



# The Eat Right Movement

#AajSeThodaKam

**Tel, Cheeni aur Namak  
Thoda kam**

fssai



Reduce salt, sugar and fat in your daily diet to reduce the risk of obesity, hypertension, diabetes and heart disease and other non-communicable diseases.



## MONITOR

your intake by buying and using a small fixed quantity of sugar, salt and oil every month

## MEASURE

Use smaller spoons to put salt, sugar and oil in your food

## REDUCE

the intake of salt, sugar & oil gradually in your daily diet

## REPLACE

with healthier options

- Use fruits instead of sugar
- Use 2-3 vegetable oils instead of Vanaspati ghee

## LIMIT

foods such as pickles, salted snacks, sauces, jams, jellies, sweetened beverages, sweets, desserts, fried foods

## AVOID

- Reusing and reheating oil repeatedly
- Sprinkling salt and sugar on salads, cut fruits, curd
- Adding salt while cooking rice and making chapattis
- Refined sugar