

KEY TO EAT RIGHT

Your Complete Guide to Eat Right





Message from Pawan Agarwal, CEO, FSSAI

Eating well is vital for a healthy and active life. Most people know that we need to eat right food but not everyone is clear about precisely what it means to eat right and how this can be achieved. Inspired by Gandhiji's ideas around good health and on the occasion of his 150th birth anniversary, FSSAI is pleased to present "Key to Eat Right" calendar.

The calendar focuses on ideas about personal habits of safe food and healthy diets that each one of us need to inculcate. As Gandhiji's 3-wise monkeys embody the fundamental truth, 'see no evil, hear no evil and speak no evil', these ideas are about basics of food and nutrition, 'eat safe, eat healthy and eat wisely'. These would nudge citizens to adopt right eating habits in their lives.

Like Gandhiji's eternal philosophy, these could be used for years to bring about social and behavioural changes at scale. The best way to use this would be to pick up one message and spend an hour to reflect on it so as to internalize it and act on it. If we do it for about 21 days, it becomes our habit. We hope people will benefit from these and unlock gates to healthy and happy life by eating right.



This content has been developed by a joint team of Food Safety and Standards Authority of India (FSSAI), the World Bank and Vital Strategies.

Reviewed by external experts from Indian Dietetic Association (IDA), Nutrition Society of India (NSI), Association of Food Scientist & Technology (AFSTI), National Institute of Nutrition (NIN) and Indian Food Safety Initiative of Indian Medical Association (IFSI-IMA).

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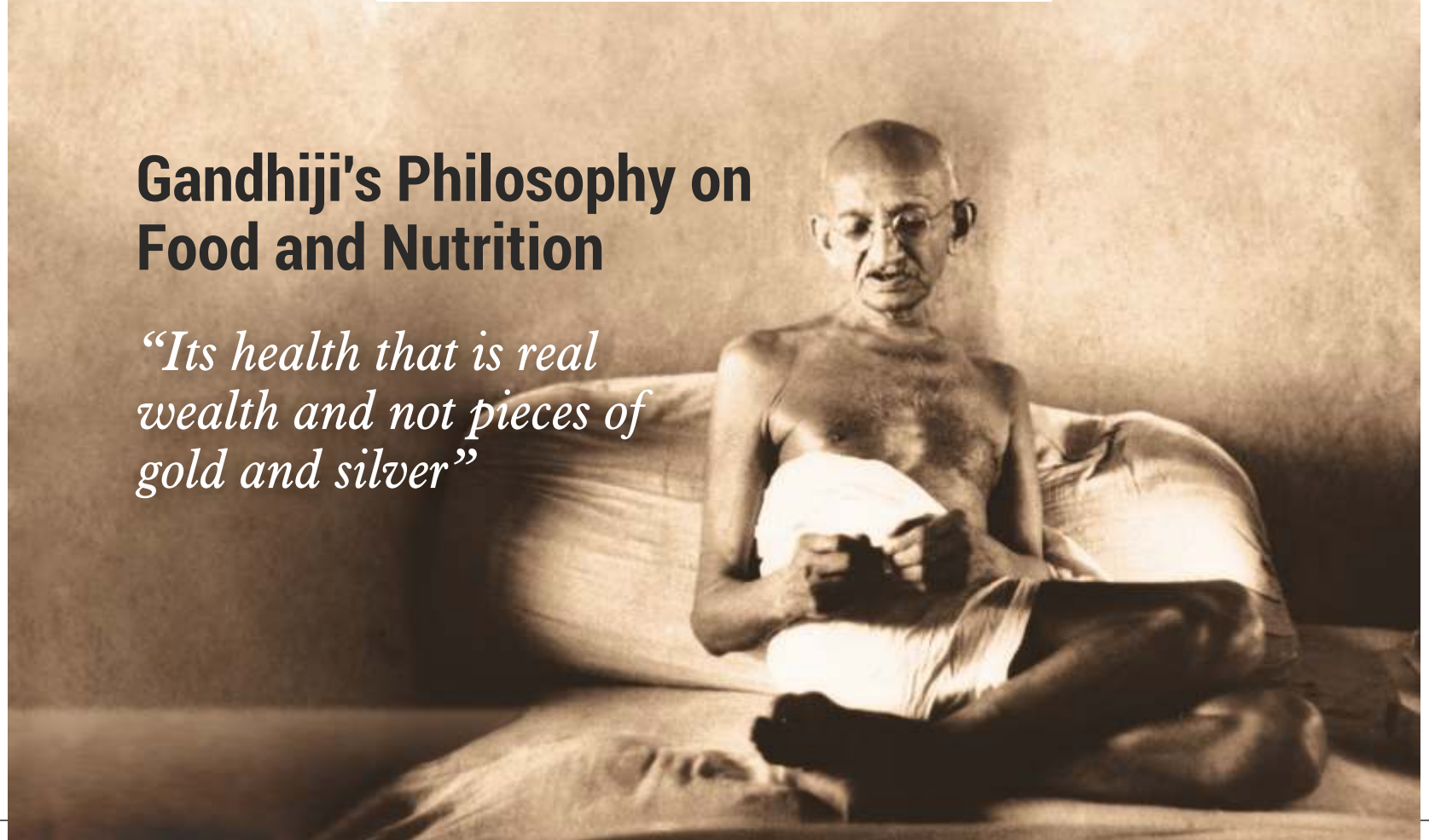


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Gandhiji's Philosophy on Food and Nutrition

“Its health that is real wealth and not pieces of gold and silver”



Gandhiji's Philosophy on Food and Nutrition



Eat to Live- Eat food
for the body not for
the palate.



Eat more greens – He
recommended more of
seasonal fruits and
leafy vegetables in
the diet.



Chewing is essential- He
strongly recommended
complete chewing
of foods to
ensure proper
digestion.



Raw is Good – Consuming
uncooked fresh fruits and
vegetables was practiced
by him



Whole grain goodness-
Choose whole grains
over dehusked
or polished
grains.

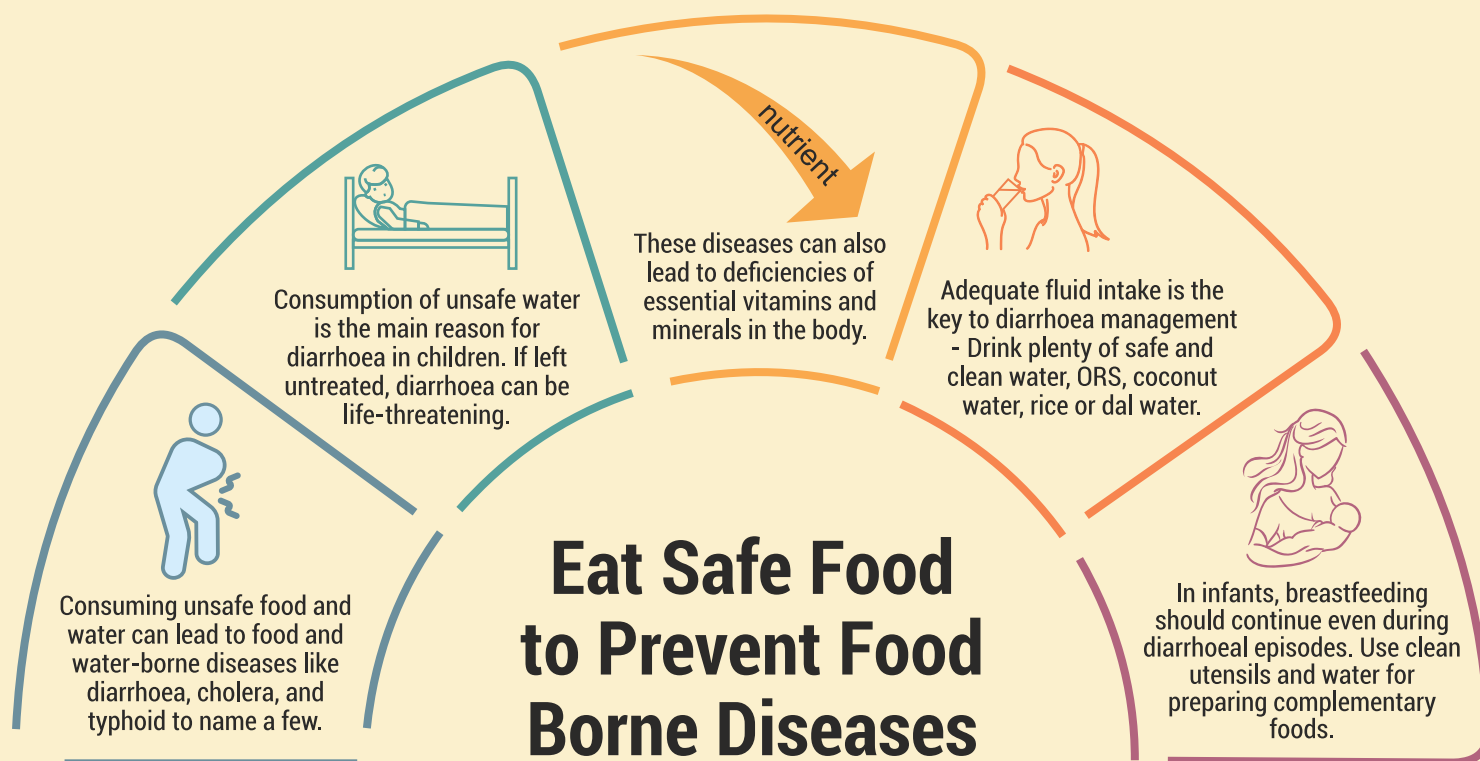


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Eat Safe Food to Prevent Food Borne Diseases







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Maintain personal hygiene while handling food



Maintain personal hygiene while handling food



Wash your hands with soap and clean water thoroughly before and after handling food.



Make sure you wear clean, preferably cotton clothes while cooking. Wear an apron if possible.



Make sure your hair is neatly combed and tied while cooking.

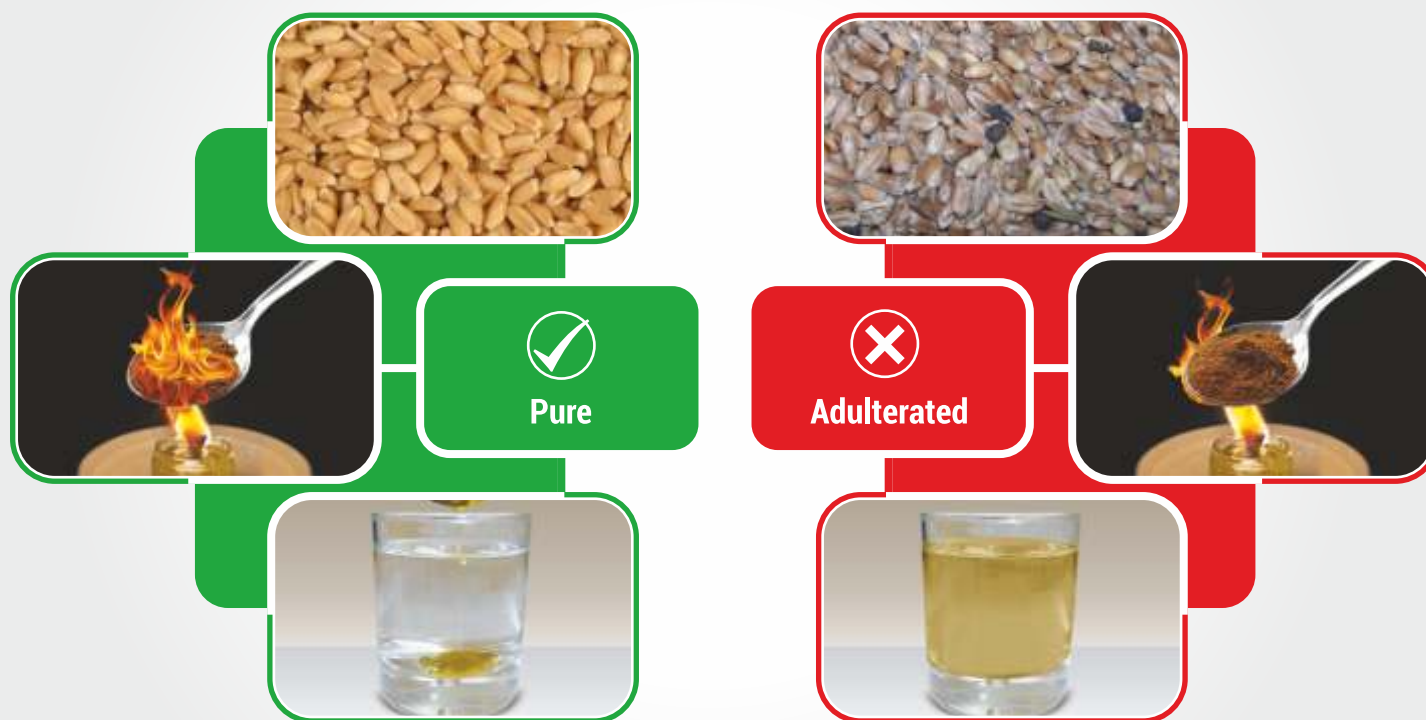


Do not use gadgets like phone or remote control or scratch your head/nose while cooking food.

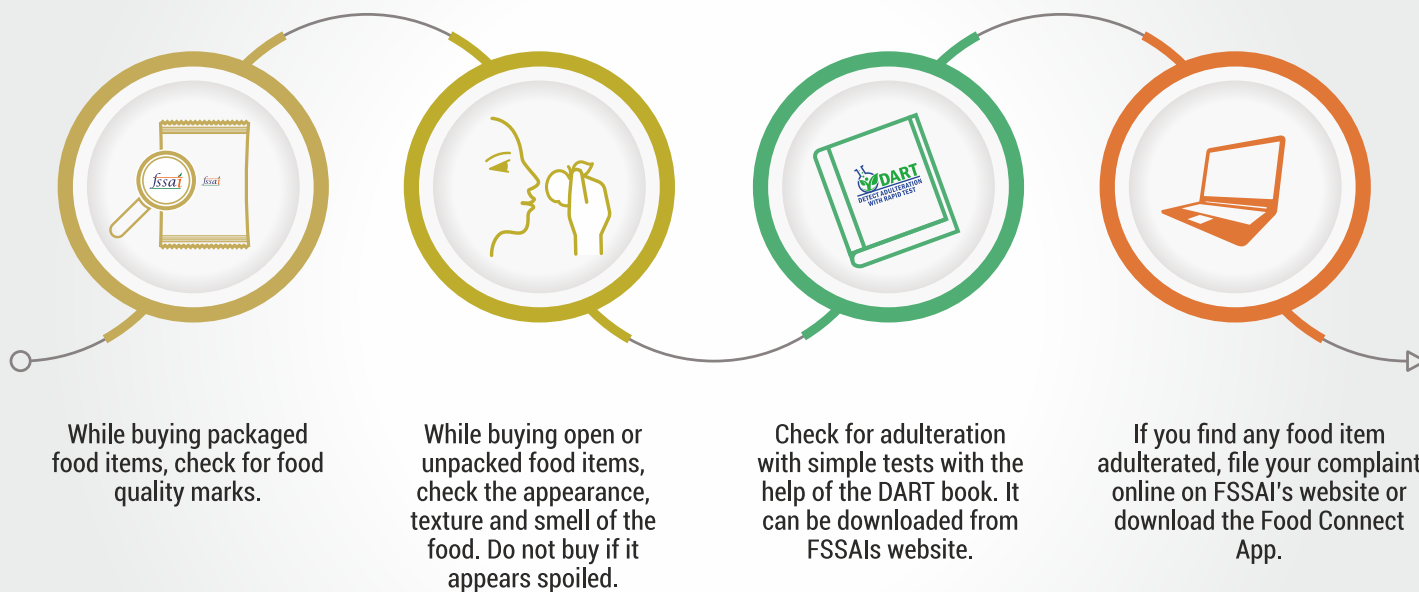


Keep nails clean and short if cooking. Do not cook with open wounds.

Check foods for adulteration and spoilage



Check foods for adulteration and spoilage





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Nutritional Information	Per 100g	Per 50g
Energy (Kcal)	420	210
Protein(g)	12	6
Carbohydrate(g)	80	40
Added sugar(g)	2	1
Total fat(g)	5	2.5
of which saturates(g)	0.8	0.4
Trans fat(g)	0	0
Cholesterol(mg)	0	0
Sodium(mg)	402	201
Potassium(mg)	82	41

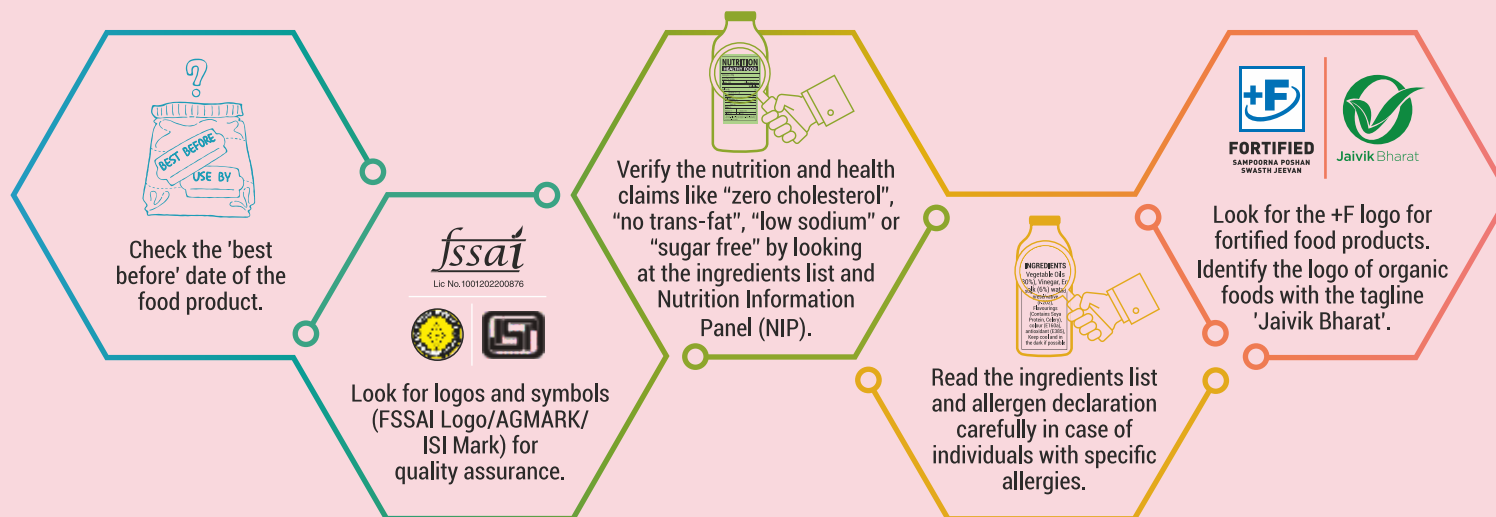
**Read food labels
to know what
you are eating**



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Read food labels to know what you are eating



5 Keys to Safer Food

**Wash fruits and
vegetables**



**Use separate equipment
for handling raw and
cooked foods**



Cook and reheat food thoroughly



Refrigerate all leftovers



Use safe water

5 Keys to Safer Food



Wash fruits and vegetables
(before cutting) and
cereals and pulses
thoroughly with clean
water before
cooking.



Use separate
equipment such as
knives and cutting
boards and utensils for
handling raw and
cooked foods.



Cook and reheat
food thoroughly,
especially meat,
poultry and
eggs.



Do not leave cooked food at
room temperature for more
than 2 hours. Refrigerate
all leftover cooked food
and perishable food
items (preferably
below 5°C).



Use safe water for
drinking and
cooking



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**Keep kitchen and
surrounding area
clean to avoid
food borne diseases**

Keep kitchen and surrounding area clean to avoid food borne diseases

Wash and clean utensils thoroughly with a cleansing agent and dry them properly with a clean cloth before storing.



Wash and sanitize all surfaces and equipment with a disinfectant before preparing food. Also, use clean kitchen dusters and cloths.



Drain liquid waste separately and put solid waste in the dustbin. Cover the garbage container with close fitting lids. Clean the floor below garbage bins with detergent.



Make sure that the floors are swept and mopped with hot water and disinfectant at least twice a day.



Clean fridge inside out every two weeks. Use a clean cloth and a disinfectant to clean the surface of the fridge. Defrost fridge every two weeks.



Save Food – Remember 6Rs

Responsible buying: Purchase food items only in required quantities.



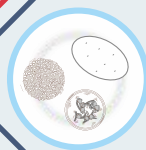
Reuse leftovers: Do not discard unspoiled leftover food. Wherever possible, use leftover foods as ingredients in making other dishes.



Recover surplus: Collect surplus unspoiled food and distribute among the needy.



Reduce serving-size: Take multiple smaller servings rather than a single large one to minimize food wastage.



Right storage: Store cereals, pulses and other dry ingredients in air tight containers. If using plastic containers, make sure they are made of food grade plastic. Keep fruits, vegetables and other perishable food items like milk, milk products etc. in refrigerator.



Reduce waste (compost): Recycle organic waste like vegetable and fruit peels, leaves, saw dust etc. to make compost.





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Eat Variety, Eat Seasonal, Eat Local





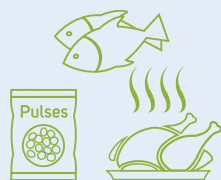
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Eat Variety, Eat Seasonal, Eat Local



Include variety of whole grains and their flours such as bajra, ragi, or broken wheat in your daily meals.



Choose low-fat, protein-rich foods such as pulses (including sprouted pulses), lean meat and fish.



Prefer consuming fresh and seasonal whole fruits over fruit juices.



Drink enough of clean and safe water.

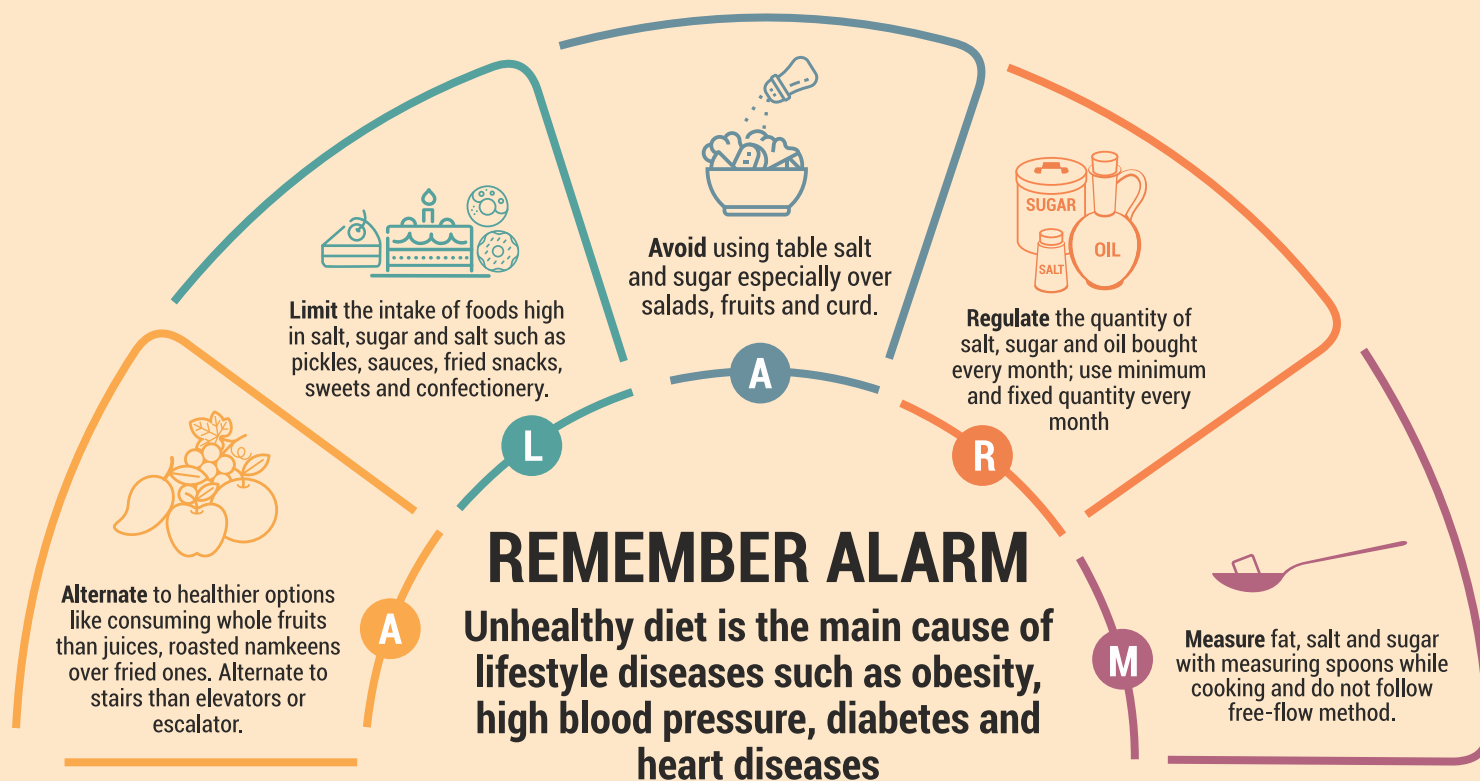


Say NO to Alcohol and Tobacco.

REMEMBER ALARM

Unhealthy diet is the main cause of lifestyle diseases such as obesity, high blood pressure, diabetes and heart diseases







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Reduce sugar in your daily diet



#AajSeThodaKam

Reduce sugar in your daily diet



Use small
measuring spoon
while adding
sugar to meals.



Track and monitor
the consumption of
sugar at home -
buy and use
minimum and fixed
quantity every
month.



Use naturally
sweet ingredients
like fruits to
satisfy your taste
buds.



Limit the
consumption of
sugar sweetened
beverages and
snacks.



Limit the intake of
confectionary
items like cakes,
pastries, biscuits
or sugar-preserved
foods like jams,
jellies, chocolates
or candies.

#AajSeThodaKam



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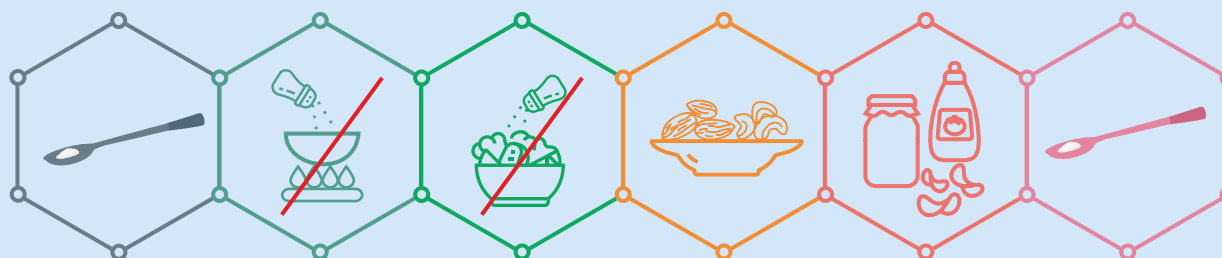


Reduce salt in your daily diet



#AajSeThodaKam

Reduce salt in your daily diet



Use a small measuring spoon to add salt while cooking.

Do not add salt to rice or to atta while cooking.

Avoid sprinkling salt on salad, cut fruits, curd or cooked foods.

Prefer unsalted nuts over salted ones.

Limit the intake of chips, namkeens, pickles, sauces, ketchups, pickles, brined or barbequed foods.

WHO recommends daily intake of salt should not exceed 5 grams (1 teaspoon).

#AajSeThodaKam



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Sep 30



Reduce oil in your daily diet



#AajSeThodaKam

Reduce oil in your daily diet



Track and monitor the consumption of oil at home - buy and use minimum and fixed quantity every month.



Measure cooking oil with a small spoon rather than pouring freely from bottle.



Use different types of edible oils in rotation for health benefits.



Do not reheat or re-use the same oil for cooking.



Consume butter and ghee in moderation.



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“Trans-fats” are the “worst fats”



“Trans-fats” are “worst fats”

Avoid use of “Vanaspati” or
“Margarine” for cooking.



Limit consumption of
commercially fried foods like
aloo chaat, french fries,
samosa, bhatura etc. prepared
in Vanaspati and/or fried in
the same oil repeatedly.



Limit consumption of bakery
products (biscuits, cakes,
pastries), and fried products
(chips, namkeens).



Avoid repeated heating of oil
or re-use of the same oil for
frying.

Check nutrition labels for trans-
fat sources such as “partially
hydrogenated vegetable oil”,
“hydrogenated vegetable oil” or
“shortening” in the ingredients
list and avoid
processed
foods
containing
trans-fat ≥ 0.2
g/ serving.





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Eat fortified foods, look for logo



Eat fortified foods, look for logo

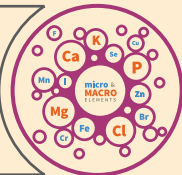
Fortification is the addition of important vitamins and minerals to commonly consumed foods.



In India, 5 food commodities are fortified: Wheat flour, rice, salt, milk and edible oil.



Fortified foods help meet the daily requirement of key micronutrients.



Fortified foods look, taste, smell like regular foods.



Consumption of fortified foods does not require any change in dietary habits.



Fortification has no impact on the shelf life of the product.



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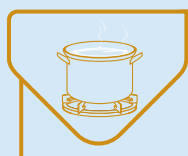
Consume milk and edible oil with logo



Dekha Kya?



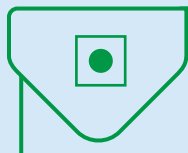
Consume milk and edible oil with logo



10-15% of nutrients are lost from the milk during boiling.



Packaged milk and edible oils are fortified with vitamin A and D.



Vitamins added to the milk and oil are of vegetarian origin.



Fortification has no impact on the shelf-life of any type of milk or oil.

Nutrient	Signs & symptoms of deficiency	Sources
Vitamin A	<ul style="list-style-type: none"> • Impaired vision • Reduced immunity 	Dark green leafy vegetables, orange and red coloured fruits and vegetables, milk and milk products, fortified milk and oil
Vitamin D	<ul style="list-style-type: none"> • Weak bones • Reduced immunity 	Fortified milk and oil, Sunlight



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Consume wheat flour and rice with logo



Dekha Kya?

Consume wheat flour and rice with logo

Vitamin B₁₂

Wheat flour and rice is fortified with iron, vitamin B12 and folic acid.



In wheat, nutrients are lost during the milling process, hence fortification helps to put the essential nutrients back to the end product such as wheat flour



Vitamins and minerals added to the fortified wheat flour and rice are of vegetarian origin.



Fortification has no impact on the shelf-life of rice or wheat flour.

Nutrient	Signs & symptoms of deficiency	Food sources
Iron	<ul style="list-style-type: none"> Anaemia, weakness and fatigue Impaired cognitive abilities Reduced immunity Poor pregnancy outcomes 	Green leafy vegetables, nuts, pulses, meat and fortified wheat flour, rice and salt.
Folic Acid	<ul style="list-style-type: none"> Anaemia, weakness and fatigue Poor pregnancy outcomes 	Green leafy vegetables, nuts, legumes, liver and fortified wheat flour and rice.



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Consume Double Fortified Salt with logo

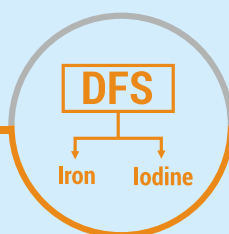


Dekha Kya?

Consume Double Fortified Salt with logo



Salt fortified with iodine is called iodized salt.



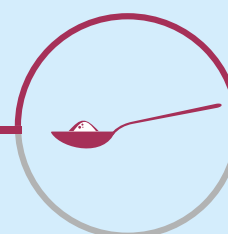
Salt fortified with both iron and iodine is called double fortified salt (DFS).



Deficiency of iodine leads to physical growth retardation and impaired cognitive abilities.



DFS should be stored in the same way as iodized salt; in a closed container away from direct sun light.



DFS can be used in a similar manner as regular salt for cooking purposes.



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Eat Right: Boost your immunity



Eat Right: Boost your immunity



Low immunity causes recurrent infections, especially in children.



Consume citrus fruits like orange, amla, guava, lemon that are high in Vitamin C to boost your immunity.



Include food ingredients like ginger, turmeric, garlic and black pepper in your cooking for good health.



Consume probiotic foods like curd (dahi) or lassi for healthy digestive system.



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Breastfeed infants exclusively for first six months



Breastfeed infants exclusively for first six months.



Breastfeeding
should begin
within an hour
after delivery.



Colostrum
(thick-yellow
first breastmilk)
is rich in
nutrients and
should be fed to
newborns and
not discarded.



Mothers should
be encouraged
to give only
breastmilk (not
even water) till 6
months of age.



Breastfeeding
should continue
preferably up to
2 years of age.



Use of feeding
bottles or infant
milk substitutes
should be
avoided.



Mothers should
be encouraged to
consume
balanced diet for
adequate milk
production
during lactation.



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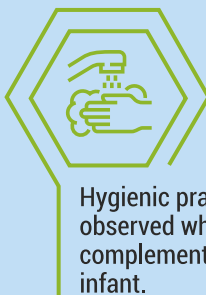


**Give Age-appropriate
type and quantity of
complementary foods
beyond 6 months of age
along with breastmilk**

Give Age-appropriate type and quantity of complementary foods beyond 6 months of age along with breastmilk



Breast milk alone is not adequate for infants beyond 6 months of age.



Hygienic practices should be observed while preparing complementary foods for the infant.



Whenever possible, use fortified ingredients for preparing complementary foods.

Complementary feeding at different ages *Bowl= 250 ml

Age (months)	Feed Consistency	Feed Amount	Number of Feeds per day	Snacks (depending on infant's appetite)
6-8	Thick porridge, mashed foods	2-3 table spoonfuls	2-3 meals plus breastfeed	-
9-11	Finely chopped or mashed foods	½ a bowl*	3-4 meals plus breastfeed	1-2 snacks may be given
12-23	Family foods chopped or mashed	¾ of a bowl*	3-4 meals plus breastfeed	1-2 snacks may be given



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Eat Right for healthy childhood



Eat Right for healthy childhood



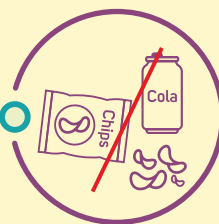
Inculcate habit of washing hands with soap before and after eating meals.



Iron and vitamin A deficiency is common among children, ensure providing yellow, orange and red coloured fruits and vegetables.



Teach children not to skip meals especially breakfast.



Teach children to choose healthy snacks like fresh fruits, curd, unsalted nuts over unhealthy ones like French fries, chocolates, candies or chips.



Ensure giving a healthy lunchbox to children. Give cereal/pulse combination along with some fruit and vegetable in the tiffin.

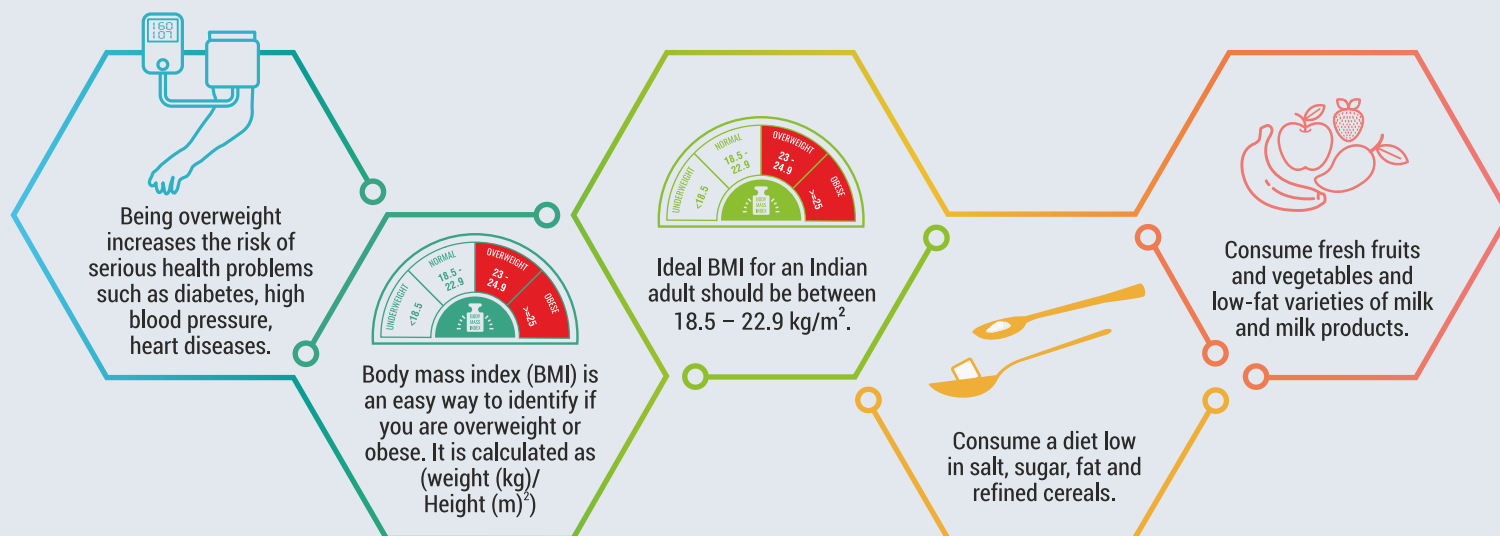


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Eat Right, prevent obesity

Eat Right, prevent obesity





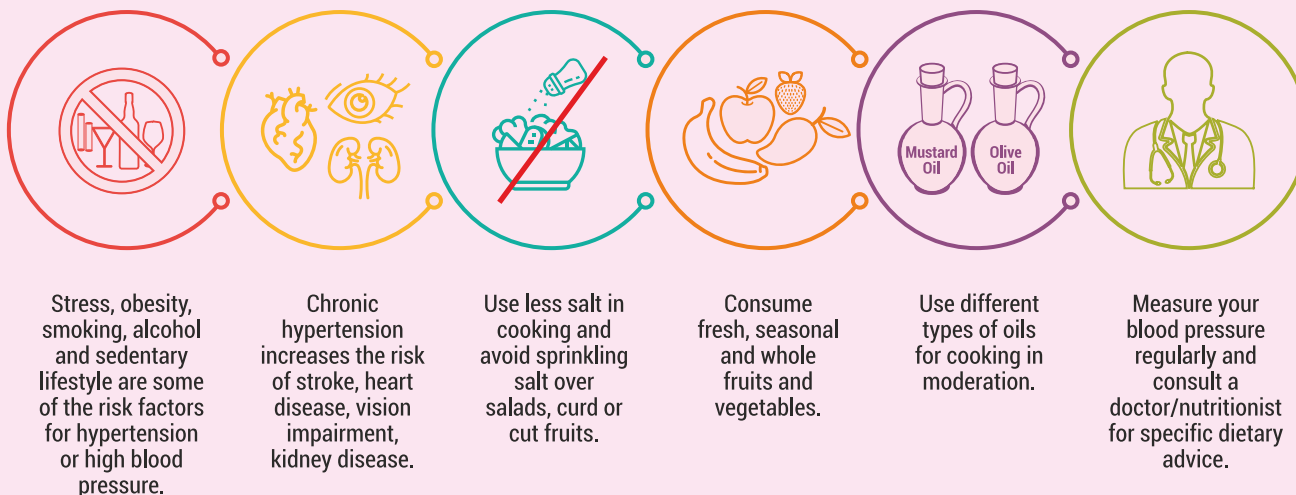
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**Eat Right,
prevent
hypertension**



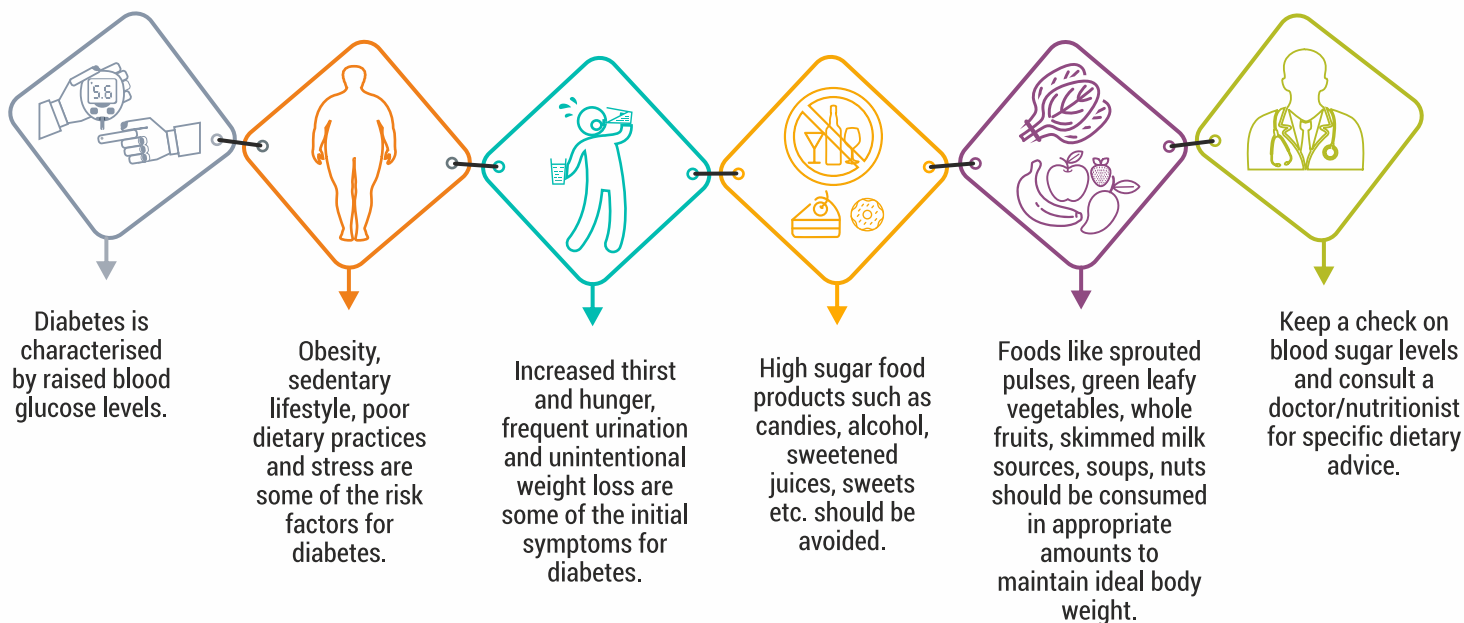
Eat Right, prevent hypertension



Eat Right, prevent diabetes



Eat Right, prevent diabetes





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Eat right, eat safe, prevent diarrhoea





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Eat right, eat safe, prevent diarrhoea



Poor personal and food hygiene are common causes for diarrhoea.



Prepare and store food in hygienic conditions.



Infants should continue to be breast fed during diarrhoeal episodes.



Drink plenty of fluids, especially oral rehydration solution (ORS) and other fluids like rice water, dal water or coconut water.



Consult doctor/nutritionist for specific dietary advice.



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Eat right, prevent anaemia

Iron deficiency is a common cause of anaemia in India.



Fatigue, weakness, drowsiness are common symptoms. Long-term deficiency can lead to poor physical growth and mental development in children.



Consume dark green leafy vegetables, meat, pulses and fortified cereals.



Eat sources of vitamin C like lemon, oranges, guava to improve absorption of iron in the body.



Avoid consuming tea or coffee along with or immediately after meals as it impairs iron absorption.



Consult doctor/nutritionist for specific dietary advices.





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Eat right for strong bones



Eat right for strong bones



Calcium and vitamin D are essential nutrients for strong bones and immunity.



Consume calcium rich foods regularly. Milk and milk products are good sources of calcium. Non-dairy sources include nuts, soya and green leafy vegetables.



Vitamin D helps in calcium absorption, strengthens our immune system and protects from infections.



Sunshine helps body to produce Vitamin D; best time to expose our body to sunrays is between 11am to 1pm.



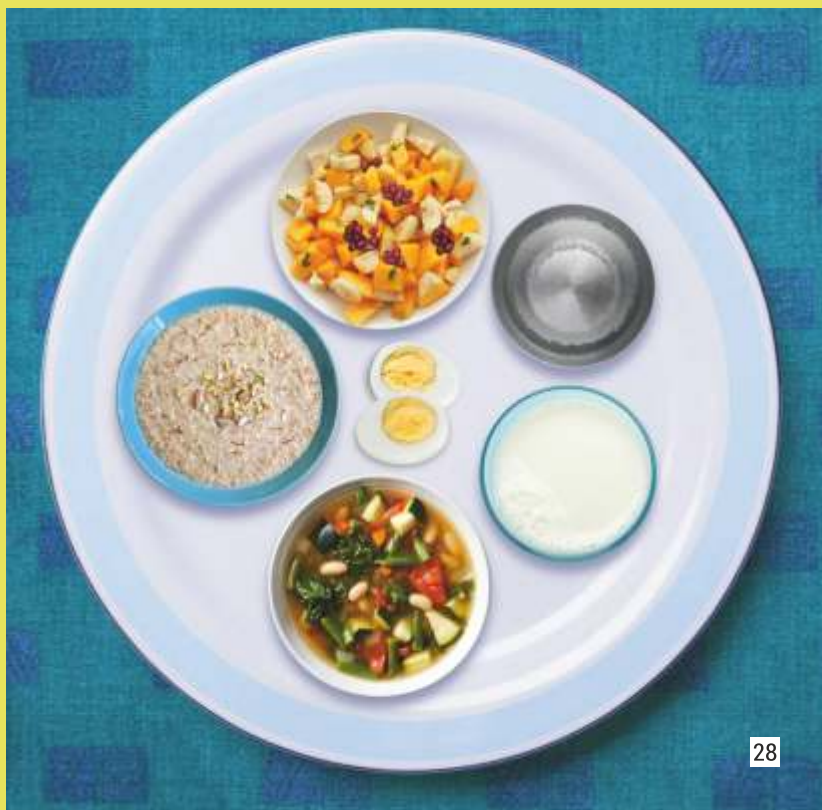
Include vitamin D fortified milk and oil in your daily diet.



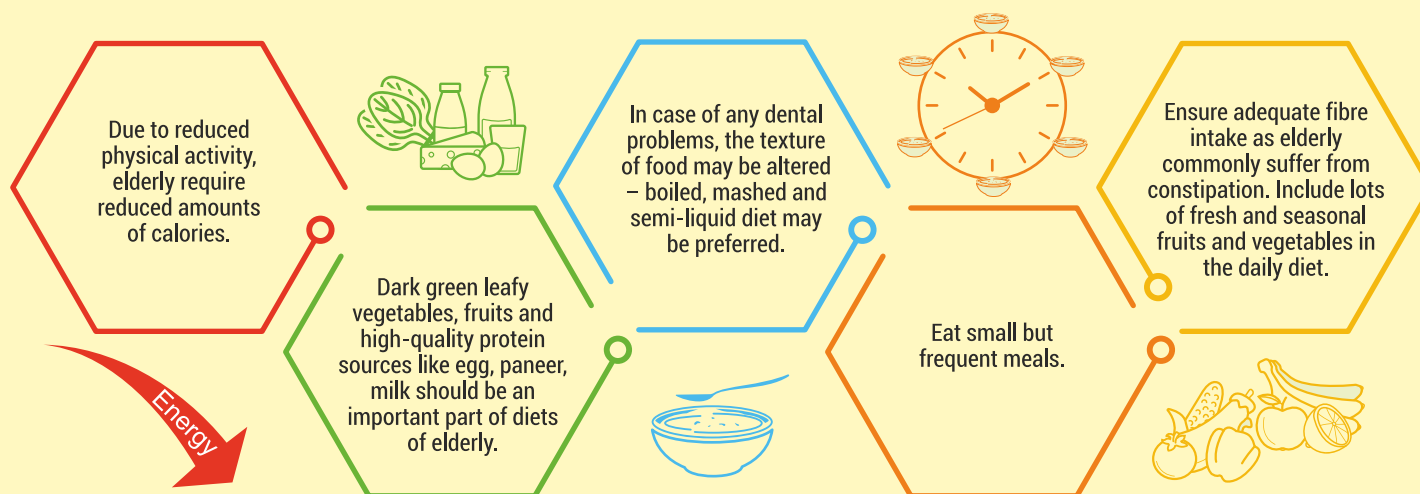
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Eat Right as you grow older



Eat Right as you grow older





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While uncommon, be aware of food intolerances and allergies



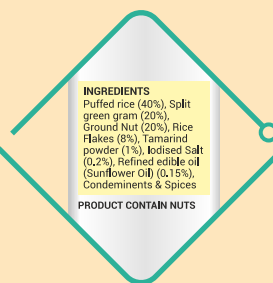
While uncommon, be aware of food intolerances and allergies



While uncommon, know the symptoms of food intolerance and/or allergies. Common symptoms may include vomiting and/or diarrhoea, abdominal cramps, skin rashes, swelling in face, tongue or lip, difficulty in breathing.



Consult a doctor or healthcare provider for appropriate evaluation of food intolerance and food allergy.



Look for specific ingredients or advisory statements such as "may contain [allergen]" or "produced in a facility that also uses [allergen]" or claims such as 'gluten free', 'lactose free'.



'Incase of intolerance/allergy avoid food products or ingredients causing it. For example, milk and milk products in case of lactose intolerance, wheat and wheat-based products in case of gluten intolerance.



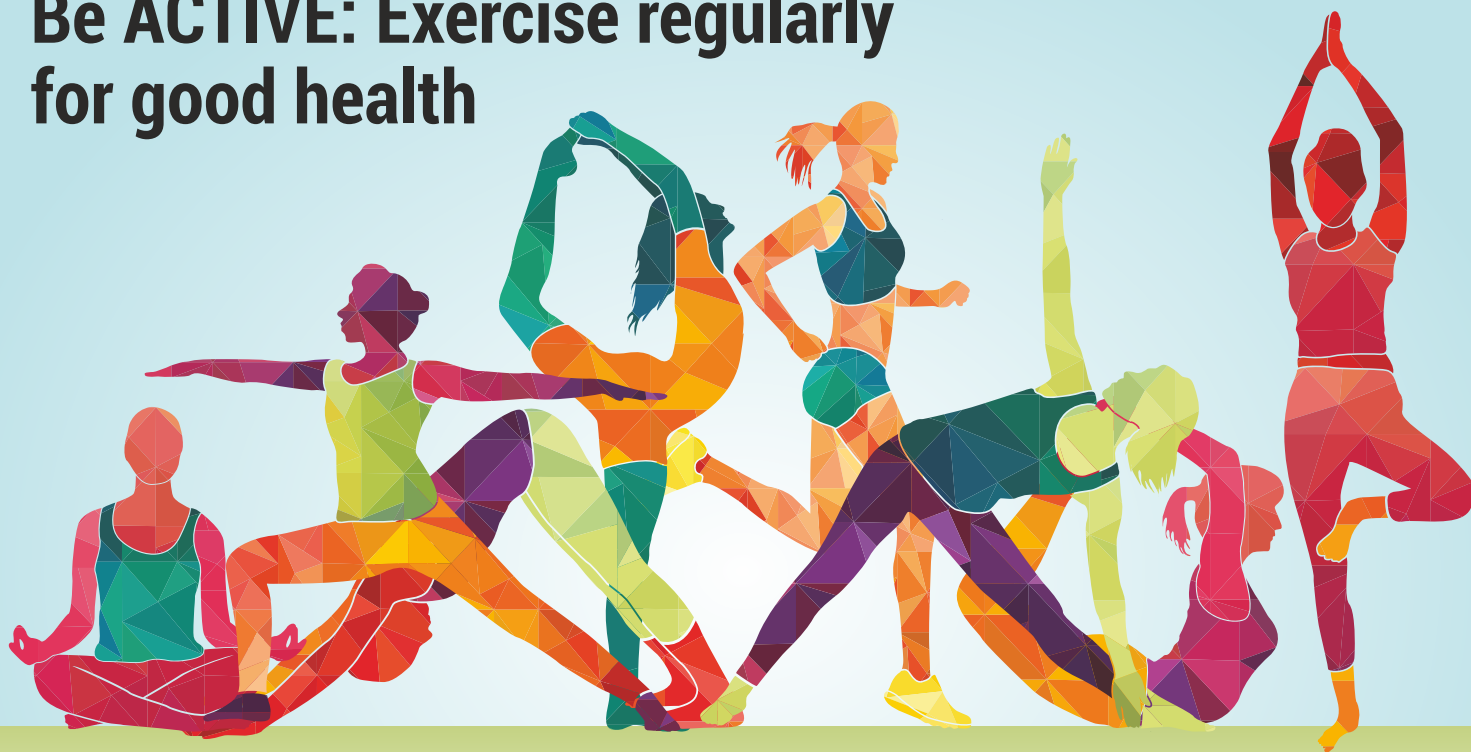
Seek immediate treatment incase of severe allergic reaction.



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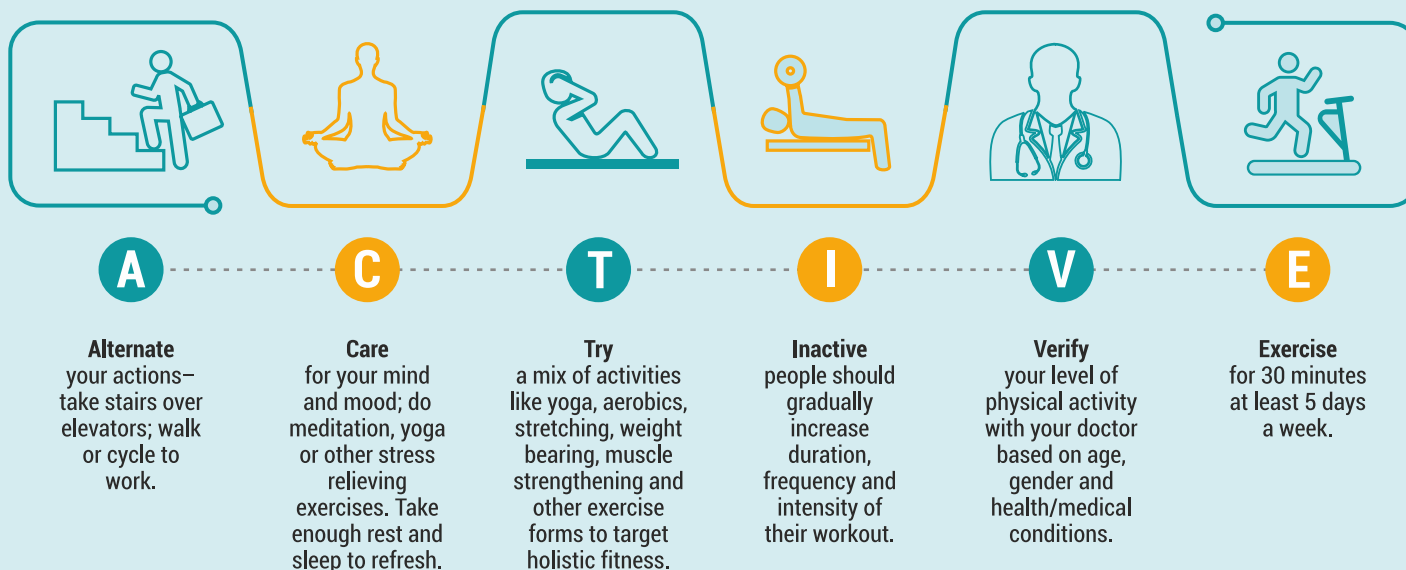


Be ACTIVE: Exercise regularly for good health



Be ACTIVE: Exercise regularly for good health

Regular physical activity reduces risk of chronic diseases, such as type 2 diabetes, high blood pressure, heart disease, osteoporosis, arthritis and certain types of cancers.





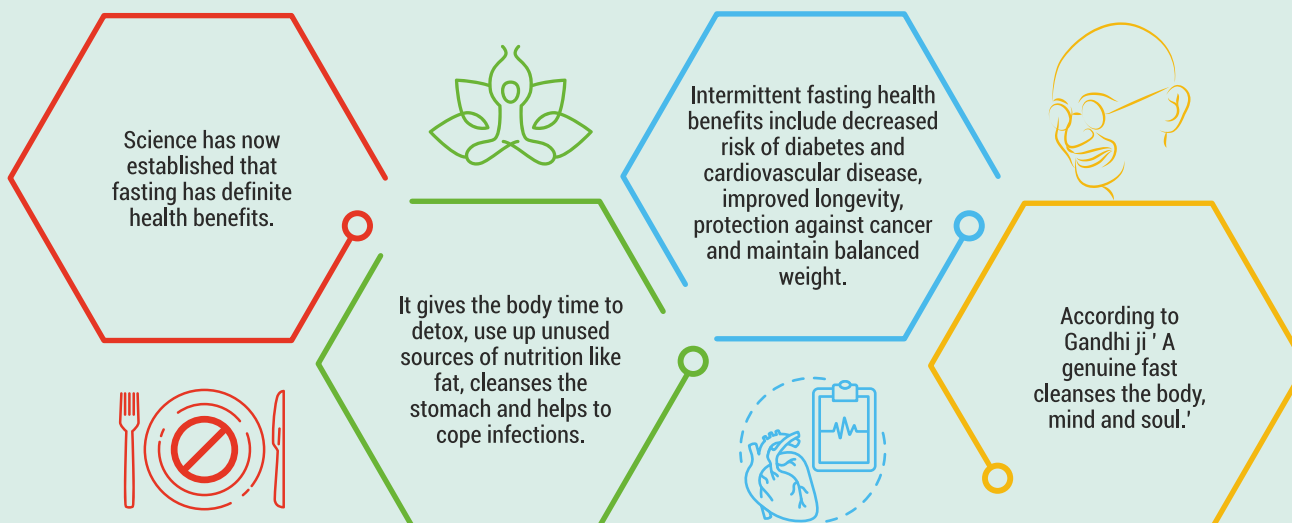
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Fasting : “Traditional Wisdom on Health and Nutrition”



Fasting : “Traditional Wisdom on Health and Nutrition”





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**POSHAN
Abhiyaan**

PM's Overarching
Scheme for Holistic
Nourishment

सही पोषण - देश रोशन

