



# EASTERN MIRROR

## 'Eat right' team walks to Dimapur with healthy message

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E-paper

The Swasth Bharat Yatra (SBY) team from Kohima has reached Dimapur. They were flagged off from capital Kohima on Nov. 6. The morning walk was flagged off by Chief Medical Officer Dr. Vikato Kinimi.

Members of the National Cadet Corps from different schools and colleges in the city took part. The State Public Health Laboratory also demonstrated the methods that are used to detect food adulteration. Milk, honey, sugar etc., were some of the food items that were tested as part of the demonstration.

A food analyst at the State Public Laboratory, Khrukutolu Veswuh said that the tests are not complicated. Rather, food adulteration can be detected through simple testing. One can easily differentiate pure food from adulterated foods by following steps such as mixing them with honey, sugar and jaggery, she said.



According to the Food Safety and Standards Authority of India (FSSAI), food safety and healthy diets are critical in the Indian context. The rate of cases of malnutrition, micronutrient deficiency, and excess nutrition is believed to be growing in the country.

According to the World Hunger Index 2018, India ranked 103rd from out of 119 countries. The Associated Chambers of Commerce & Industry of India and EY recorded India having 50% of undernourished children of the world. The report added that 37% under-five children are underweight, 39% are stunted, 21% are wasted, and 8% are acutely malnourished.

As part of celebrations of World Food Day on Oct. 16, the government of India had launched the SBY to spread the message of healthy eating and safe food, with the slogan 'Eat right India.' A pan-India cycle was organised to educate the people and publicise consumption of nutritious food; and to prevent food adulteration. The campaign expects participation of over 7,500 cyclists covering over 18,000 km in almost all the states and union territories during 100 days of the campaign. The campaign was launched by the FSSAI, which is a statutory agency of the Ministry of Health and Family Welfare.