The Eat Right Movement
#AajSeThodaKam
Tel. Cheeni aur Namak Thoda kam

Reduce salt, sugar and fat in your daily diet to reduce the risk of obesity, hypertension, diabetes and heart disease and other non-communicable diseases.

**REPLACE**

- the intake of salt, sugar & oil gradually in your daily diet

**MONITOR**

- your intake by buying and using a small fixed quantity of sugar, salt and oil every month

**MEASURE**

- Use smaller spoons to put salt, sugar and oil in your food

**REPLACE**

- with healthier options
  - Use fruits instead of sugar
  - Use 2-3 vegetable oils instead of Vanaspati ghee

**LIMIT**

- foods such as pickles, salted snacks, sauces, jams, jellies, sweetened beverages, sweets, desserts, fried foods

**AVOID**

- Reusing and reheating oil repeatedly
- Sprinkling salt and sugar on salads, cut fruits, curd
- Adding salt while cooking rice and making chapattis
- Refined sugar