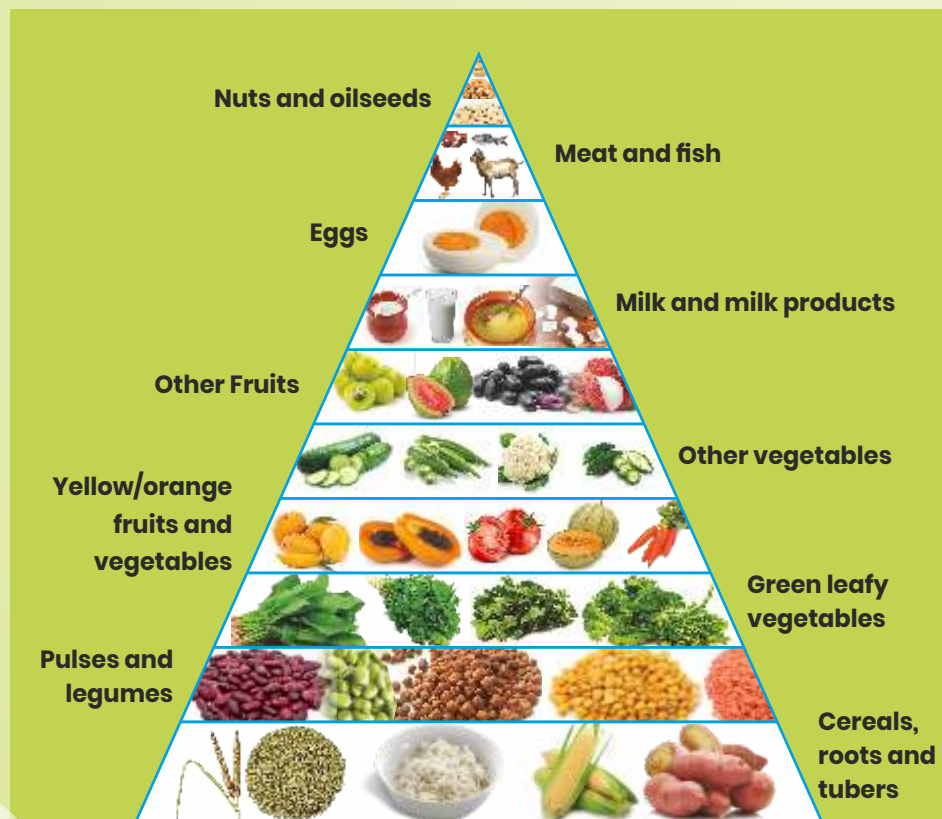


BALANCED AND DIVERSE DIET FOR THE FAMILY

A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health is considered balanced.



BALANCED DIET PYRAMID

Dietary diversity means the consumption of atleast 5 out of 10 food groups daily by all family members.

- ✓ These food groups fulfill daily requirements of energy, protein, fats and micro-nutrients.
- ✓ Include flesh food for improved nutrient quality of diet, especially iron and protein.
- ✓ Consume seasonal fruits and vegetables daily.
- ✓ Restrict the consumption of sugar and fats.
- ✓ Use iodized salt.

Ensure and take care that pregnant women, lactating mothers and young children eat adequately as per their requirements.