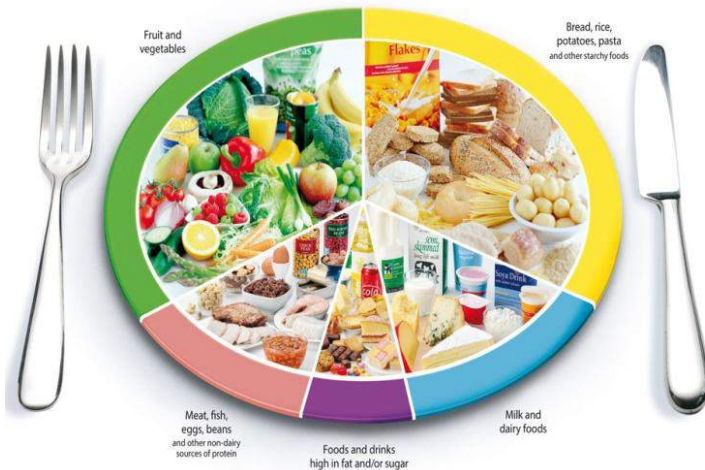


National Nutrition Week

September 01 – 07, 2015

Department of Dietetics

Better Nutrition Key to the Development



Good Vs Bad



**Pick
Right.
Feel
Bright!**

Eat healthy today for better tomorrow

GOOD CARBS



HEART HEALTHY : OMEGA 3 FATS



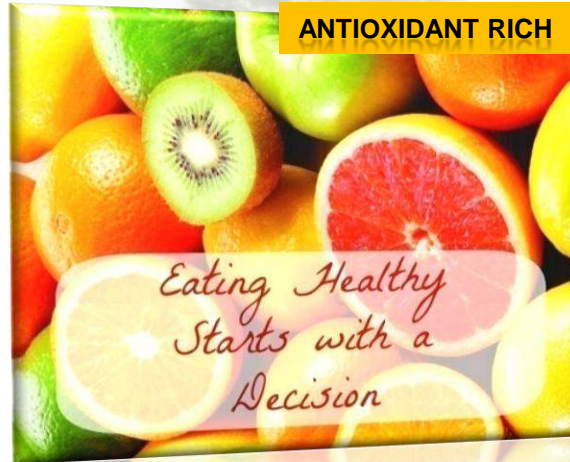
HIGH FIBRE



PROTEIN



ANTIOXIDANT RICH



BETTER FAT - MUFA



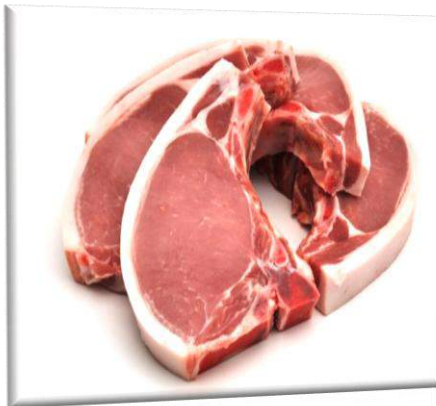
Carbs: Good Vs Bad



Enjoy optimum health by eating the right carbs



Protein: Good Vs Bad



Fats: Better Vs Bad



Eat Smart



Food Safety

5 Keys to Safer Food*

1 Keep clean



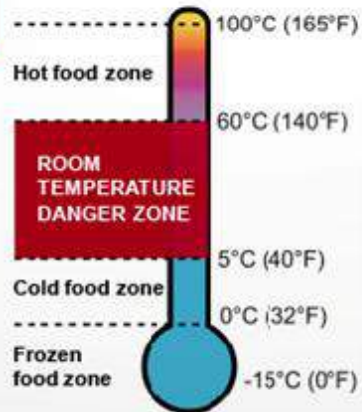
2 Separate raw and cooked



3 Cook thoroughly



4 Keep food at safe temperatures



5 Use safe water and raw materials



*Source: World Health Organization's Five Keys to Safer Food