

## Anemia Prevention

#### **Combat Anemia with a Nourishing Diet**



Learn More

Anemia Mukt Bharat: https://anemiamuktbharat.info/

**Anemia Mukt 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%20 and%20prevention&text=Changes%20in%20diet%20can%20 help,health%2Dcare%20provider%20recommends%20them.

**Anemia Dashboard:** http://nceard.roshni-cwcsa.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.mp4http://nhm.gov.in/images/pdf/programmes/ah/iec/video/Priyanka\_Anaemia\_Hindi\_40secs.mp4

# Diet Diversity

### **Foster Vitality through Dietary Variety**

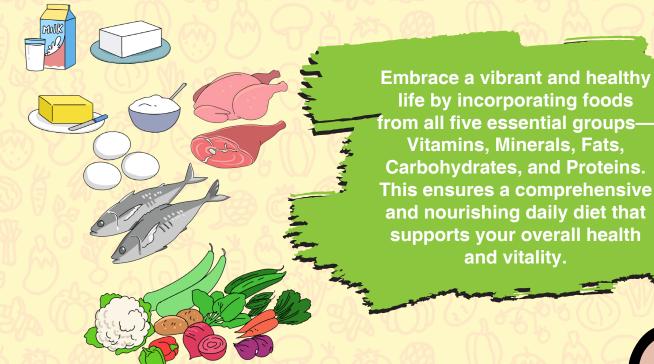


**Food diversity in India:** https://www.ibef.org/blogs/food-diversity-in-india

**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**



#### 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%20 recommended%20daily%20intake%20for,400%20g)%20(2).

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