

JNMC Social Media

National Nutrition Week

1st-7th September 2020

Theme : Eat Right, Bite By Bite

- It is celebrated each year from 1st September to 7th September to spread awareness on the importance of health and well-being.
- **The week was celebrated at the Urban Health Training Centre (UHTC) by Medical officer Dr. Prajakta & her team under the guidance of Dr. Kumar Bijyendra Sourabh, Asst. Prof. Dept. of Community Medicine & I/C UHTC.**
- The beneficiaries were given a health awareness talk on Prevention of Non Communicable Diseases (NCDs):
 1. Include Fruits, vegetables & Milk in daily diet
 2. Maintain Hydration by drinking plenty of water
 3. Avoid foods with unsaturated fats
 4. Avoid Sweetened beverages
 5. Say No to Junk foods
 6. Do regular Physical activity
- They were also informed about the risk factors for Non Communicable Diseases:

Unhealthy diet+ Physical Inactivity+ Environmental Factors= Increased
Risk for Non Communicable Diseases (NCDs)