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Make 'Eat Right India movement' a Jan Andolan: Dr Vardhan

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NEW DELHI, SEP 5 Union Health Minister Dr Harsh Vardhan appealed to people to make the 'Eat Right India movement' a Jan Andolan to ensure each one grain of food is not wasted and everyone has food to eat.

"Eat Right India takes a holistic approach to food habits that promote health and sustainability," Dr Vardhan said at an event organised by the Food Safety and Standards Authority of India in New Delhi.

He said that the country is in need of a 'Jan Andolan' on prevention and promotion health for all in the backdrop of the increasing burden of non-communicable diseases such as diabetes, hypertension and heart diseases, widespread deficiencies of vitamins and minerals and rampant food borne illnesses.

The minister



Union Health Minister, Dr. Harsh Vardhan interacting with the media on the 'Eat Right Movement' in New Delhi. The Secretary, Union Health Ministry Preeti Sudan is also seen.

mentioned that like "Green Good Deeds", a campaign to protect the environment and promote good living in the country, has found global acceptance, the Eat Right India movement is also poised to become a global best practice with the support of national and international stakeholders.

Dr. Poojamma Khairat Singh, Regional Director, World Health Organization, stated, "The four main

factors to prevent non-communicable diseases are healthy diet, physical exercise, avoidance of tobacco and alcohol. Therefore, the message of 'Eat Right' should be promoted everywhere."

Dr Vardhan also launched new Eat Right India logs, an online Eat Right Quiz, the Eat Right Online Course for frontline health workers and the Eat Right India Store featuring merchandise to inculcate right eating habits.

