

DIETARY GUIDELINES FOR INDIANS

FOUNDATION TO NUTRITION AND HEALTH

EXERCISE
REGULARLY

EAT SPARINGLY



EAT MODERATELY



EAT LIBERALLY



EAT ADEQUATELY



DIETARY GUIDELINES

1. 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.
3. 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.
5. 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 *vanaspati*/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.
10. Foods consumed should be safe and clean.
11. Healthy and positive food concepts and cooking practices should be adopted.
12. 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.