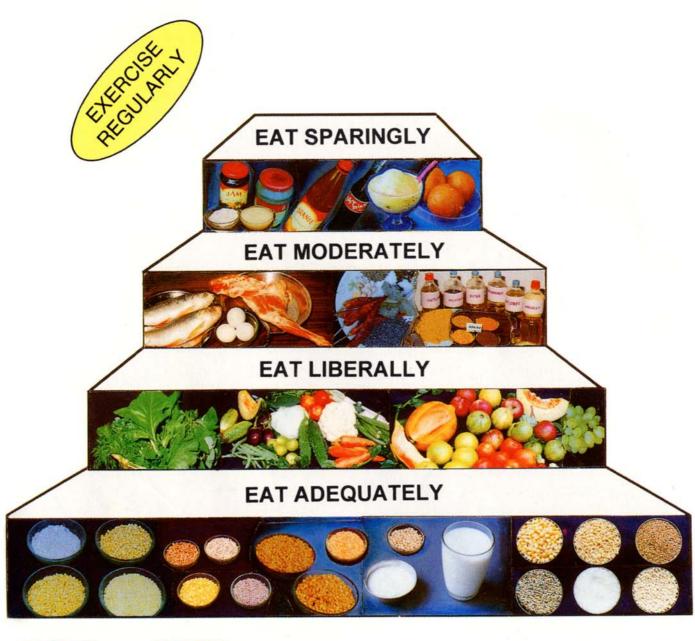
## DIETARY GUIDELINES FOR INDIANS FOUNDATION TO NUTRITION AND HEALTH







## DIETARY GUIDELINES

- A nutritionally adequate diet should be consumed through a wise choice from a variety
  of foods.
- 2. Additional food and extra care are required during pregnancy and lactation.
- Exclusive breast-feeding should be practised for 4-6 months. Breast-feeding can be continued upto two years.
- 4. Food supplements should be introduced to infants by 4-6 months.
- Adequate and appropriate diet should be taken by children and adolescents, both in health and disease.
- 6. Green leafy vegetables, other vegetables and fruits should be used in plenty.
- 7. Cooking oils and animal foods should be used in moderation, and *vanaspatil* ghee/butter should be used only sparingly.
- 8. Over-eating should be avoided to prevent over-weight and obesity. Proper physical activity is essential to maintain desirable body weight.
- 9. Salt should be used in moderation.
- Foods consumed should be safe and clean.
- 11. Healthy and positive food concepts and cooking practices should be adopted.
- Water should be taken in adequate amounts and beverages should be consumed in moderation.
- 13. Processed and ready-to-eat foods should be used judiciously. Sugar should be used sparingly.
- 14. The elderly should eat a nutrient-rich diet to keep fit and active.