

Food Safety Cell Dimapur conducts 'Eat Right' campaigns

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Food Safety Cell Dimapur observed an "Eat Right India" campaign in St. Joseph Higher Secondary School, Chümoukedima under the theme "eat right school" and in ICFAI campus, Sovima under the theme "eat right campus" by conducting food safety and healthy food awareness programmes on March 31.

In a press release, food safety cell Dimapur stated that during the campaign, designated food safety officer, Samuel stated that food safety was the responsibility of all and that one must be mindful of what they consumed.

He informed that when buying a product, people must always check the package for FSSAI registration number, nutritional values, ingredients, manufacturing and best before dates, address of manufacture, and to check for importer's address on foreign products.

He urged participants not to eat street food wrapped in old newspapers or textbooks as the inks used in printings were harmful.

He further urged them to inform the food safety cell Dimapur for issues related to food products in the market.

Resource person, CIHSR dietician Pelekhrienuo Kire Kense highlighted the importance of nutrients in the diet and to ensure all main nutrients were consumed in right portions.

She urged participants to opt for whole grain foods and avoid sweets and oily food said that consuming fast food on a regular basis caused many non-communicable diseases such as diabetes, high blood pressure and cancers.

CMO Dimapur, Dr. Mereninla Senlem and also highlighted the activities implemented under FSSAI Dimapur.

She stated that food safety in Dimapur functioned under two main components: the analytical wing and the implementation wing.

She also reiterated the importance of eating a balance diet and urged the participants to reduce intake of fast food and sweets.

Staff under state public health laboratory demonstrated various ways to check food adulterations in common food items sold in the market.

Earlier, Dr. Mereninla Senlem expressed her gratitude towards Dr. VT Vasagan, registrar (officiating), ICFAI Sovima and St. Joseph HSS Chümoukedima principal, Fr. Antony for hosting the department to conduct such an important programme.