

# THE TIMES OF INDIA

## On World Food Day, food safety dept rally bats for 'less salt, less sugar, less fat'

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Trichy: Trichy district food safety department conducted a motorcycle rally here on Tuesday, on the occasion of World Food Day on October 16 to spread the message 'less salt, less sugar and less fat' message among the general public. Officials from the food safety department said that the awareness towards the ideal consumption of sugar, fat and salt was very less among all the sections of the society and it was the main reason for a large number of people from the city suffering from lifestyle-related issues and diseases like diabetes, hypertension, obesity, heart ailments etc., "We know how rampant diabetes is in India. Not only that, irrespective of age, everyone is suffering from various non-communicable diseases only because of poor lifestyle and dieting pattern," designated officer for Trichy food safety department Dr R Chitra said.

Dean of Mahatma Gandhi Memorial Government Hospital (MGMGH) Dr G Anitha, who also took part in the event, urged people to lower the consumption of food items like pickle and papad that are soaked in salt. "I would never ask people to restrict the consumption of sugar, salt and fat, but regulate it well and exercise regularly. Only lack of these would augment certain diseases – particularly issues to the heart," she added.

Apart from this, people were also asked to stop using plastics when it came to storing or serving food items and beware of adulterated food items.

Around 200 people, including members from Integrated Child Development Services and food safety department, other government officials, food business operators and college students participated in the rally. District collector K Rajamani flagged off the rally from Chathiram bus stand. It ended at Uzhavar Sandhai grounds. Students from Kalai Kaviri College of Fine Arts performed a drama near Central bus stand to create awareness about safe eating.

The rally was held in solidarity with the Food Safety and Standards Authority of India's (FSSAI) 'Swasth Bharath Yatra' cycle rallies which were flagged off from six different locations in the country to promote the 'Eat Right India' movement.