eat and cook, etc.

A diet rich in sugar, salt, fat, foods such as red meat - mutton, liver; milk and milk products such as full cream milk, butter, ghee, but **low in the amount of** fruits and vegetables is called an Unhealthy Diet.

It is important however, to remember that healthy eating is not only the type of food consumed. It also refers to the way food is prepared and consumed. Food prepared with excess of fats, sugar, salt, or consumption of refined foods, ready-to-eat and packaged foods are all risk factors causing NCDs.