Make ‘Eat Right India movement’ a Jan Andolan: Dr Vardhan

NEW DELHI, SEP 5: Union Health Minister, Dr Harsh Vardhan appealed to people to make the ‘Eat Right India movement’ a Jan Andolan to ensure even one grain of food is not wasted and everyone has food to eat.

“Eat Right India takes a holistic approach to food habits that promote health and sustainability,” Dr Vardhan said at an event organised by the Food Safety and Standards Authority of India in New Delhi.

He said that the country is in need of a ‘Jan Andolan’ encompassing and promoting health for all in the backdrop of the increasing burden of non-communicable diseases such as diabetes, hypertension and heart diseases, widespread deficiencies of vitamins and minerals and rampant foodborne diseases.

The minister mentioned that like factors to prevent non-communicable diseases such as diabetes, high blood pressure and heart diseases, salt intake, tobacco use and alcohol have found global acceptance, the Eat Right movement is also poised to become a global best practice with the launch of new Eat Right India logo, an online Eat Right Quiz, the Eat Right Index, a Regional Course, a Strategic Services, World Health Organization, and the Eat Right India’s Regional Division.

Dr. Faizan, a边际 health worker, shared the Eat Right India’s Regional Course, World Health Organization, and the Eat Right India’s Regional Division.

The minister stated, “The four main right eating habits are:

1. **Eat Right:** Every meal should have a balanced proportion of proteins, carbohydrates, and fats.
2. **Less in Portion:** Portion size should be reduced to control weight.
3. **Eat Right:** Include a variety of foods and avoid excess intake of salt, sugar, and oil.
4. **Eat Right:** Eat meals at regular intervals to maintain blood sugar levels and prevent hunger pangs.

Union Health Minister, Dr. Harsh Vardhan interacting with the media on the ‘Eat Right Movement’ in New Delhi. The Secretary, Union Health Ministry, Pratik Saban is also seen.