Eat Right India

Safe Food

- Cereal & Pulses: Consume adequately
- Fruits & Vegetables: Consume liberally
- Meat, Fish & Poultry: Consume moderately
- Milk: Consume adequately
- Food High in Fat, Salt & Sugar: Consume sparingly
- Water: Consume plenty

Sustainable Food

Tastes as per Ayurveda

Sweet  Sour  Salty  Bitter  Astringent
Four Themes of Eat Right India

**EAT SAFE**
Food ‘not safe’ is not food

**EAT HEALTHY**
Food not only for taste but for health

**EAT SUSTAINABLE**
Food good for both people and planet

**MINDFUL EATING**
Mindful practices like chewing, hydration, meal gaps and more

For more details, visit www.eatrightindia.gov.in