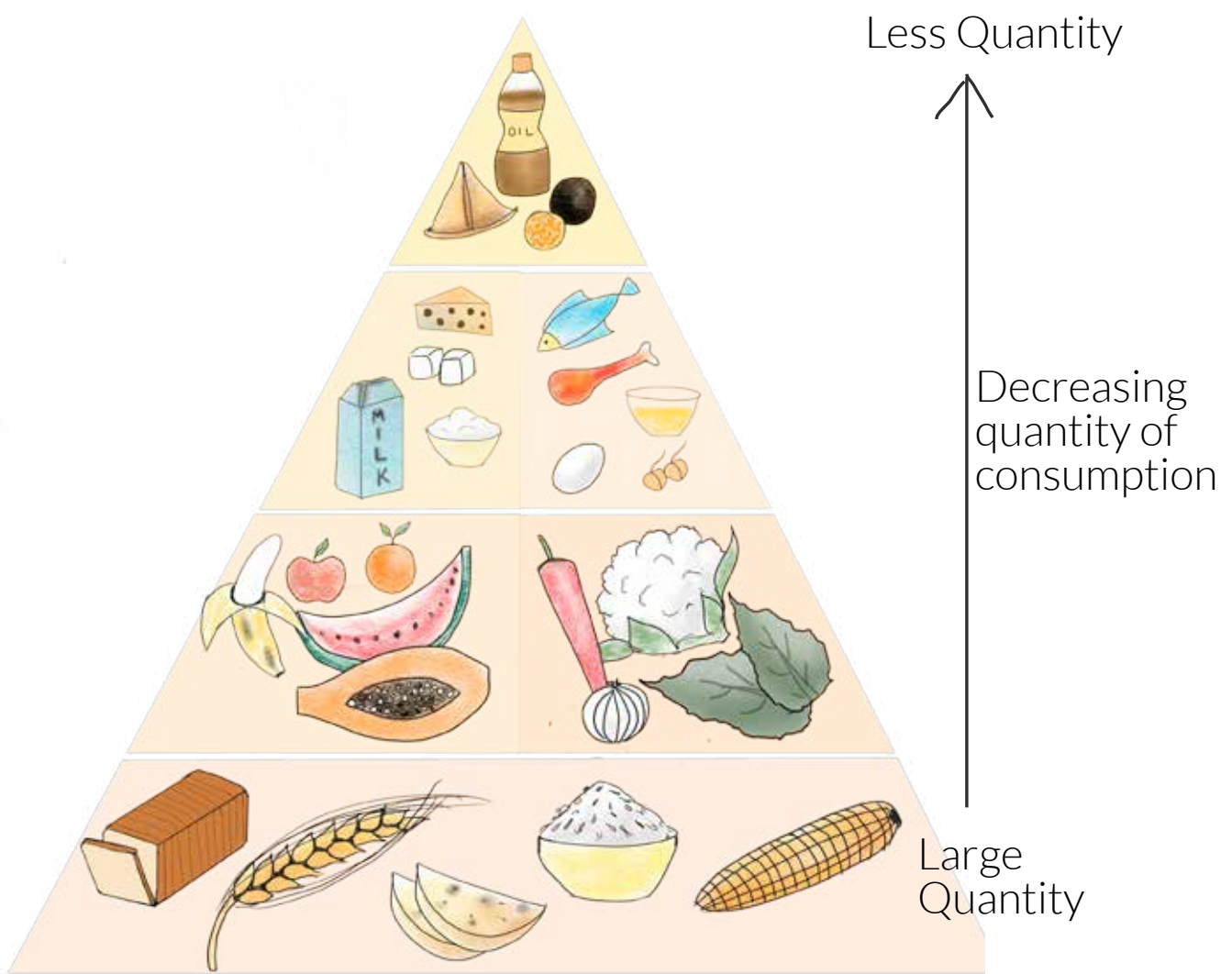


Eating Right

Taking nutritious food and a balanced diet is crucial for maintaining physical health and for avoiding any health problems in the future. Eat appropriate quantity of food at regular intervals. In addition to 3 major meals, you can take 2 to 3 small meals in between. It is important that your entire family eats healthy food on time.

A balanced diet pyramid is illustrated below for your reference. Try and follow the same in your diet.



Some do's and dont's

- Consume at least 1 fresh seasonal fruit daily.

- Include vegetables in the diet everyday.



- Avoid packaged foods and drinks.



- Have 10 to 12 glasses of water.

- Eat only home-cooked food.

- Eat on time and at regular intervals.



- The daily diet should include pulses and meat/eggs (if you are a non-vegetarian).



- Dairy (milk, curd, buttermilk) and cereals (rice, wheat, maize) should be taken.

- Avoid fat/ ghee and oily food.



- Restrict the intake of food high in sugar and salt.

- Consume tea/ coffee in moderation.



Eat all colours of fruits & vegetables

Your family may be like a few fruits and vegetables and might be tempted to just eat those daily. But for optimal health, our bodies need variety in food. Eating a diversity of colourful foods is important so that your family get the complete range of vitamins and minerals required.



Tips:

- It is important that your entire family forms a habit of eating healthy food. Meals should be taken at the scheduled time and not erratically.
- All the family members should try to eat together whenever possible.
- Keep healthy foods (fruits, nuts, dairy) available at home.
- Don't buy fried food/ sweets as snacks.

Healthy eating habits, regular physical exercises and addressing physical health concerns are important to ensure the physical well-being. This is important to be followed by all family members as a habit.