

Health Dept pitches in to inculcate right eating habits

Food Safety and Standards Authority of India kicks off event

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Delegates from the Health Department pedal to create awareness on Saturday. Tribune Photo

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The Health Department is on a mission to create awareness among masses regarding “Eating less and eating right”.

Under the Swasth Bharat Yatra commenced by the Food Safety and Standards Authority of India, cyclists pedalled from one district to another and spread a message of eat right India. “Eating healthy is not just about the nutrients in the food. It also includes eating at the right time and eating properly. Meanwhile, eating late at night, hurriedly and inconsistently will have adverse effect on health,” said Dr Andesh Kang, District Health Officer.

On the first day of the three-day event, the team was welcomed at the Community Health Center (CHC), Dehlon. Less sugar, less oil and less salt intake in daily routine and eating fortified food was the message given by delegates.

Yogesh Goyal, Food Safety officer, said Eat right India is built on two broad pillars of eat healthy and eat safe. It aims to enable citizens to improve their health and well being.

Message to general public

- Consume less sugar
- Consume less salt
- Consume less oil

'Not just about the nutrients'

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'Aim to improve citizen's health, well-being'

"Eat right India is built on two broad pillars of eat healthy and eat safe. It aims at enabling citizens to improve their health and well-being." **Yogesh Goyal, Food Safety Officer**