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
One Goal Many Roles

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