

Nutrition at a Glance

A Guide to a Healthy Lifestyle



Anemia Prevention

Diet Diversity

Nutrition Awareness

Sanitation - WASH

Anemia Prevention

Combat Anemia with a Nourishing Diet



Ensure your diet is abundant in iron, featuring nutrient-rich options such as leafy greens, beans, and lean meats. This proactive approach not only prevents anemia but also fosters overall well-being.



Learn More

Anemia Mukat Bharat: <https://anemiamukt Bharat.info/>

Anemia Mukat Bharat 6X6X6 strategy: <https://vikaspedia.in/health/health-campaigns/anemia-mukt-bharat>

Anaemia- Key Facts by WHO: <https://www.who.int/news-room/fact-sheets/detail/anaemia#:~:text=Treatment%20and%20prevention&text=Changes%20in%20diet%20can%20help,health%2Dcare%20provider%20recommends%20them.>

Anemia Dashboard: <http://nceard.roshni-cwca.co.in/FrmDashboardQ.aspx>

Anemia Radio spot: http://nhm.gov.in/images/pdf/programmes/mhs/iec/audio/wifs/Priyanka_radio_english_45secs.mp3
http://nhm.gov.in/images/pdf/programmes/mhs/iec/audio/wifs/Priyanka_radio_Hindi_45secs.mp3

Anemia TV spot: http://nhm.gov.in/images/pdf/programmes/ah/iec/video/Priyanka_Anaemia_English_40secs.mp4
http://nhm.gov.in/images/pdf/programmes/ah/iec/video/Priyanka_Anaemia_Hindi_40secs.mp4

Diet Diversity

Foster Vitality through Dietary Variety



Elevate your well-being by embracing a diverse array of foods, ensuring a well-balanced intake of essential nutrients and vitamins. This commitment to dietary diversity is key to promoting overall health.



Learn More

My Plate for the Day: <https://www.nin.res.in/downloads/My%20plate%20for%20the%20day-english-09-10-2023.pdf>

Food diversity in India: <https://www.ibef.org/blogs/food-diversity-in-india>

Top 10 High Fibre Foods to Include in Your Diet: <https://www.healthifyme.com/blog/high-fibre-foods/>

Nutrition Awareness

Unlock the Benefits of a Complete Diet



Embrace a vibrant and healthy life by incorporating foods from all five essential groups—Vitamins, Minerals, Fats, Carbohydrates, and Proteins. This ensures a comprehensive and nourishing daily diet that supports your overall health and vitality.

Learn More

5 Keys to a Healthy Diet: <https://www.who.int/multi-media/details/5-keys-to-a-healthy-diet>

Healthy Diet by WHO: [https://applications.emro.who.int/docs/EMROPUB_2019_en_23536.pdf?ua=1#:~:text=The%20recommended%20daily%20intake%20for,400%20g\)%20\(2\).](https://applications.emro.who.int/docs/EMROPUB_2019_en_23536.pdf?ua=1#:~:text=The%20recommended%20daily%20intake%20for,400%20g)%20(2).)

Healthy Diet and Lifestyle Booklet by Lady Irwin with UNICEF: http://nceard.roshni-cwca.co.in/UploadPDF/Healthy%20Diet%20and%20Lifestyle%20Booklet_NCEARD.pdf

