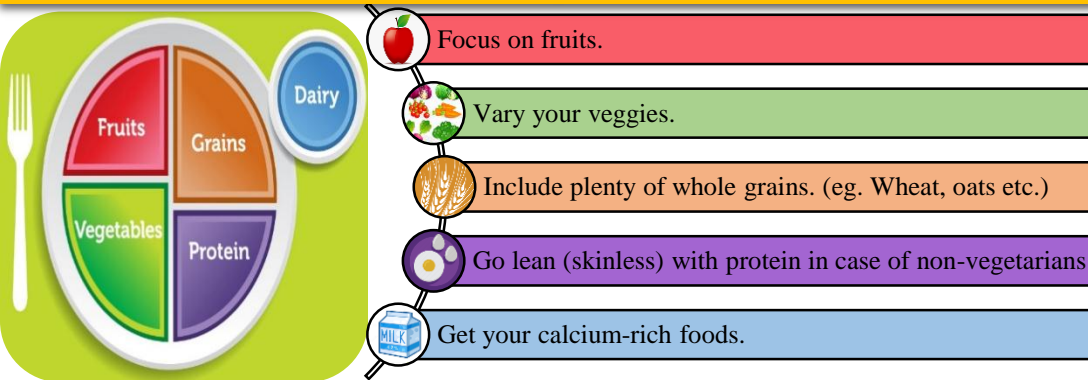


Introduction

Nutrients from food have vital effects on physical growth and development, maintenance of normal body function, physical activity and health. Our diet must provide all essential nutrients in the required amounts. Requirements of essential nutrients vary with age, gender, physiological status and physical activity. Dietary intakes lower or higher than the body requirements can lead to under-nutrition or over-nutrition respectively.

National Nutrition week (1st - 7th Sep)
The main aim of this campaign is to create awareness on the importance of nutrition for health.

My Plate illustrates the five food groups that are the building blocks for a healthy diet



“Balanced Diet” is composed of six essential nutrients such as Carbohydrates, Vitamins, Fat, Protein, Minerals and Water.

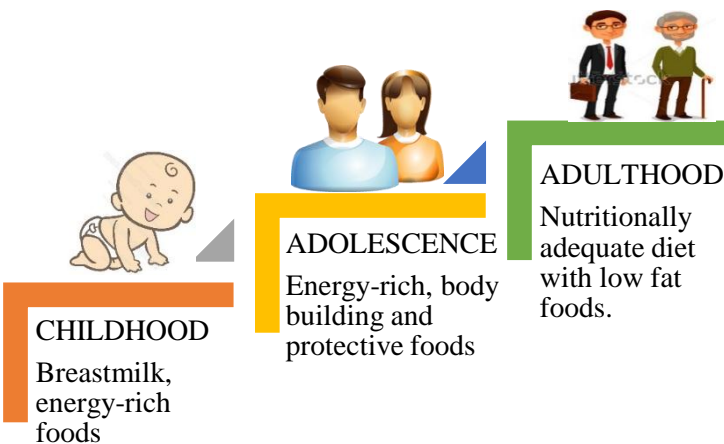
CLASSIFICATION OF FOODS BASED ON FUNCTION

Energy Rich Foods	Carbohydrates & Fats	Whole grain cereals, Vegetable oils, ghee, butter, Nuts and oilseeds, sugar
Body Building Foods	Proteins	Pulses, nuts and oilseeds, Milk and Milk products, Meat, fish, poultry
Protective Foods	Vitamins And Minerals	Green leafy vegetables, Other vegetables and fruits, Eggs, milk and milk products, and flesh foods

Nutrition Tips

- Eat fresh foods with minimum processing.
- Cook vegetables in as little water as possible because many nutrients are destroyed by heat or boiled water.
- Minimize the use of processed food rich in salt, sugar and fats.
- Avoid replacing meals with snack foods.
- Use moderate amount of salt.
- Develop healthy eating habits and exercise regularly.

DIET DURING DIFFERENT STAGES OF LIFE



PREGNANCY

Women who are planning a pregnancy or in the early stages of pregnancy are advised to take Folic acid supplements. Extra energy is needed during the last 3 months of pregnancy and also during lactation.

Reference:

- <http://ninindia.org/DietaryguidelinesforIndians>
- <http://www.choosemyplate.gov>