




**FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA**
Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India



THE PINK BOOK

**YOUR GUIDE FOR
SAFE AND NUTRITIOUS
FOOD AT HOME**

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SAFE AND NUTRITIOUS FOOD AT HOME



2nd Edition
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The Pink Book serves a guide for general practices recommended for ensuring safe and nutritious food at home. The content is not intended to be a substitute for a professional consultation, for medical diagnosis and treatment or advice on specific dietary requirements.

Preface

The Food Safety and Standards Authority of India (FSSAI) is pleased to present to you the second edition of 'The Pink Book: Your Guide for Safe and Nutritious Food at Home'. This book, intended for Indian home kitchens to ensure that the food prepared is safe, hygienic and nutritious, has now been revised and updated. There are nine sections namely, purchasing food, storing food, preparing and cooking food, serving food, eating healthy food, managing leftover food, packing food and finally maintaining hygiene & sanitation as well as managing waste. It provides useful tips, dos and don'ts, methods and practices that are recommended in Indian kitchens.

This book has been brought together by a team of food technologists and nutritionists from various premier institutions in the country and carefully reviewed by a panel of experts. I would like to give special thanks to Dr. Alka Mohan Chutani (All India Institute of Medical Sciences, Delhi), Dr. Tejmeet Rekhi (Institute of Home Economics, Delhi), Dr. Shweta Khandelwal (Public Health Foundation of India), Ms. Deepshikha Kataria (Institute of Home Economics, Delhi), Ms. Divya Puri (Manav Rachna International Institute of Research & Studies) for providing valuable inputs for the first edition of The Pink Book which was released in March, 2017.

Further, I would like to express my deep appreciation to the panel of experts who have contributed to and reviewed both the first and second editions of The Pink Book. Finally, I would like to acknowledge Ms. Ashi Kohli Kathuria (World Bank), Dr. Deepika Anand (World Bank), Mr. Annaswami Ganesh (Sealed Air), Dr. Meenu Singh (Vital Strategies) and Ms. Aditi Mehrotra (DIETED & Arney's Fitkid) for their comments and suggestions on the second edition of The Pink Book.

FSSAI would welcome any suggestions and feedback on this publication so that 'The Pink Book' becomes a trusted companion and part of all Indian households.

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Meet Master Sehat, Miss Sehat and their friend, Dr. Sara



**MISS
SEHAT**



DR. SARA



**MASTER
SEHAT**

They will tell you all you need to know about
keeping food safe and nutritious at home



Introduction

The Pink Book is an easy-to-understand guide to good food safety and nutrition practices recommended to be followed at home by our safe and nutritious food superheroes, Master Sehat and Miss Sehat and their friend Dr. Sara. These characters, through various interactive and illustrative examples, provide valuable tips, useful pointers, and necessary information to ensure that the food we eat is both safe and nutritious.

The book is divided into nine sections starting from purchasing food, storing, preparing and serving food to eating healthy food, managing leftovers and packing food. The last two sections of the book are on maintaining hygiene and sanitation in the kitchen and managing waste.

In the **first section**, Master and Miss Sehat highlight all the important points to keep in mind when you select and purchase food such as examining the freshness of food, reading labels and buying healthy food items.

The **second section** is about storing food such as grains, fruits, vegetables, meat and meat products, milk and milk products. This section indicates not only the correct methods and places to store food but also at the right temperature. There is a section on storing food appropriately in the refrigerator.

In the **third section**, we learn about preparing food, starting from washing and cutting vegetables to correct cooking practices to preserve the nutritive value of food, including the right methods of using a microwave.

The **fourth section** illustrates the correct methods to serve food hygienically and safely.

The **fifth section** highlights the importance of eating healthy, and explains how to plan meals to ensure a balanced diet through the 'food pyramid'.

In the **sixth section**, we learn about storing cooked food appropriately to preserve its nutritive value and managing leftover food.

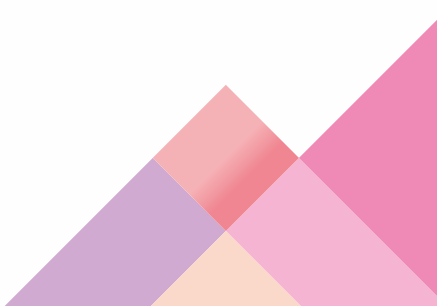
The **seventh section** explains appropriate ways to pack food to ensure safety as well as tips on packing lunchboxes.

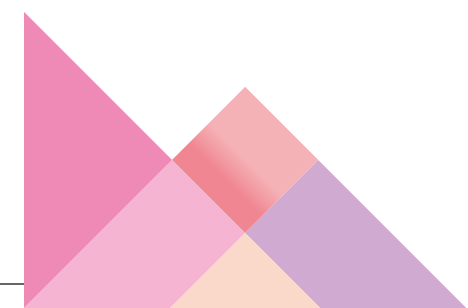
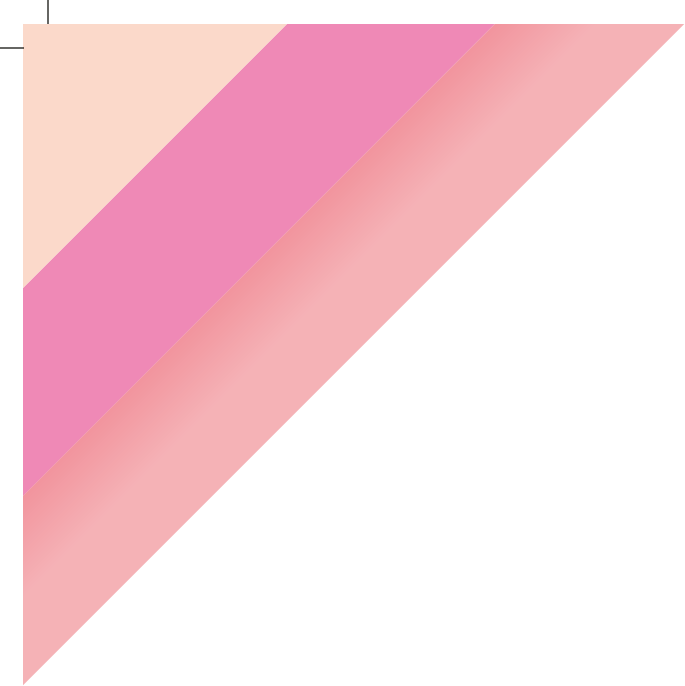
The **eighth section** is about maintaining hygiene and sanitation in the kitchen through cleaning utensils and appliances, pest control and personal hygiene.

The **ninth** and final section provides useful information on proper management of food waste.

References are provided at the end for further information.

There are interesting facts on food safety and nutrition throughout the book for your interest. Please also visit www.fssai.gov.in, www.snfportal.in and www.eatrightindia.fssai.gov.in for more resources.





PURCHASING FOOD



Healthy and safe eating begins with choosing what foods you buy. So, let us start with purchasing food from the market.

SHOP SMART

FRUITS & VEGETABLES



DO Buy

- Fresh, seasonal and locally available vegetables and fruits at the right stage of maturity
- Green leafy vegetables that are crisp and fresh. The darker the colour, the better it is in terms of nutrition benefits
- Roots and tubers such as carrots, turnips, beets, sweet potatoes that feel heavy and are firm to touch. Smaller sized are usually tastier.
- Potatoes should have unwrinkled skin. Dirt on potatoes can be a sign of freshness because they are washed before storage.
- Onions should be heavy and firm
- Fruits that are firm to touch, unblemished, fresh and clean. In case of citrus fruits, choose juicy and succulent ones, which are heavy for their size. Green spots are also fine.
- Grapes should be firm, plump and firmly attached to the stems. Stems when green and flexible indicate freshness versus dry and brittle ones.

DON'T Buy

- Overripe, blemished/darkened, bruised or insect infested vegetables and fruits
- Green leafy vegetables with wilted or yellow leaves, mushy texture, unpleasant odour, slimy, fuzzy or mouldy growth
- Roots and tubers that are shrivelled, soft/pulpy, green and sprouted
- Green or sprouted potatoes as they could be toxic
- Onions that are squishy on the inside or have black powder on the scales or are sprouted
- Fruits that are pulpy, shrivelled and overripe/rotting
- Grapes should not be wet, mouldy or shrivelled, loose and fallen off the bunch. This means they are very ripe.



SNF ALERT!


If food is spoiled or looks doubtful, it is best to throw it away immediately and wash the container thoroughly. Never taste such doubtful food to check if it is spoiled. Eating even a small amount of spoiled food can be a health hazard.



MILK AND MILK PRODUCTS



DO Buy

- Pasteurised milk and milk products, as they are safer.
- Packaged and sealed milk or milk from authorised milk depots.
- Preferably fortified milk with the  logo on the packet.
- Fresh cheese and cottage cheese or paneer, preferably packaged and sealed, if purchasing from the market.
- It is preferable to prepare curd at home. If purchasing, buy packaged curd. Check the date of manufacture and ensure that the 'Best before' date has not lapsed.

DON'T Buy

- Unpasteurised milk
- Milk that is discoloured, stringy, sour in taste or curdled, with unnatural odour
- Loose milk and curd
- Cheese and cottage cheese or paneer that is slimy to touch, has creamy yellowish discoloration, or bad odour
- If the packaging of the product is not sealed properly, or is puffed
- If the expiry date or 'best before' date on the packet has lapsed



TIPS


While shopping, pick perishable foods (milk, fresh, meat, fish or frozen packs) last to avoid spoilage.



PULSES AND CEREALS: WHEAT FLOUR (ATTA), RICE, SEMOLINA (SOOJI OR RAWA) ETC.



DO Buy

- Preferably packaged and sealed grains
- Fortified wheat flour and rice (look for the  sign)
- Even sized and clean grains.

DON'T Buy


Grains with:

- Clumps, musty smell or cottony growth,
- Unpleasant odour
- Stones, dirt
- Insect infestation

FATS AND OILS; OILSEEDS AND NUTS



DO Buy

- Preferably packaged fats, oils and ghee.
- Fortified oil with  logo on the packet.
- Clear and transparent, free-flowing with natural aroma.
- Preferably packaged oilseeds and nuts with packaging intact.


DON'T Buy

- Oils sold loose, especially mustard oil
- Viscous or very thick and dark or used oil with suspended impurities.
- Nuts and oilseeds/powders with rancid smell
- Insect infested/ mouldy groundnuts

CONDIMENTS AND SPICES



DO Buy

- Packaged ground spices
- Intact packaging and contents when buying whole spices (chillies, cardamom)
- Buy double fortified salt. Look for the  logo to identify it.

DON'T Buy

Spices and condiments with:

- Cottony growth
- Unpleasant odour
- Presence of insects and powder in whole spices, mould growth and artificial /bright colours
- Clumps in ground spices

EGGS



DO Buy

- Eggs with shells that are clean and intact.

DON'T Buy

- Eggs with shells that are dirty and discoloured, or soiled with droppings.
- Eggs with cracked shells
- Eggs that float in water
- Broken eggs with blood spot/meat spot/foul odour

MEAT, POULTRY AND FISH



DO Buy

FISH

- Fresh fish that is shiny, wet and firm to touch and which bounces back when pressed with a finger.
- Fish with gills that are intact, bright and pink in colour.
- Fish with clear eyes and flesh.

MEAT & POULTRY

- Meat that has pink flesh.
- Lean meat with less cartilage and bone.
- If purchasing pre-cut or packaged meat, check the temperature of the chilled storage unit.
- Check that the 'Best before' date has not lapsed.

DON'T Buy

- Fish with flesh on which depression remains when pressed with a finger or flesh that becomes soft and falls apart or flabby flesh that separates from the bones
- Fish with grey or green gills
- Fish with dull, sunken eyes
- Fish with foul odour and very few scales left on the fish, if the fish is scaly

Meat and poultry with:

- Tough, fibrous flesh with more fat and bone
- Discolouration
- Putrid smell
- Slimy appearance and touch
- Damaged packaging



SNF ALERT!

Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart/grocery bags.



FROZEN FOODS



DO Buy

- Packaged frozen foods and check that the date of expiry has not lapsed.
- Food that is frozen solid. Thaw only as much quantity as you need.

DON'T Buy

- If product has a large amount of ice crystals, foul smell or is discoloured.
- If packaging is soiled, leaking or damaged.
- If food has thawed.



SNF ALERT!

Do not purchase products marked as "Keep refrigerated", "Keep chilled" or "Keep frozen" that have not been stored under adequate refrigeration.

Take food that needs refrigeration home quickly and place it in the refrigerator or freezer promptly.



PACKAGED / CANNED / BOTTLED FOODS



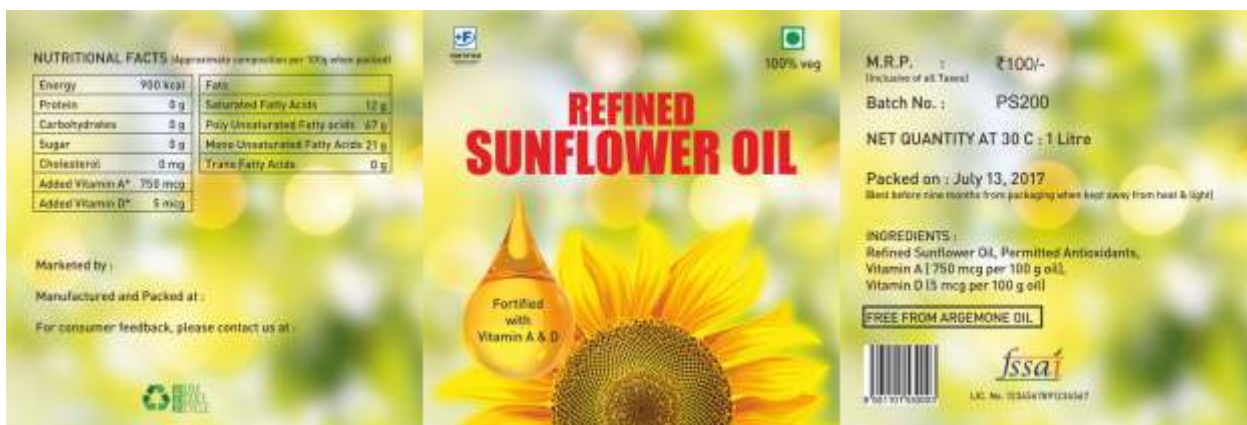
DO Buy

- Intact packets.
- Sealed bottles.
- Foods with uniform colour and consistency.
- Check dates of manufacture and expiry.

DON'T Buy

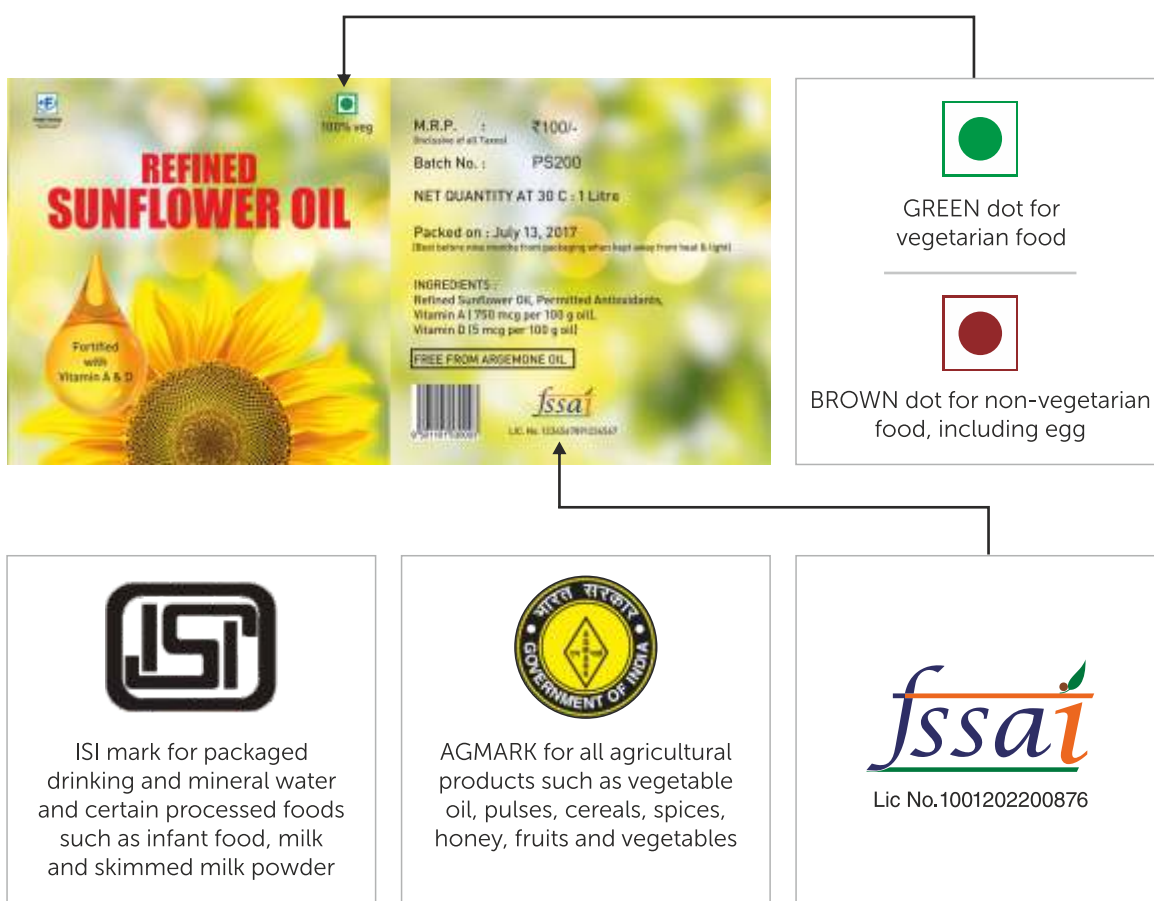
- Deflated packets (with less air), suspended impurities, dented, bulging, and leaking packets/cans.
- Packets having contents with putrid smell, brine/syrup, or which look cloudy/bubbly or slimy.

DECODE FOOD LABELS



Being able to understand and correctly interpret the labels on food items is vitally important to be able to make good food choices and prepare healthy food in your kitchen.

LOOK FOR THESE LOGOS



DID YOU KNOW?



'Fortified' food means essential nutrients such as Vitamins and minerals have been added to the food. Eating fortified wheat flour, rice, milk, oil, and salt helps to meet your daily requirement for nutrients that help you grow, fight infections and stay strong and healthy. There is no difference between fortified and regular foods in appearance, taste, smell, storing and cooking methods. For more information visit www.ffrc.fssai.gov.in

LOOK FOR THIS LOGO



FORTIFIED
SARFOODHA POSHAN
SWASTI JEEVAN



फोर्टिफाइड
समृद्ध पोषण
स्वास्ति जीवन

LIST OF INGREDIENTS and FOOD ADDITIVES:

- Carefully check the list of ingredients.
- Common allergy-causing ingredients include casein in milk, tree nuts including peanuts, eggs, fish, shellfish, soybean, and proteins in wheat. Avoid food products that include these ingredients if the consumer is sensitive to them. Consuming these even in small quantities can cause severe allergic reactions in some people.
- Check the food additives for artificial/permitted flavouring and colours. Class I preservatives are preferred over class II.

INSTRUCTIONS FOR USE :

- Read instructions for use if mentioned. Make sure you follow these instructions for best results.

STORAGE CONDITIONS:

- Read instructions for storage such as where to keep the food product and for how long.

DECLARATIONS:

- Read any claims and declarations such as "free from Argemone oil".



SNF ALERT!

Always check the 'Date of Manufacture' and 'Date of Expiry' or 'Best Before' date for freshness

Be sure to consume foods before the 'Best Before' date or before the 'Expiry Date' has lapsed.



USE NUTRITION FACTS TO CHOOSE PROCESSED FOODS WISELY

ENERGY

- This is where you find the calories per serving, given in kcal, which stands for kilocalories.
- If the packet contains two servings and the calorie content is 100 calories per serving then you consume 200 calories if you eat the whole packet.
- Fat-free does not mean calorie-free. Lower fat items may have as many calories as full-fat items.

FATS & CHOLESTEROL

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fats, trans fats, and cholesterol.

SODIUM

- To help reduce your risk of high blood pressure, select foods that are lowest in sodium content.

PROTEIN

- Look for foods that are rich in proteins. Proteins are the building blocks of our body.

CARBOHYDRATES

- Check for sugars, especially added sugars.
- Limit sugars, especially added sugars, to reduce your risk of obesity.

NUTRITIONAL FACTS (Approximate composition per 100g when packed)

Energy	900 kcal	Fats	
Protein	0 g	Saturated Fatty Acids	12 g
Carbohydrates	0 g	Poly Unsaturated Fatty acids	67 g
Sugar	0 g	Mono Unsaturated Fatty Acids	21 g
Cholesterol	0 mg	Trans Fatty Acids	0 g
Added Vitamin A*	750 mcg		
Added Vitamin B*	5 mcg		

Marketed by :
 Manufactured and Packed at :
 For consumer feedback, please contact us at :



VITAMINS & MINERALS

- Select foods that are rich in a variety of Vitamins and minerals as they help us fight infections and keep us healthy.

DIETARY FIBRE

- Check the amount of fibre. Fibre improves digestive functioning and overall health.

SERVING SIZE and NET WEIGHT

- Check the serving size. It may be given as the number of servings per container/packet or the weight/volume in g/ml.
- Check the net weight of the packet. This is the total amount of product contained in the packet.
- The Nutrition Facts Label information is generally based on one serving/per 100g /100ml, but many packages may contain more than one serving or more than 100g or 100ml.
- Look at how many servings/g/ml you are actually consuming. If there are two servings/200g/200ml in one packet and you eat the whole packet, you have consumed double the calories and nutrients mentioned in the Nutrition Facts.

GUIDELINES FOR DAILY ALLOWANCE (GDA) or DAILY VALUE % (DV%)

- Some foods display Guidelines for Daily Allowance or Daily Value%. This tells you what percentage of the daily requirements of particular nutrients is fulfilled by that food.
- DV is based on a 2000-calorie diet. If a nutrient's DV is listed as 20% then it meets 20% of the total amount of that nutrient you need per day to function properly.
- This is a helpful way to check if the food is high or low in a nutrient value. A DV of 5% or less means the food item is low in that nutrient and 20% or more means it is high in that nutrient.



SNF ALERT!

Soups and salads are not always low in calories. Do make it a point to read the label of food packets for such information. Thick soups containing white sauce, cream, starch, coconut milk, noodles etc. are rich in calories. Packaged soups also have high sodium, and thus, are not healthy. This is also true for salads with rich dressings like mayonnaise.



TIPS

A great way to help the environment, while fulfilling our food needs is by using products that can be recycled. Simply look for the recyclable sign on the packet before making the purchase.



DID YOU KNOW?

For those who would like to consume genuine organic food, FSSAI has launched an initiative called 'Jaivik Bharat' to ensure genuineness of food labelled and sold as 'organic'. The 'Jaivik Bharat' logo, a common identity for organic food, helps you identify authentic organic food. An 'Indian Organic Integrity Database' has been developed and is available through the Jaivik Bharat portal at www.jaivaikbharat.fssai.gov.in



BE A SMART CONSUMER

Food advertisements can sometimes make claims that require clarifications so that you can make healthy choices.



Food	Claim	Clarification
Fats/Oils	'This oil is good for diabetes' or other diseases or "this oil is heart friendly".	All oils are 100% fat, and therefore, should be consumed in recommended quantities only.
	' This oil does not contain cholesterol'	No plant-based oil contains cholesterol anyway.
	'Light oil' or 'Lite oil'	Some oils are more easily absorbed than others but 1 gm of any oil will give the same amount of energy, i.e., 9 kcal.
	'This oil contains no saturated fats'	This is not true because every kind of oil has some percentage of saturated fats, even though some oils contain more saturated fats than others.
	'Cholesterol-free' label	Products marked 'cholesterol free' do not contain cholesterol but care has to be taken to check for total fats, especially saturated and trans fats, as they can increase cholesterol levels in the body. Our body synthesizes cholesterol. Also, vegetable oils do not contain cholesterol; only animal fats do.
	'Low-fat' or 'Non-fat' labels.	Often low-fat foods have extra sugar, refined flour or starch thickeners to make them taste better. These ingredients add calories from carbohydrates, which may lead to weight gain.
Cereals	Bread that is marked 'brown bread'	Brown bread need not mean whole wheat bread. Brown bread is often coloured with caramel and may have only a small percentage of wheat flour. To be genuinely labelled 'whole wheat bread', it must be at least 50% whole wheat.
Sugars	'Sugar-free' and 'Brown sugar' labels	People often associate sugar free foods with lower calories, and thus, consider them beneficial for diabetics and weight watchers. Sugar-free foods could actually be loaded with fats and refined cereals (refined flour, starch). Sugars could also be present in different forms (malitol, fructose, corn syrup, molasses) 'Brown sugar' is often sucrose, tinted with caramel.

DID YOU KNOW?

The Food Smart Consumer Portal of FSSAI contains guidance notes for consumers, information on consumer rights as well as a grievance redressal mechanism. Visit the Food Smart Consumer Portal at <http://foodsmart.fssai.gov.in/>

BUILD A HEALTHY 'MARKET-BASKET'

Here are some useful pointers for a healthy market-basket when you buy

CEREALS AND PULSES

- Buy whole grain cereals, whole and split legumes and pulses as they are rich in essential nutrients.
- Buy a variety of cereals such as oats or jai, whole-wheat flour, muesli, cornflakes, bajra or pearl millet, ragi or finger millet, jowar or sorghum millet, brown rice, sabudana or tapioca sago and barley or jau.
- Use a combination of channa or processed soya flour with wheat flour to enhance the protein quality as well as additional health benefits.

Whole grains are high in dietary fibre, low in fat, and rich in Vitamin E, iron, selenium, zinc, and B-complex Vitamins.



SNF ALERT!

Soya bean contains trypsin inhibitors, which reduce the digestibility of proteins. Therefore, only processed (adequately heat-treated) soya flour should be consumed or added to wheat flour or any other millets. The heat from the griddle/tawa is not sufficient to destroy trypsin inhibitors.



FRUITS AND VEGETABLES

- Buy seasonal vegetables and fruits and choose a rainbow of colourful fruits and vegetables.
- When buying fruit juices, choose 100% juices without added sugar.

Fruits and vegetables provide dietary fibre, folate, and Vitamins such as Vitamin C, Vitamin A, some minerals, antioxidants, and water.



DID YOU KNOW?

Citrus fruits such as oranges and lemons are not the only rich sources of Vitamin C. A bowl of sprouts provides more Vitamin C than an orange. Guava, amla and green chillies provide more Vitamin C than any other citrus fruit.



OILS AND FATS

- Buy Vitamin A and Vitamin D fortified oil.
- Buy and use two or more different types of fats/oils/ghee for daily cooking.
- To reduce risk of heart disease, substitute margarine, vanaspati, palm oil etc. which are rich in saturated and trans fat with healthy vegetable oils such as groundnut oil, mustard oil, sesame oil (til) and coconut oil.
- Include nuts and oil seeds like walnuts and flax seeds in your diet for omega-3 fatty acids.



SNF ALERT!

Many people suffer from Vitamin D deficiency. Vitamin D is manufactured by the skin on exposure to sunlight. Very few foods contain Vitamin D, which is essential for the absorption of calcium in the body. Therefore, consuming milk and oil fortified with Vitamin D will help you meet your requirements.



MILK AND MILK PRODUCTS

- Buy Vitamin A and Vitamin D fortified milk and a variety of milk products such as curd, cottage cheese/paneer, or cheese.
- Choose whole milk and cheese for growing children, pregnant and lactating women. Choose low fat milk and cheese if you are watching your weight or are at risk of problems as a result of obesity, cardiovascular diseases or diabetes.
- For the dairy or lactose intolerant- you can substitute dairy products with soy and soy products (tofu, miso, soy milk, etc).



Milk is a very good source of high-quality protein, calcium and phosphorus and Vitamin B2.



SNF ALERT!

Vegetarian diets that include cereals, legumes, soy, dairy, nuts, seeds, whole grains and vegetables can easily meet your protein, Vitamin and mineral requirements.

However, Vitamin B 12 is the only Vitamin that is naturally present only in foods of animal origin. Therefore, vegetarians usually need to supplement this Vitamin in their diets. Eating wheat flour and rice fortified with Vitamin B 12 can help meet the body's nutritional needs.





MEAT, FISH, POULTRY AND EGGS

- Buy seasonal fish.
- Eggs provide good nutritional value for money because they contain high quality protein and are easily affordable.
- Choose lean cuts of meat if you are watching your weight.

Meat, fish, poultry and eggs are rich sources of protein, iron, zinc, and B-complex Vitamins.

DID YOU KNOW?



Fish is rich in long-chain Omega-3 fatty acids. Frequent consumption of fish helps protect against several chronic diseases including heart disease and diabetes. If you eat seafood, eat more oily sea fish, which is cheaper, healthier and also rich in Vitamin D.

SCREEN WHAT YOU EAT

Your food may be adulterated with undesirable and harmful substances, which can make you sick.

Being a smart consumer means being able to identify these adulterants in foods.

For some simple, easy to follow tests for common adulterants, please refer to the DART Book- Detecting Adulterants with Rapid Testing released by FSSAI.

It can be downloaded at the FSSAI website:

<http://www.fssai.gov.in/home/capacity-building/FSSAI-Books.html>



QUIZ

Do you PURCHASE safe and nutritious food? Take this quiz to find out!

Do You...?	Always	Usually	Sometimes	Never
1. Buy fruits and vegetables from a trusted vendor or shop?				
2. Buy seasonal fruits and vegetables?				
3. Visually inspect all food for freshness?				
4. Buy fortified wheat flour, rice, oil, milk and salt?				
5. Read the labels carefully-especially expiry date and look for the FSSAI, AGMARK and ISI logos?				
6. Read the nutrition information for the food?				
7. Check for the integrity/ intactness of the food package?				
8. Buy whole grain cereals?				
9. Buy flesh foods and frozen foods towards the end of your shopping trip?				
10. Choose to buy vegetable oils over vanaspati ghee and margarine?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 – 10 Points	RED ZONE	SNF Alert! Be careful!
11 – 20 Points	YELLOW ZONE	You are getting there
21 – 30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

STORING FOOD



The next step, after buying food from the market is storing it properly for future use. Always keep the following tips in mind while storing food.

STORE FOODS SAFELY

CEREALS AND PULSES

- Store in large clean airtight bins/containers, preferably placed above ground level
- Keep a clean, dry scoop in every container
- Containers should be air-tight
- The place of storage should be cool, dry/free from moisture



VEGETABLES

- Pick, clean, and store green leafy vegetables in a paper towel but not newspaper and then in net/perforated bags (plastic bags with small holes to allow them to breathe).
- Do not wash onions, garlic, and potatoes. Store them in open baskets to permit air circulation.
- All other vegetables such as carrots, radishes, beetroots, cauliflower, tomatoes, brinjals, capsicums, ladies fingers etc. should be washed, air-dried and then stored in perforated bags in the refrigerator.

FRUITS

- Wash fruits in tepid water and air-dry before storing.
- You may store fruits like apples, pears, and oranges in a cool, dry place for a few days.
- Do not refrigerate bananas, as the peel will turn black.
- Store all other fruits in the refrigerator.





MILK AND MILK PRODUCTS

- Wash pouches of milk under running water before storing.
- You can store milk in the chiller shelf of the refrigerator
- Store milk powder at room temperature in an airtight container
- Always refrigerate butter, cream, and cheese.

MEAT, FISH, POULTRY AND EGGS

- Store eggs separately in the egg tray of the refrigerator.
- Store meat and poultry in the chiller if it is to be consumed within a day, or in the freezer if it needs to be stored longer.
- Store raw meat and poultry in sealed, moisture proof plastic bags to avoid contamination or dripping into other foods.
- Wrap the cooked meat tightly while storing.
- Keep raw and cooked meat separately.



FATS AND OILS

- Store in a cool, dark place.
- Store in opaque jars/containers with well fitting lids.
- Avoid storage places near gas/stoves or exposed to sunlight.

SPICES AND CONDIMENTS

- Clean, dry and sort spices before storing
- Store in clean, labelled, air-tight jars
- Store in a dry place



KEEP YOUR STORAGE CONTAINERS CLEAN

- Wash containers with soap and clean water before refilling.
- Dry the washed containers thoroughly before storing food in them.
- Immediately discard any containers that are cracked, broken, or without lids.

CANNED/BOTTLED FOODS

- Store cartons and cans in cool places, away from direct exposure to heat or sunlight.
- Milk and juices in cartons do not need to be refrigerated unless the carton has been opened. Once a carton of milk or juice is opened, refrigerate it and use within the stipulated time.
- Store bottled foods in the refrigerator if specified on the label.
- Canned foods such as jams and jellies should be kept in the refrigerator once opened.
- Avoid deep freezing canned and bottled foods.





PACKAGED FOODS

- Store bread in a cool, dry place for a day or two, in a breadbox. In hot and humid weather, you may store it in the refrigerator in an airtight box. For long term-storage, bread can be wrapped up and frozen in the refrigerator. Then, you can thaw it before eating.
- Store biscuits, chips, crackers, instant mixes, ready-to-eat foods, packaged pasta and snacks etc. in a cool dry place.



TIPS

All grains and pulses can be safely stored with dry whole turmeric, whole crystal salt, dried neem leaves or bay leaves. This will prevent them from infestations by weevils and other pests.

Dry roast semolina and dalia before storing. Then store in dry, airtight bottles to retain flavour for a longer period.



ARE YOU STORING FOODS AT THE RIGHT TEMPERATURE?



Room Temperature (20 to 25 °C)

- Cereals and pulses
- Roots and tubers
- Bananas
- Spices and condiments

Cool Places (below 20 °C)

- Oils and fats
- Canned foods



Refrigerator (1 to 4°C)

- Fruits
- Vegetables
- Milk and milk products
- Eggs and cooked meat, fish, poultry

Freezer (-18°C)

- Ice, Ice-cream
- Raw meat, fish, poultry
- Frozen pre-cooked meals





TOP 5 TIPS FOR SAFE STORAGE

- Keep foods dry and away from moisture preferably in air-tight containers.
- Avoid storing food in non-food grade plastic containers — plastics are not inert!
- Choose glass bottles or containers over plastic
- Always keep vegetarian and non-vegetarian food items separately.
- All food storage areas should be clean and ventilated.
- Non-food supplies (cleaning materials, chemicals, packing materials) must be labelled and stored away from food to prevent any accidental mixing, which might have serious consequences.



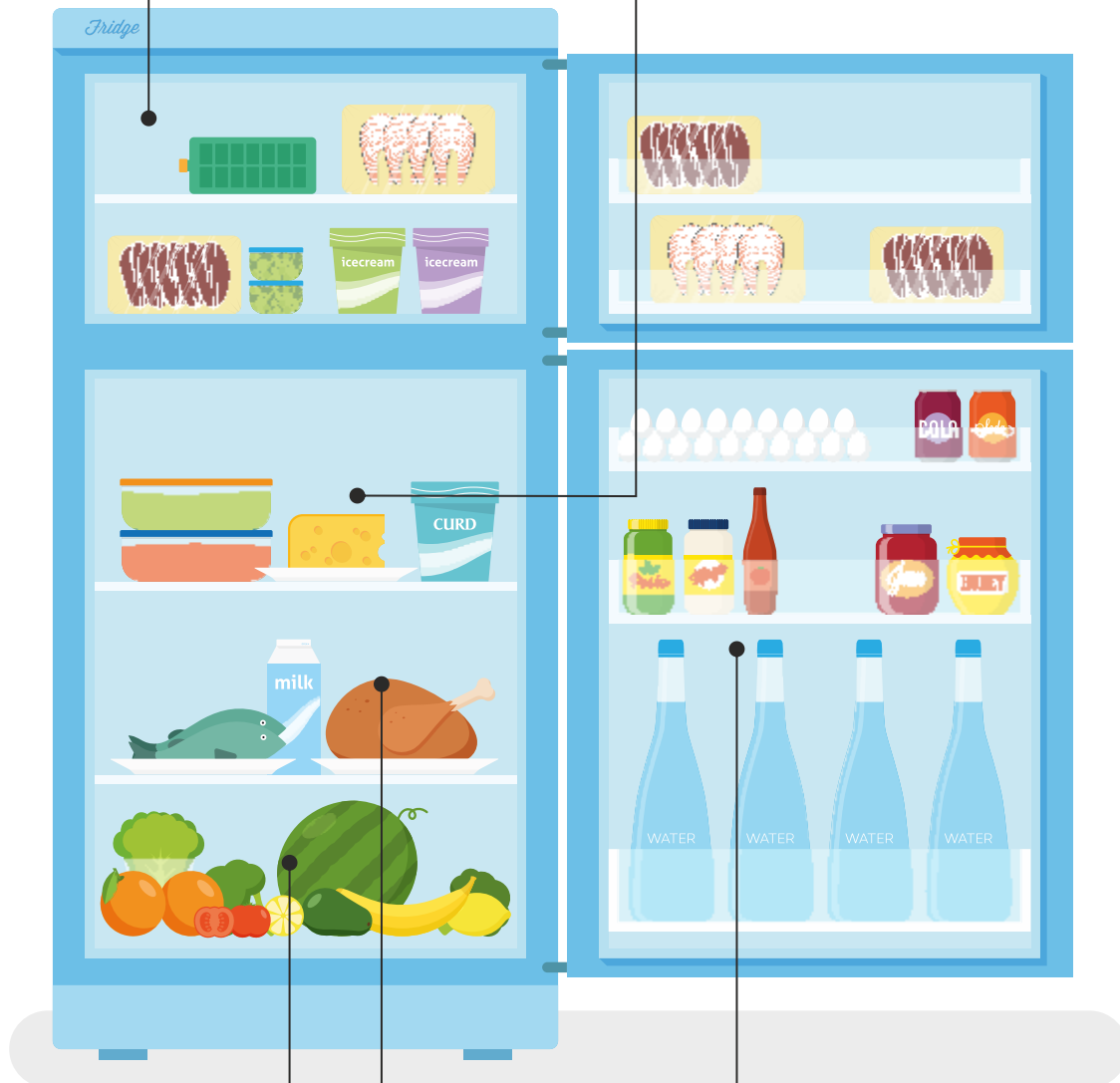
A SNEAK PEEK INSIDE YOUR REFRIGERATOR

FREEZER

- Frozen foods: vegetables, meats
- Pre-cooked frozen meals from the market
- Ice creams, Ice
- Raw meat, fish, poultry

TOP/ COLDEST SHELF

- Curd
- Butter
- Cheese
- Cooked food: leftovers



LOWER/ LEAST COLD SHELF

- Fruits
- Vegetables

MIDDLE/ LESS COLD SHELF

- Milk
- Cooked Meat
- Fish
- Poultry

REFRIGERATOR DOOR

- Water bottles
- Eggs in the egg tray
- Juices
- Condiments

IS YOUR REFRIGERATOR CLEAN?



- Clean your refrigerator inside out every two weeks.
- Make sure there is no spillage, and that any accidental spillage is cleaned immediately.
- Throw away any food that is spoiled and clean the refrigerator immediately afterwards.
- Use a clean cloth, sponge or wipe and sanitizer for cleaning and wiping the refrigerator surfaces.



GOLDEN REFRIGERATION TIPS

- The refrigeration unit should be placed in an airy and well-ventilated place, away from any source of heat.
- Refrigerator should be maintained at 1 to 4°C and the freezer at -18°C or less to prevent the growth of microorganisms.
- Make sure the regulator is functional.
- The refrigerator should be opened for the shortest possible time and the door should not be left open.
- Follow the FIFO Rule – First-in, first-out. Foods that are put in the refrigerator first should be the first to be taken out.
- Do not overstuff the refrigerator.
- Never store perishable foods in the refrigerator door.
- Store similar foods together.
- Always cover food in the refrigerator and freezer to prevent it from drying and losing its texture.
- Make sure that the foods to be stored for the longest time are stored in the coldest part of the refrigerator.
- Do not store milk and milk products below raw food, or foods with strong odour. Ensure that containers are tightly covered to prevent absorption of odour.
- Place cooked food above and not below raw food in the refrigerator to prevent cross-contamination.
- Aluminium foil and cling film are useful for covering food while storing. However, wrap food in aluminium foil or cling film only after it has cooled.
- Do not use the refrigerator to cool foods that are at high temperatures. The escaping steam will not only increase the frost formation on the refrigerator coils, but will also increase the temperature inside the refrigerator, thus favouring growth of dormant microbes. Cool such foods quickly before placing them in the refrigerator.

QUIZ

Do you STORE food safely? Take this quiz to find out!

Do You ...?	Always	Usually	Sometimes	Never
1. Store food and non-food stuff separately?				
2. Clean all storage areas regularly?				
3. Keep food away from moisture?				
4. Wash and dry fruits and vegetables before storing?				
5. Store dry grains/flour in sealed containers with a scoop?				
6. Wash and dry the storage containers regularly?				
7. Store different foods in their respective storage temperature zones?				
8. Store poultry, meat, and fish in the freezer in leak-proof containers?				
9. Clean your refrigerator every two weeks?				
10. Store green leafy vegetables in perforated bags/paper towels?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 – 10 Points	RED ZONE	SNF Alert! Be careful!
11 – 20 Points	YELLOW ZONE	You are getting there
21 – 30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

PREPARING FOOD



While preparing food, it is critically important to make sure that the food is cleaned properly, cooked in such a way that it retains its nutritional as well as health benefits, and does not get contaminated.

FOLLOW THESE RULES BEFORE YOU COOK

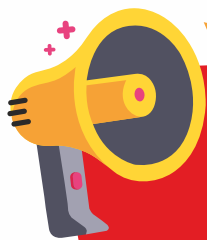
CLEANING

- Always keep food on properly cleaned kitchen counters.
- Make sure to remove spoiled portions of fruits and vegetables.
- Avoid washing eggs as the bacteria present on the shell may enter the egg. Wipe the dirt from the eggs with a clean damp cloth.
- After handling raw meat, fish, or poultry, wash hands with soap and clean water.



WASHING AND CUTTING

- Always use clean water for washing.
- Wash fruits and vegetables before peeling or cutting to avoid losing nutrients.
- Do not soak cut vegetables in water for long periods, otherwise Vitamins and minerals will leach out.
- Do not wash food grains repeatedly before cooking.
- Use separate cutting boards for fresh produce (fruits and vegetables) and animal products (raw meat, poultry, and seafood).
- For cutting boards, choose a surface such as plastic, marble, glass, or pyroceramic. These materials are easier to clean than wood.



SNF ALERT!

Cutting salads or vegetables into very small pieces and exposing them to air for a long time results in loss of water soluble Vitamin C. It is best to cut salads and vegetables just before they are to be cooked or served.



DID YOU KNOW?

Minerals and B-complex Vitamins are lost by leaching into the water used for washing or cooking food. Therefore, rice should be washed with a minimum amount of water and repeated washing should be avoided to conserve B- complex Vitamins

**THAWING**

- Frozen foods should be thawed before they are cooked, unless otherwise specified on the label.
- Food once thawed should not be refrozen, but should be cooked immediately. Therefore, it is important to take out only the required amount of food from the freezer for cooking at that time.
- Thaw or defrost frozen food by placing it-
 - In the refrigerator below 4°C.
 - Under cold, clean running water while it is still in the packet.
 - In the microwave oven if you are cooking it immediately.

FUNDAS OF HEALTHY COOKING



- Cook food in covered vessels to prevent loss of nutrients.
- Use shallow and wide bottomed vessels for uniform heating.
- For maximum health benefits, it is preferable to cook vegetables in minimum amount of water and eat them as soon as possible.
- Pressure/steam cooking is preferred over deep-frying. Fat-soluble Vitamins such as Vitamins A, D, E and K are lost by exposure to air. When food is deep fried, fat soluble Vitamins dissolve into the oil used for frying.
- Avoid use of baking soda while cooking to retain the bright green colour of green vegetables such as spinach, peas and beans or to hasten cooking time to soften channa (chick peas) because it leads to destruction of B-complex Vitamins.
- Wash pulses with clean water; pre-soak them for about 30-45 minutes before pressure-cooking. Do not discard the water used for soaking.
- Do not throw away the water in which vegetables and rice have been boiled.
- Ideally, use only as much water as required, for cooking.
- Do not undercook or overcook the food. Cook on a moderate flame. Overcooking reduces the nutritive value of the food. Undercooking of food may lead to indigestion.
- Cook cereals and vegetables only until tender but firm to bite.
- Use only iodised salt or double fortified salt, fortified wheat flour, rice and milk for cooking.
- If you eat meat, then marinate meat, poultry, and seafood in the refrigerator.
- If you are cooking for someone who suffers from a food allergy, be sure to use separate oil, cooking and serving utensils for preparing the allergen containing food



DID YOU KNOW?

Turmeric is a known anti-inflammatory agent and should be used regularly. Asofetida or hing and garlic have properties that inhibit harmful bacteria. Adding a pinch of hing while cooking also improves digestion.



USE SAFE AND HEALTHY COOKING OIL



- Do not overheat fats and oils. High temperatures and repeated heating of fats and oils, especially during frying leads to formation of harmful substances and trans-fats.
- Use minimum quantity of oil or fat for deep-frying, in proportion to the food being fried.
- Fry at the lowest frying temperature. Oil should not give off smoke.
- While frying, remove food particles frequently from the oil before they turn black.
- Do not use oil if it darkens, froths, thickens or turns gummy.
- Use a fryer or utensils made of stainless steel for frying. Avoid iron pans for frying to prevent unpleasant taste or odour.
- Do not use the same oil for frying repeatedly. Leftover oil may be reused once for cooking after straining, within two days.
- Use vegetable oils for frying. They do not contain saturated fats and trans-fats.
- Use fortified edible oil for cooking and frying.
- Avoid using Vanaspati and margarine for frying or cooking as they contain trans-fats.

DID YOU KNOW?



Shallow frying is actually NOT healthier than deep-frying because the food absorbs MORE oil.

TOP 7 HEALTHY COOKING METHODS

Boiling	Rice, Potatoes, Vegetables, Pulses
Steaming	Idli, Dhokla, Khandvi, Sprouts
Stewing	Mutton, Chicken, Vegetables, Fruits
Poaching	Eggs, Chicken, Fish, Fruits
Roasting	Vegetables, Dry savoury snacks (namkeens)
Grilling	Vegetables, Cottage Cheese, Mushroom/ Chicken tikka
Stir Frying	Vegetables, Rice, Noodles

DID YOU KNOW?



Steaming or boiling root vegetables (potatoes, turnip) with their skin prevents leaching out of nutrients.

USE THE RIGHT COOKING UTENSILS

Make sure you use the right utensils for preparing and cooking food because utensils can have an effect on the food quality. The material these utensils are made from can leach into the food that is being cooked. Here are some pointers.

1. Choose metal cookware and bake ware, which are well-kept and are lined with a heavy base of copper, brass, hindalium and that can be easily cleaned.



2. There should be no cracks or rough edges in the cookware that can trap or hold food or bacteria.

3. Make sure your pots and pans are not damaged. Replace them as required.



4. Avoid using metal or hard plastic stirrers or frying spoons on cookware. Metals can scratch surfaces and cause pots and pans to wear out faster. Use wood, bamboo or silicone stirrers instead.

5. Never use cookware with coating that has started to peel or wear away.



6. DO NOT use any dishware that has a dusty or chalky gray film on the glaze after it has been washed.

Materials for Cookware



Unsafe

Aluminium pans leach aluminium into food, especially when they are used to cook acidic foods, such as tomato sauce. Aluminium is suspected of being a cause of health problems.



Safe

Non-stick, scratch-resistant anodized aluminium cookware is a good choice for cooking food. The hard surface of such cookware is easy to clean and is sealed, which prevents aluminium from leaching into food.



Unsafe

Children should be protected from ceramic cookware containing lead. Acidic foods such as oranges, tomatoes, or foods containing vinegar can result in leaching of more lead from ceramic cookware than non-acidic foods like milk. More lead leaches into hot liquids like coffee, tea, and soups than into cold beverages.

Some ceramic cookware should not be used to hold food, including items such as crafts, antiques or collectibles. They may not be food-grade and thus unsafe for cooking.



Safe

Iron cookware may be a good choice. Cooking in cast iron pots may increase the amount of iron in the diet, not significantly but marginally.

USE THE RIGHT COOKING UTENSILS

Materials for Cookware



Unsafe

Pots and pans with non-stick coatings should not be for cooking at high temperatures. Overheating can cause the coating to break down, which can result in the release of toxic particles and/or gases.



Safe

Stainless steel cookware is low-cost and can be used even at high temperatures. Stainless steel cookware is sturdy and does not wear down easily. Most stainless steel cookware has copper or aluminium bottoms for uniform heating.



Unsafe

100% copper cookware or older copper cookware that may have tin or nickel coatings should not be used for cooking. If the coating on the copper cookware is worn out over time it can allow copper to dissolve in food, which can cause health problems.



Safe

Copper pots are popular due to their uniform heating. However, large amount of copper from unlined cookware can cause health problems. Some copper and brass pans are coated with another metal to prevent food from coming into contact with copper, which makes them safe for cooking.

Titanium cookware, newly developed, is also suitable for cooking. Titanium cookware is non-toxic, biocompatible, lightweight and extremely strong and uses an aluminium base for uniform heat transfer and distribution. The non-porous, non-stick titanium outer surface does not allow any aluminium to leach through. Clean-up is easy and food does not stick to titanium.

Oil or water is not necessary to cook food in titanium pans, so food retains more flavour and nutrients.



SNF ALERT!

**Avoid charring or blackening of foods while barbequing.
Overcooking or cooking animal protein foods at very high temperatures should be avoided.**



COOK SAFELY IN THE MICROWAVE

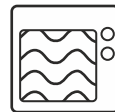
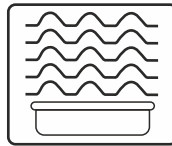
Microwave ovens are used frequently in homes to boil water, thaw frozen food, reheat food, and make simple dishes. While microwave cooking is fast, with less nutrient loss, it carries the danger of overcooked or unevenly cooked food.



- Use only food grade plastic, ceramic and glass containers that are labelled 'microwave safe' for cooking or heating food in the microwave.

Look for these LOGOs to check if a container is microwave safe

MICROWAVE OVEN SAFE



- When reheating food, take only the portion to be served and reheat it in the microwave. Avoid repeated reheating.
- Do not cover the container with an airtight lid during reheating.
- Reheat chapatti and bread for a few seconds only wrapped in a clean chapatti napkin or kitchen roll to prevent it from becoming tough.
- Do not cook eggs in the microwave oven.
- Stir food a few times while it is being cooked.
- Microwave oven can cook food unevenly and can leave cold areas where microbes can survive and grow. Uneven heating can create 'hot spots' in the food and burn the tongue.

TIPS

To test if a container is microwave safe, put water in the container and microwave for 1 minute on 'high'. If the container is also hot then that means it is NOT microwave safe.



SMART MICROWAVEABLE COOKWARE



Material	SAFE TO USE	UNSAFE
Glass and ceramic	If heat resistant	Glazed ceramics, dinnerware with silver or gold trim, utensils with metal trim or screws in lids or handles, ceramic mugs with glued handles
Paper	White microwave safe paper towels, paper plates labelled as microwave safe	Dyed paper products, Newspaper and brown paper bags.
Plastics	Microwave safe plastics. Slitting the top or leaving a gap when closing the lid is recommended to prevent pressure build-up.	Thin storage bags, plastic wrap, take out containers and one-time use plastic containers. Minimal contact between the plastic and food is recommended to avoid migration of plasticizers into the food.
Metal Containers such as Aluminium		Never to be used.



SNF ALERT!

Canned food in metal cans should not be heated or cooked directly in the cans. The contents of the can should be transferred to another container once the can has been opened.



QUIZ

Do you COOK safe and nutritious food? Take this quiz to find out!

Do You ...?	Always	Usually	Sometimes	Never
1. Wash your hands with soap and water before and after handling food?				
2. Wash vegetables and fruits before cutting and peeling them?				
3. Sanitize cutting boards after each use and use separate boards and knives for vegetarian and non-vegetarian food items?				
4. Marinate meat, poultry, and seafood in the refrigerator?				
5. Choose cooking methods such as boiling, steaming, stewing, poaching, roasting, grilling and stir frying?				
6. Grill food properly, so that it is evenly cooked from inside as well as outside?				
7. Thaw foods in the refrigerator, not on the counter?				
8. Avoid the same oil for frying repeatedly?				
9. Cook foods only as much as required and avoid overcooking?				
10. Use only microwave-safe containers to use in the microwave?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 – 10 Points	RED ZONE	SNF Alert! Be careful!
11 – 20 Points	YELLOW ZONE	You are getting there
21 – 30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

SERVING FOOD



Having cooked the food properly, it is equally important to serve it in a clean, healthy and safe manner. Read the following tips to ensure how to serve food safely.

SAFE SERVING MATERIALS

DO...use



Food grade glass, ceramic, or porcelain



Stainless steel utensils



Coated copper utensils



Safe disposable ware or single service items

DON'T...use



Plastic ware



Newspaper



Wax-paper cups for beverages



Non-tinned copper and brass utensils, or aluminium utensils for acidic (sour) food items.

SERVE SAFE



- Keep food covered after it has been prepared, prior to serving.
- Wash hands with soap and clean water before serving food.
- Make sure that the plates and serving utensils are washed and air-dried before use. It is preferable to not use a cloth to dry the dishes. However, if necessary, use only a clean cloth.
- Eat food soon after it is cooked. Eat freshly prepared food as far as possible.
- Serve food in a clean environment, using clean crockery and cutlery. Always make sure to clean between the prongs of a fork.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs, unless the plate has been washed in hot, soapy water.
- Cooked food should be served hot. It can be kept hot in an insulated, double walled casserole before serving.
- Cold foods should be served chilled and stored in the refrigerator.
- Do not heat food in disposable ware.
- Do not reuse disposable or single service items.
- Do not waste food. Take only as much as you can eat.
- Wash dishes/tiffin boxes well with soap and detergent after the meal is over.
- Do not serve food or put ice in a glass with bare hands. Use a serving spoon, tongs or wear disposable gloves while handling ready-to-eat food.

QUIZ

Do you **SERVE** safe and nutritious food? Take this quiz to find out!

Do You ...?	Always	Usually	Sometimes	Never
1. Serve food in crockery made of safe serving materials, not plastic and newspapers?				
2. Keep food covered after preparing?				
3. Use clean and air-dried utensils for serving?				
4. Heat food in safe containers (not in disposable ware)?				
5. Serve hot food hot and cold food cold?				
6. Serve only as much food as required and avoid wasting food?				
7. Serve and eat freshly prepared food?				
8. Wash hands with soap and water before serving food?				
9. Check for food, grease or detergent residues in washed service containers before serving?				
10. Avoid reusing disposable or single service items?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 – 10 Points	RED ZONE	SNF Alert! Be careful!
11 – 20 Points	YELLOW ZONE	You are getting there
21 – 30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

EATING HEALTHY FOOD



As important as it is to cook and serve food in a proper, healthy and safe manner, it is also important to eat healthy, or, in other words, plan out your meals to ensure a healthy, balanced diet. Read the following tips for healthy eating.

FOLLOW THE FOOD PYRAMID

for a complete and balanced diet



DID YOU KNOW?

A balanced diet contains different types of foods (from all food groups) in such quantities and proportions that the need for all the nutrients such as carbohydrates, proteins, fats, Vitamins, minerals, water, and fibre are adequately met.





CEREALS

- Eat cereals adequately every day
- Choose whole grain cereals since they are rich in complex carbohydrates, B-complex Vitamins, minerals and fibre.

Cereals are the basic foundation of our daily diet. They are rich in carbohydrates, which are the main source of energy for the body.



DID YOU KNOW?

Rice flakes and puffed rice are healthier than milled rice. Brown and parboiled (sela) rice are healthier than white polished rice. They contain B-group Vitamins and minerals.



CARBS ARE EVERYWHERE!

Carbohydrates are not just in wheat, rice, breads or pasta but are present in nuts, seeds, fruits, vegetables, milk and dairy products, juices and sodas, candy and desserts.

Complex carbohydrates require our bodies to work harder to digest and energy is released gradually over a longer period.

They :

- Are high in fibre and nutrients
- Have low Glycemic Index
- Help you feel full with fewer calories
- Are found in brown rice, whole wheat bread and pasta, quinoa, oatmeal, green leafy vegetables, beans, lentils, peas, sweet potatoes.

Simple carbohydrates are digested quickly into the body. The energy is stored as glycogen in our cells and gets converted into fat if not used immediately.

They :

- Are low in fibre and nutrients
- Have high Glycemic Index
- Provide empty calories that are converted to fat
- Lead to high blood glucose levels that make you feel tired
- Are found in refined white sugar, brown sugar,, jaggery, honey, fruit juice, sugary drinks, candy, desserts, jams, jellies and high fructose corn syrup present in sweetened beverages.



DID YOU KNOW?

Glycemic Index (GI) measures how a carbohydrate-containing food raises blood glucose. A food with a high GI raises blood glucose faster than a food with a medium or low GI. Low GI foods reduce the risk of diabetes and heart disease.

Foods that have low GI are ground whole wheat, oats, oat bran, muesli, whole grain pasta, brown rice and sela/parboiled rice, millets, sweet potato, corn, yam, beans, peas, legumes lentils, most fruits with edible peels and green leafy vegetables.



PULSES & LEGUMES



- Include a variety of pulses in your diet and consume them in adequate quantities.

MILK & MILK PRODUCTS



- Include milk and milk products such as yoghurt, curd, cottage cheese (paneer) etc. in your diet in adequate amounts everyday.
- Curd or yoghurt is very good for digestion as it contains probiotics.

FRUITS AND VEGETABLES

- Aim to eat at least five to seven servings of different coloured fruits and vegetables every day (Eat 5-A-Day).
- In the 5-A-Day plan, ensure that at least two servings are of green leafy vegetables or orange/yellow fruits and vegetables.
- Fresh, frozen, dried, canned and fruit and vegetable juices — all count as servings. Potatoes are not included in the vegetable list of the 5-A-day plan because they are mostly starch.
- A 150ml glass of 100% fruit or vegetable juice counts as 1 serving. Fruit juice contains simple carbohydrates. Avoid drinking too much juice.
- Choose to eat whole fruits instead of fruit juices that are devoid of dietary fibre.



Vegetable and fruits are excellent sources of numerous nutrients, especially essential Vitamins, minerals and antioxidants.

Vitamins and minerals help protect the body from infections, strengthen the immune system.

DID YOU KNOW?



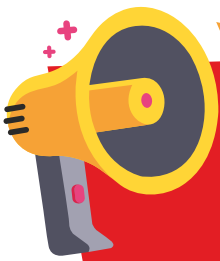
Fruits such as guava and apple are rich sources of soluble fibre called pectin, which binds cholesterol and toxins and thus helps to eliminate them from the blood. Apple also contains the flavonoid quercetin, which is anti-inflammatory and can help ease allergic reactions.

EGGS, POULTRY, MEAT AND FISH



Pulses and nuts, milk and milk products, eggs, fish, meat and chicken are very useful for the body as they are rich sources of proteins. Proteins are the building blocks of our body and essential for the growth and repair of muscles, internal organs and skin.

- If you are not a vegetarian, do include meat, fish and chicken in your diet in moderate quantities. Take care not to consume excessive fatty/processed meats, which can increase the risk of heart disease.



SNF ALERT!

Eating raw eggs is not advisable because they contain anti-nutritional factors that prevent the absorption of essential nutrients. It is better to cook eggs since cooking also destroys harmful Salmonellae bacteria, if they are present.



FATS, OILS AND SWEETS



Fats and oils are essential for absorption of nutrients and normal body functioning.

Beside the sugar that one normally consumes, many foods such as milk and fruits naturally contain sugar.

- The type of fat and the total amount of fat to be consumed needs to be carefully considered. A high intake of fat, including saturated fats and trans-fats increases the risk of heart disease.
- Fats along with salt, sugar/jaggery, though essential and beneficial, should be consumed with caution, especially as age advances.
- Use added sugar in moderation, especially refined sugar, which is a simple carbohydrate to prevent obesity and related diseases.

SALT

Avoid highly salted foods like pickles, chutneys, papads, namkeens etc. if you suffer from hypertension.

Salt is an essential ingredient of diets and enhances its taste and flavour. However, eating too much salt could be harmful for health.



DID YOU KNOW?



The World Health Organization (WHO) recommends an intake of 2 grams of sodium per day, which is about 5 grams of salt per day. This is equivalent to 1 level teaspoon of salt per day, for an adult.

6 TIPS TO GRADUALLY REDUCE SALT, SUGAR AND FAT/OIL

TO REDUCE THE RISK OF DIABETES, HYPERTENSION AND HEART DISEASES



1. Avoid sprinkling salt or sugar over curd, salads, cut fruits or add salt to rice or dough while cooking.
2. Use smaller spoons to add sugar, salt and oil while cooking
3. Limit salty, sweet and oily foods such as cakes, fried snacks, biscuits, candy, sweetened beverages, pickles, jams, jellies, salted snacks, sweets, sauces, ketchups, brined/barbequed foods etc.
4. Choose healthier options such as fresh fruits for desserts instead of sweets, lean meat over red meat if non-vegetarian, vegetable oils instead of Vanaspati or margarine for cooking.
5. Track and monitor your consumption of salt, sugar and oil by buying a fixed, limited quantity every month.
6. Check nutrition labels for the amount of sodium, added sugar, saturated fat, trans-fat and sources of trans-fat such as “partially hydrogenated vegetable oil”, “hydrogenated vegetable oil”, “shortening” in the ingredients list.

MAKE YOUR MEALS HEALTHY



- Eat enough food for your requirements. Typically, growing children, pregnant and lactating women need more food and nutrients. Our nutritional needs also increase when we are recovering from an illness.
- As a normal adult, it is best to eat when you are hungry and stop until you are almost full to prevent both under-eating and overeating.
- Eat mindfully. Pay attention to what you are eating, and how 'full' you feel.
- Do not eat while watching TV or while engaged in any other task.
- Avoid eating when stressed, as you are likely to make poor choices or overeat.
- Chew slowly, and enjoy your food – the taste, smell and texture. Eating fast may lead to indigestion.
- Include a variety of foods in your diet to make your meal more interesting, appetising, and nutritious.
- Do grocery shopping and plan your meals for the day in advance so that you can choose sensibly.
- Occasionally missing meals may not be harmful but doing so habitually will deprive the body of essential nutrients. Never skip breakfast, as it is the most important meal of the day.
- Choose healthy, traditional homemade food instead of processed, ready to eat convenience foods. Processed foods are generally refined, calorie-dense and the majority of them are rich in fat or in salt/sugar.
- If you're watching your weight, choose small portion sizes by eating in smaller plates and using smaller serving and eating spoons.

HEALTHY & LIGHT SNACKS

It is good to have at least 4-5 small meals daily. Some of these meals may be snacks. Some examples of healthy snacks are:

- A medium sized whole fruit
- Fruit smoothie made by mixing cut fruits with milk/curd in a blender or mixer.
- A handful of all nuts/peanuts/gram/seeds (roasted and unsalted)
- Puffed wheat/rice/lotus seeds
- Raw vegetables/fruits with curd dip
- Vegetable multigrain cutlet
- Grilled chicken/fish/paneer tikkas
- Steamed sprouts
- Homemade plain popcorn
- Boiled egg



HEALTHY FOOD FOR INFANTS

THE FIRST SIX MONTHS AFTER BIRTH

Breast milk is “safe and nutritious food” for infants especially during the first six months after birth and up to two years of age.



SNF ALERT!

Every mother should practice exclusive breastfeeding (without water also) for the first six months after the birth of the baby after which the mother can introduce complementary foods in addition to breast milk. Infants are recommended to be breastfed until the age of two years, as per WHO guidelines.



BREAST MILK

- Provides essential nutrients to new-borns and infants.
- Acts as the baby's first vaccination, strengthens the immune system and keeps infections at bay.
- Enhances IQ (intelligence quotient) of children.
- Lowers risk of diseases such as diabetes and obesity later in life.
- Provide all children, rich or poor, with a healthy start to life.
- Is readily available and a natural method of providing nutrition to babies.
- Is environment friendly and a low-cost way to ensure good health of all children.



SNF ALERT!

It is recommended not to use feeding bottles and infant foods as a substitute for breast milk.

The Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 2003 commonly known as the IMS Act curbs promotion of formula milk for babies until two years of age.



Exclusive and consistent breastfeeding during the first six months is good for mothers as well because it:

- Serves as a natural contraceptive for mothers.
- Reduces chances of postpartum depression for mothers.
- Ensures faster post-delivery healing for mothers.
- Lowers the risk of maternal cancers.
- Brings new mothers back to shape faster.



DID YOU KNOW?

Colostrum (thick-yellow liquid) secreted during first 3-4 days after childbirth is rich in antibodies and nutrient-dense and should not be discarded but fed to the child.



BEYOND THE FIRST SIX MONTHS

Breastmilk alone is not adequate for the infant beyond 6 months of age. As per WHO guidelines, infants should start receiving 'complementary foods' at 6 months of age in addition to breast milk, initially 2-3 times a day between 6-8 months, increasing to 3-4 times daily between 9-11 months and 12-24 months with additional nutritious snacks offered 1-2 times per day, as desired. By the end of the 1st year, the child should be put on regular family foods.



SNF ALERT!

Complementary feeding should be:

- **Timely**-all infants should start receiving foods in addition to breast milk from 6 months onwards;
- **Adequate**-complementary foods should be given in the right amounts, frequency, consistency and using a variety of foods to cover the nutritional needs of the growing child while maintaining breastfeeding;
- **Safe**-foods should be prepared and given in a safe manner taking measures to minimize the risk of contamination.
- **Appropriate**-foods that are of appropriate texture depending on the age of the child.



Amount of foods to be offered for complementary feeding

Age	Texture or Consistency	Frequency	Average amount for a meal
6-8 months	Start with thick porridge with smooth consistency and well mashed foods	2-3 meals per day plus frequent breastfeeding	Start with 2-3 tablespoonful
9-11 months	Finely chopped or mashed foods and finger foods that the baby can pick up	3-4 meals per day plus breastfeeding. Depending appetite offer 1-2 snacks	½ of a 250 ml cup or bowl
12-23 months	Family foods, chopped or mashed if necessary	3-4 meals per day plus breastfeeding. Depending on appetite offer 1-2 snacks	¾ to one 250 ml cup or bowl

If the baby is not breastfed, give in addition, 1-2 cups of milk per day and 1-2 extra meals per day.
(Source: IAP, IYCF Guidelines, 2015)

HEALTHY EATING TIPS FOR GROWING CHILDREN AND ADOLESCENTS

Other than following the regular healthy eating tips already mentioned here, growing children and adolescents should take care with their diet because they have extra nutritional needs.

- Growing children should consume a diet rich in proteins because proteins are the building blocks of our bodies. Meat, fish, eggs, beans, dal, sprouts, paneer, cheese, tofu, egg, chicken, fish or nuts are all rich sources of proteins.
- Our bones take in the most calcium during the teen years and early twenties. Calcium gives our bones and teeth strength. The best sources are milk, yoghurt and cheese. Most teens need four servings of dairy foods daily.
- Eat fortified wheat flour, rice, milk, oil and salt, which contain added Vitamins and minerals. Look for the +F logo to identify these foods. Children should especially drink fortified milk, which has Vitamin A and D.
- Girls need extra iron because of menstruation. So girls should consume iron-rich foods every day. Avoid tea within 30 minutes of eating your meals since tea can prevent absorption of iron and calcium.



DID YOU KNOW?

Having some Vitamin C with your meal helps your body to absorb any iron that's in it. So try to include some fresh fruit, salad, vegetables (like tomatoes) or unsweetened fruit juice with your meals.

HEALTHY EATING TIPS FOR PREGNANT AND LACTATING WOMEN

- Take a nutritionally adequate and safe diet both during pregnancy and lactation. Contrary to popular belief, you do not have to “eat for two” - or double the amount of food you normally eat. From about the 3rd month of pregnancy you need ONLY an extra 200-300 kcal per day in addition to the diet you ate before you became pregnant. This small extra amount can be achieved by eating, for example, 2-3 slices of extra bread or rotis (or 1 glass of milk and 1-2 slices of extra bread or roti) per day.
- Eat plenty of whole grain cereals, such as brown rice, whole wheat rotis/breads, and whole grain pulses.
- Consume diet rich in good quality protein like protein coming from milk, milk products fish, lean meat, poultry or eggs.
- Eat plenty of fresh, seasonal and locally grown fresh fruits and vegetables.
- Take iron, folate and calcium supplements regularly after 14-16 weeks of pregnancy (after consultation with a qualified doctor) and continue the same during lactation. Make sure you get adequate iodine for proper development of your baby.
- Consume Vitamin C rich fruits like amla, guava, lemon or other citrus fruits to improve iron absorption in the body.
- Consume fortified wheat flour, rice, milk, oil and salt, which contain added Vitamins and minerals. Look for the +F logo to identify them.
- Drink plenty of water, at least 6-8 glasses a day. If you are breastfeeding, drink as much as it is required to satisfy your thirst.
- Increase intake of foods rich in fibre to avoid constipation.
- Avoid tobacco, alcohol and drugs during pregnancy and lactation.
- If you have morning sickness, avoid smells and food that make your sickness worse. Eat more nutritious carbohydrate foods and less fatty and sugary foods.
- If you have heartburn, then avoid spicy and acidic foods such as tomato, citrus fruits, vinegar, hot pepper etc. Eat slowly, drink fluids between meals rather than with meals, eat small frequent meals, do not eat large meals before bedtime and sleep well propped up, not lying flat.
- Alcohol, smoke, caffeine and medications can all pass to the baby through the placenta and breastmilk and affect your baby. Check with your doctor regarding medications during pregnancy and breastfeeding.



CHOOSE WISELY WHEN EATING OUT

As far as possible eat out at places which are clean, where food is served in clean and dry cutlery, the waiters or servers maintain basic hygiene standards and the food is freshly prepared.



Look for the 'Hygiene Rating' at restaurants to make informed choices. FSSAI now rates restaurants on hygiene and sanitary practices on a 5-point scale backed by self-assessment by restaurants as well as third-party audits. To know more, visit <https://fssai.gov.in/hygieneRating/home>.



For making sure you're eating safe and healthy at the workplace, refer to The Orange Book by FSSAI. Visit <http://fssai.gov.in/snfwfp>.



FSSAI also certifies 'Clean Street Food Hubs' based on training and certification of street food vendors and third-party audits e.g. in Kankaria, Ahmedabad and Chappan Dukan, Indore. Look for Clean Street Food Hubs for safe local eating experiences. Visit <https://fssai.gov.in/CleanStreetFood/indexhome>



Similarly, FSSAI also ensure safe food in places of worship through its initiative- BHOG- Blissful Hygienic Offering to God. Visit <http://fssai.gov.in/snfbhog/> for more information.

IF YOU ARE UNSURE ABOUT THE SAFETY OF THE FOOD

PREFER

- Hot beverages and hot, cooked food
- Snacks, which needs to be prepared fresh such as dosa, uthappam, and omelette.
- Naturally protected foods like oranges/bananas, boiled eggs, roasted corn-on-the-cob or packaged dry snacks
- Bottled water or soft drinks if you are not sure the water or glasses are clean.

AVOID

- Fried snacks, batter coated preparations, crumbed preparations since breadcrumbs are frequently reused and if the oil in the frying pan smokes or looks dark, gummy and frothy.
- Cutlets, kebabs and koftas which need a lot of mincing and handling as they are likely to spoil faster
- Green salads, green chutney, in sandwiches and with snacks, and in pani puri
- Russian salad and sandwiches which contain cooked and raw ingredients like chicken lettuce sandwiches unless refrigerated
- Milk based preparations like milk shakes, kulfi etc.
- Uncooked salads and raw preparations.

IF YOU WANT TO LOSE WEIGHT



Start your meals with appetizers like soups or salads, if available.



Look for grilled and roasted preparations



Limit the intake of alcoholic beverages and sweet aerated drinks.



Skip desserts altogether and choose fruits if possible.



If you choose to have dessert, then take care to avoid creamy or deep-fried ones.



If you have had a heavy meal, make sure the subsequent meal is lighter.



Avoid deep fried foods like poories, bhaturas, kachoris etc.



Avoid "super-sizing" your meal. Choose medium sized meals.



Avoid eating from roadside vendors. Check whether the food is kept covered and not exposed to flies and dust.



SNF ALERT!

Fad diets may help in losing weight but they have a short-lived effect. A fad diet is not a sensible diet, which is why one may lose muscle mass and water rather than excess body fat when following it. There is bound to be rebound weight gain once you begin to eat normally. Crash diets may lead to electrolyte imbalance, anaemia, and calcium deficiency.



IF YOU HAVE FOOD ALLERGIES



- Be “ingredient-savvy” when you eat out. Restaurant menus could be reviewed beforehand for this purpose.
- Be informed about different kinds of cuisines and ingredients used to prepare food items. Many Asian cuisines use peanuts and many breads, pizza crusts and dough contain soy flour. So be careful if you are allergic to peanuts or soy flour.
- Explain your needs to your food server. Ask about the menu—ingredients and preparation—before you order. The same dish prepared in different restaurants may not have the same ingredients.
- Choose plain foods such as grilled meats (without marinades for casein allergy), grilled/ smoked vegetables, and fresh fruits.
- Even if you avoid foods that you are allergic to, you may still be exposed to allergens. This is because many places use the same oil and the same cooking and serving utensils for many different foods, resulting in cross contamination. Be sure to check with the restaurant about this beforehand.
- Carry your own snack while traveling as far as possible.
- Consult a doctor or healthcare provider for appropriate evaluation of food intolerance and/or allergy.
- When eating packaged foods, look for specific ingredients that may cause allergies or advisory statements such as “may contain (allergen)”, “made in a facility that also uses (allergen)” or claims such as “gluten-free” or “lactose-free”.



SNF ALERT!

If you experience any allergic symptoms to food such as vomiting and/or diarrhoea, abdominal cramps, skin rashes, swelling in face, tongue or lips, difficulty in breathing, get medical attention immediately.



RETHINK WHAT YOU DRINK



- Drink enough water during the day to keep yourself hydrated. One way to know that you're drinking enough water is to check the colour of your urine. If it is almost colourless, then you are drinking enough water.
- Be sure to drink more water in hot weather and when you are sweating, or exercising.
- Be careful about the quality of ice, especially when you buy it from the market or consume it outside your home. Ensure that ice is made with clean water at home and outside. Avoid ice if you are unsure about the quality of water.
- Do not handle ice with bare hands. Always use a clean dry spoon, fork or ice prongs.
- Limit sugary drinks and sweet aerated drinks as they contain a lot of empty calories without any nutrients.
- If you drink alcohol, limit the amount you consume. Alcoholic beverages are high in calories, with no nutritional value. Do not drink alcohol on an empty stomach.
- Artificial sweeteners should be used judiciously and over consumption should be avoided.

Use only clean water for drinking and cooking food.

Unsafe water can lead to several infections and diarrhoeal diseases such as cholera, dysentery, and giardiasis.

Unclean water can be purified at home by bringing it to a boil and simmering it for 10 minutes in a clean container, and then letting it cool.



DID YOU KNOW?

If the colour of your urine is dark and you do not pass much, it indicates you might be dehydrated. Therefore, drink enough water so that your urine is almost colourless.



SNF ALERT!

Diet aerated beverages, though calorie-free may have other harmful effects. Therefore, limit your intake of diet-aerated beverages.





DID YOU KNOW?

Tender coconut water is full of electrolytes. It is refreshing in the summer, especially when one is in need of quick hydration or when suffering from diarrhoea. Kokum sherbet, fresh neembu paani, aam panna with a pinch of salt and buttermilk or chaach should be included especially in summers to avoid dehydration.



SNF ALERT!

Avoid drinking tea along with a meal because it interferes with absorption of iron and calcium in the body.



EXERCISE YOUR WAY TO HEALTH & FITNESS



- Be physically active on a regular basis throughout the day. It is recommended that exercising 4-5 times a week for at least 30 minutes per session is good for health.
- Some specific exercises should be included to improve and strengthen the muscles.
- Stretch before and after exercising. Be careful not to overdo exercises, especially physically strenuous exercises.
- Make sure you take enough rest and drink enough water when you exercise.
- Even if you don't have enough time to exercise daily, take small steps to become more active on a daily basis.
- Limit screen time on phones and TV.
- Avoid sitting idle during your free time and take up hobbies and activities that engage your attention and your body.
- Take the stairs instead of the lift or escalator.
- Walk or cycle instead of taking the car or bus.
- Household chores such as cleaning, ironing, grocery shopping, and cooking are also forms of exercise. Do household chores to remain active.
- Take frequent short breaks to walk around and stretch, if required to sit in one place for a long time.

TIPS FOR MANAGING STRESS & HEALTHY LIVING

It is important to manage stress and adopt a healthy lifestyle overall because this can affect your food habits and overall health. Here are some helpful tips for healthy living.



- Make an effort to take time out for yourself despite your busy schedule. Investing time in yourself will help you become more efficient and keep you healthy and happy.
- Exercise regularly to help release stress and anxiety to make you feel better.
- Find ways to spend time with nature such as through walks in a green park every morning, gardening or going on hikes etc.
- Use simple relaxation techniques such as a deep breathing, stretching or meditation on a daily basis.
- Develop channels for venting emotions by sharing feelings with friends and family. Do not let emotions fester because they will lead to negativity.
- Practice gratitude for even the smallest things. A positive attitude will not only help you feel better instantly but also improve your health in the long term.
- Look for support in your community or a group with common interests. Maintain an active social life and keep pets if possible. Social support and healthy relationships go a long way in improving health outcomes.
- Alcohol and cigarettes may appear to reduce stress temporarily but these substances are addictive and harmful in the long run. In fact, these intoxicants add to the stress level by suppressing the body's ability to cope and disrupting mental performance.

TIPS FOR MANAGING STRESS & HEALTHY LIVING



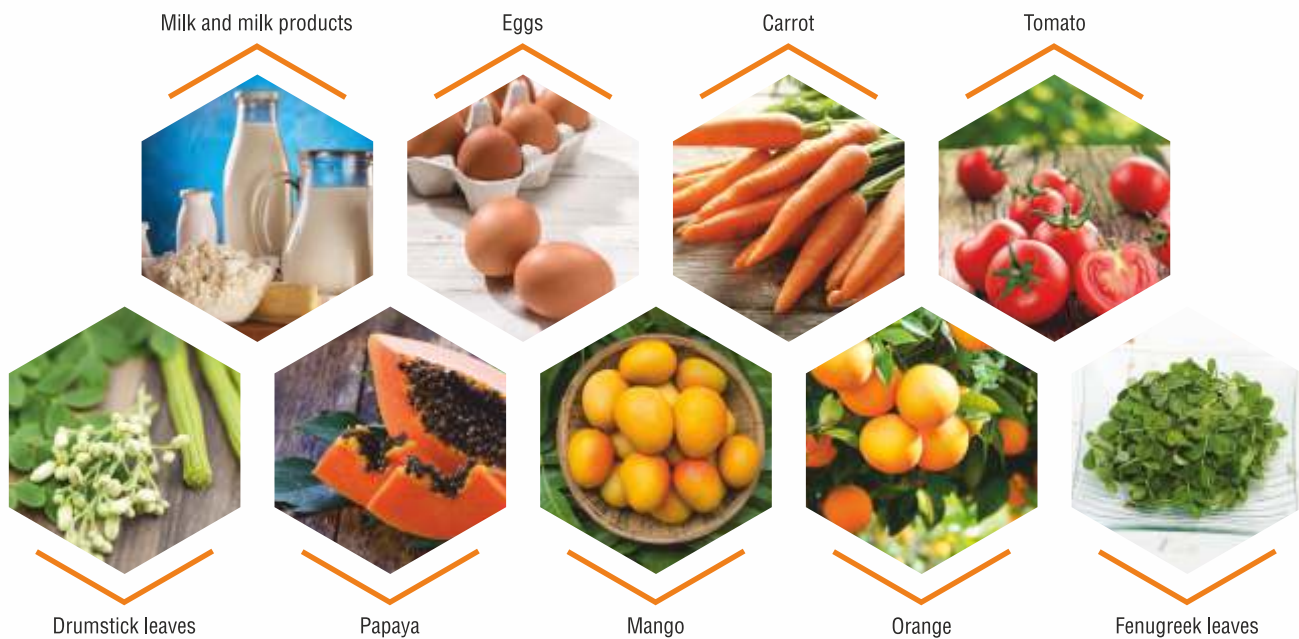
- Ensure that you get enough sleep—at least 8 hours daily. Try to take breaks during the day for rest and relaxation.
- Try to make time for vacations or simply take rest at home if you cannot go anywhere. This will refresh your mind and body.
- Make time for hobbies and pursue your interests. Try to achieve a balance between work, rest and leisure.
- Identify the source of stress and try to reduce it as far as possible if you cannot avoid it completely.
- Plan ahead and be organized to avoid rushing at the last minute and thereby increasing stress.
- Learn to say 'no' to excessive demands politely otherwise it will add to your stress.
- Be aware about mental illness and take it seriously. People tend to ignore mental health because they feel little immediate physical pain or challenge. However, if you notice any unusual changes in mood, appetite, sleeping pattern, unexplained weight loss, persistent negative feelings such as anxiety, anger, sadness, do not hesitate to consult a counsellor, psychologist or psychiatrist and get yourself treated.

RICH SOURCES OF VITAMINS

VITAMIN A

Benefit :

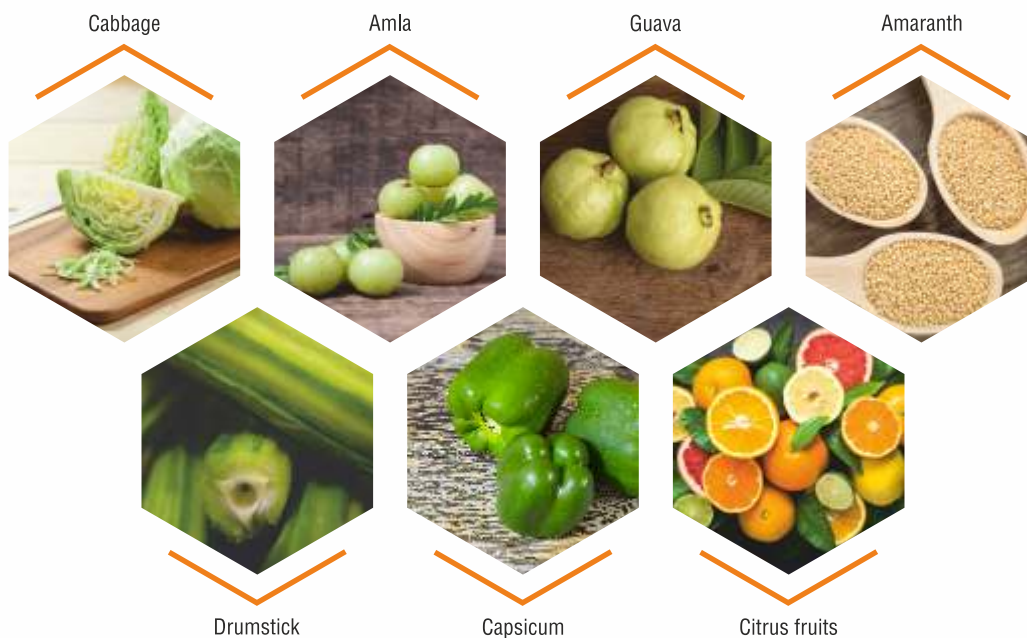
Prevents eye problems, promotes a healthy immune system, is essential for the growth and development of cells, and keeps skin healthy.



VITAMIN C

Benefit :

Essential for healthy bones, teeth, gums, and blood vessels. It helps the body absorb iron, aids in wound healing, and contributes to brain function.



RICH SOURCES OF VITAMINS

VITAMIN D

Benefit :

Strengthens bones because it helps the body absorb bone-building calcium.

Sunlight



Egg yolk



Salmon



Sardines



Tuna

VITAMIN E

Benefit :

Helps protect cells from damage. It is also important for the health of red blood cells.

Whole Wheat



Soya bean



Groundnut



Almonds



Pistachio



Walnut



Wheat germ and
Wheat germ oil



Sesame seeds

RICH SOURCES OF VITAMINS

VITAMIN B1

Benefit :

Helps the body convert carbohydrates into energy and is necessary for the heart, muscles, and nervous system to function properly.

Soybean



Red gram



Peas dry



Lentils



Ragi



Green gram

VITAMIN B2

Benefit :

Essential for growth, turning carbohydrates into energy, and producing red blood cells.

Soybean



Green Gram



Bengal gram



Almonds



Drumstick leaves



Eggs



Poultry



Goat

RICH SOURCES OF VITAMINS

VITAMIN B3

Benefit :

Helps the body turn food into energy. It helps maintain healthy skin and is important for nerve function.

Goat



Chicken



Apricot



Groundnut



Fish



Lamb



Brown Rice

VITAMIN B6

Benefit :

Important for normal brain and nerve function. It also helps the body break down proteins and make red blood cells.

Fish



Jaggery



Poultry



Beans



Black gram



Soybean



Banana



Oilseeds

RICH SOURCES OF VITAMINS

VITAMIN B5

Benefit :

It helps produce energy by breaking down fats and carbohydrates. It also promotes healthy skin, hair, eyes, and liver.

Whole grains



Meat



Fish



Egg



Milk & Milk products

VITAMIN B7 or Biotin

Benefit :

Vitamin B-7 helps the body metabolize proteins and process glucose.

Paneer



Khoa



Cow pea



Yeast



Whole Wheat



Egg yolk



Green leafy vegetables

RICH SOURCES OF VITAMINS

VITAMIN B12

Benefit :

Helps make red blood cells, and is important for nerve cell function.

Sheep liver



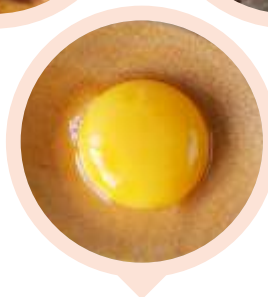
Mutton



Fish



Egg whole



Egg yolk

FOLIC ACID

Benefit :

Important for normal brain and nerve function. It also helps the body break down proteins and make red blood cells.

Bengal Gram



Bean



Moth bean



Kidney bean



Soy bean



Mustard Leaves



Fenugreek leaves



Spinach



Fish

RICH SOURCES OF VITAMINS

VITAMIN K

Benefit :

The body needs Vitamin K to produce prothrombin, a protein and clotting factor that is important in blood clotting and bone metabolism.

Green leafy vegetables



Red grams



Beans



Eggs



Pumpkin

RICH SOURCES OF MINERALS

CALCIUM

Benefit :

Vital for building strong bones and teeth.



IRON

Benefit :

Iron helps red blood cells carry oxygen to all parts of the body and prevent anaemia.



RICH SOURCES OF MINERALS

MAGNESIUM

Benefit :

Magnesium helps muscles and nerves function, steadies the heart rhythm, and keeps bones strong. It also helps the body create energy and make proteins.



Soybean



Cowpea



Moth bean



Green gram



Black Gram



Kidney beans



Maize



Ragi



Drumstick leaves



Ladies finger



Fenugreek Leaves



Spinach



Almond



Cashew nut



Jaggery

RICH SOURCES OF MINERALS

PHOSPHORUS

Benefit :

Phosphorus helps form healthy bones and teeth. It also helps the body make energy. It is part of every cell membrane, and every cell in the body needs phosphorus to function normally.



Paneer



Khoa



Egg



Milk



Goat Meat



Chicken



Fish

POTASSIUM

Benefit :

Potassium helps with heart, muscle, and nervous system function. It also helps the body maintain the balance of water in the blood and body tissues.



Soybean



Rajmah



Field beans



Black gram



Moth beans



Green gram



Spinach



Dates



Raisins



Coconut dry



Almonds



Jaggery



Banana

RICH SOURCES OF MINERALS

ZINC

Benefit :

Zinc is important for normal growth, strong immunity, and wound healing.



Ragi



Bengal gram



Cowpea



Lentils



Soy bean



Almonds



Cashewnut



Goat meat



Egg



Paneer



Khoa



Mushroom

IODINE

Benefit :

Iodine is needed for the body's metabolism and many other important functions. Iodine is important for normal physical growth and brain development, particularly during pregnancy and infancy.



Seafood



Seaweed



Iodised salt



Double-fortified salt

QUIZ

Do you EAT safe and nutritious food? Take this quiz to find out!

Do You ...?	Always	Usually	Sometimes	Never
1. Begin your day with a good breakfast?				
2. Eat whole grain cereals and pulses?				
3. Include a variety fruits and vegetables in your daily diet and Eat 5-A-Day?				
4. Use clean water for drinking, cooking and cleaning utensils?				
5. Wash your hands before and after eating food?				
6. Eat protein rich foods such as pulses, groundnuts, soybean, eggs, milk and if you are non-vegetarian, meat in every meal?				
7. Exercise daily for at least 30 minutes?				
8. Eat local, seasonal and traditional foods?				
9. Drink sufficient water daily?				
10. Limit the intake of salt and added sugars in your diet?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 – 10 Points	RED ZONE	SNF Alert! Be careful!
11 – 20 Points	YELLOW ZONE	You are getting there
21 – 30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

MANAGING LEFTOVER FOOD



It is best to eat food when it is freshly prepared. However, if there are leftovers after a meal, it is essential to store them in the proper way. Here are some tips on how to ensure cooked food is stored safely, how to handle leftover food and manage food waste.



TOP 10 TIPS FOR STORING LEFTOVER FOOD

- Prepare food fresh, as far as possible, and in just enough quantity so as to minimise wastage.
- Do not consume perishable leftovers, which have been left at room temperature for more than two hours. Food left over in hot containers is exposed to additional contamination.
- Most foods can be kept for a day or two if they are not handled much, stored at the correct temperature and reheated adequately.
- Handle leftover food carefully to avoid contamination through dirty knives, chopping boards, equipment etc.
- Never mix leftover food with freshly prepared food like leftover rice with fresh rice.
- Cover leftovers carefully and store them away from raw foods to avoid a possible risk of cross-contamination.
- Certain foods, such as sterilised canned foods, are processed in such a way so as to prevent growth of pathogens. However, always refrigerate canned foods and containers once opened should be used within the stipulated time.
- Refrigerate unopened canned/processed food only if indicated on the label.
- Always refrigerate sandwiches (with perishable fillings), and milk products such as *paneer and khoya*, and use within 24 hours.



REFRIGERATING LEFTOVERS



• Refrigerate food within two hours of preparation, especially in a tropical country like India.



• Foods should always be cooled before refrigerating.



• Sort all excess leftover food into various categories and store accordingly.



• Always place cooked food or leftovers in the top shelf of the refrigerator.



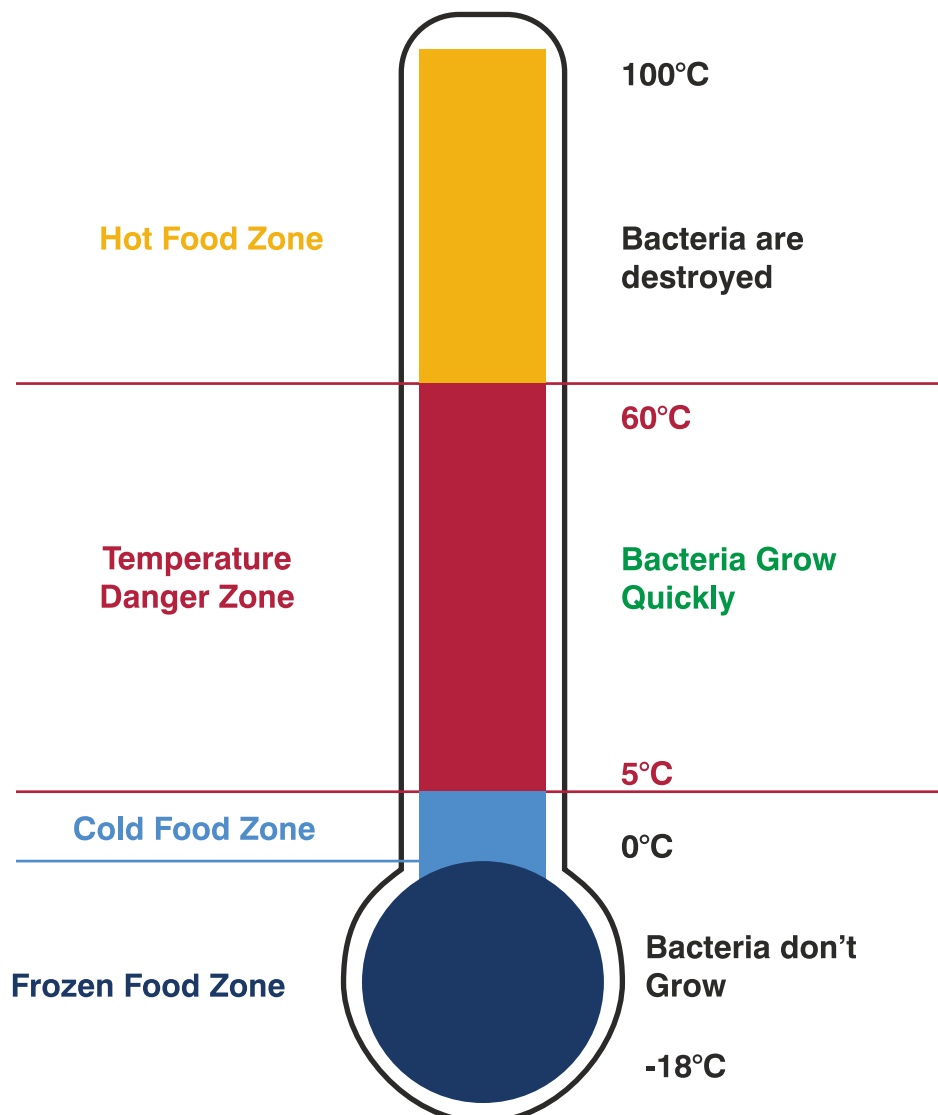
SNF ALERT!

When deciding whether or not to use leftover food, always remember: "if in doubt, throw it out".



'DANGER ZONE' OF TEMPERATURE FOR FOOD

- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food.
- Minimise the time that food spends at these temperatures in order to keep food safe.
- Refrigerated food needs to be kept at 5°C or below.
- Hot food needs to be kept at 60°C or above.



5-60° C is the unsafe zone for food



POINTERS FOR RE-HEATING LEFTOVERS

- Do not mix fresh food with leftover food while heating. Heat and use leftover food first.
- Do not reheat leftovers repeatedly.
- Heat only the amount of food that is to be consumed, put the rest back in the refrigerator.
- Make sure to bring soups and gravy to a boil when reheating.
- Remember to stir leftover food thoroughly to ensure proper, uniform heating of food in the microwave.
- Make sure you thaw or defrost frozen food before reheating it



SNF ALERT!

Always check the expiry date on refrigerated opened cans and containers before use.



3 SMART WAYS TO USE LEFTOVERS

- Leftover *dals* can be added to *atta* to make delicious *rotis*.
- Leftover vegetables can be made into patties and eaten with bread or buns.
- Leftover rice can be re-cooked to make lemon rice, *pulliogare*, cutlets, etc.



QUIZ

Do you **MANAGE LEFTOVER FOOD** properly? Take this quiz to find out!

Do You...?	Always	Usually	Sometimes	Never
1. Follow the FIFO First-in, First-out Rule?				
2. Reheat only as much leftover food as required and put the rest back in the refrigerator?				
3. Keep leftover food and fresh food in separate containers and use separate cutlery for each?				
4. Reuse leftover food to make healthy snacks?				
5. Thaw/defrost leftover frozen food before reheating it?				
6. Place leftovers in the top shelf of the refrigerator?				
7. Stir leftover food thoroughly while reheating?				
8. Cool leftover food and refrigerate it promptly?				
9. Promptly discard doubtful leftover food without tasting it?				
10. Check the expiry date on refrigerated opened cans and containers before use?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0 -- 10 points	Red Zone	SNF Alert! Be careful!
11 – 20 points	Yellow Zone	You are getting there
21 – 30 points	Green Zone	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

PACKING FOOD



When the food prepared is not to be consumed fresh and hot, but packed in a box to be eaten later, packing food becomes important. Correct packaging will ensure that food retains its taste, freshness and nutritional quality.

Here are some tips on how to pack food safely.



USE SAFE PACKAGING MATERIAL

- Never use newspaper, any other kind of ordinary paper or plastic bags to pack food.
- Do not use waxed paper cups for beverages, especially hot beverages like tea and coffee.
- Use butter paper to pack food such as chapattis and paranthas.
- If using aluminium foil, cool food before packing it. Do not pack acidic food in aluminium foil.
- Never accept food packed in unsafe packing material.



SAFETY CONCERNS FOR PLASTICS

Please check the logo on the plastic container. Only 1, 2, 4 and 5 plastics are safe to use. (group separately to use and not use)

Use	 PETE	 HDPE	 LDPE	 PP
Don't Use	 V	 PS	 OTHER	

DID YOU KNOW?

Chemicals from which plastics are made can leach into our food at high temperatures, on prolonged storage, exposure to sunlight, damage and discolouration and frequent reuse. Discard old plastic containers which have lost their clarity, are scratched, or are discoloured.



TOP 10 TIPS FOR PACKING LUNCH BOXES



- Wash, clean, and dry lunch boxes before using them.
- Use a non-reactive, non-corrosive container/tiffin/lunch box. Choose stainless steel, glass or food grade plastics only.
- Do not reuse disposable plastic/aluminium containers.
- Make sure that the lunch boxes have tight fitting lids (preferably with a locking system) so that the food does not spill.
- Cool food items before packing them to prevent steam build-up in the box.
- Choose lunch boxes in simple shapes, which can be cleaned easily.
- Use only microwave-safe plastic lunch boxes for heating in the microwave.
- Do not consume packed food if it has been kept for long hours or has foul odour/taste.
- Child-sized utensils, crockery, tables, and chairs may also make it easier for children to serve themselves and learn to eat independently.



HEALTHY LUNCH-BOX IDEAS



- Vary lunchbox contents for a good balance of nutrients.
- Choose any traditional snack made with local, seasonal foods. Snacks such as vegetable idli, dhokla, vegetable poha, upma, kathi rolls, dosa and uttapam are both, nutritious and tasty.
- For a cereal-pulse combination you could try stuffed dal parantha, palak-besan poori, thalipeeth, thepla.
- Dairy foods such as cheese or plain curd with added fruit/vegetables/boondi make a healthy and filling option.
- Seasonal and fresh fruits such as pears, apples, bananas, seedless grapes, slices of melon, mango, pineapple, plums, or berries such as strawberries and raspberries make tiffin box contents attractive and healthy. Fresh fruits can also be added to flavour curds.
- Raw vegetables such as peeled carrots, sweet pepper, tomato, cucumber or celery, can be packed along with dips such as hummus, Greek yoghurt with chives, hung curd (curd drained of all its water) dips.
- Homemade plain popcorn, chiwda, bhel mixture are healthy and light snacks.
- Pizzas, pastas, burgers and tacos can be made healthy with the following suggestions:
 - ✓ Use whole-wheat bread
 - ✓ Use lots of vegetables
 - ✓ Make non-fried patties from cottage cheese/paneer, chicken, channa, soya, kidney beans
 - ✓ Add lots of salad leaves,
 - ✓ Add slices of cottage cheese/paneer or tofu

QUIZ

Do you PACK food safely? Take this quiz to find out!

DO YOU?	Always	Usually	Sometimes	Never
1. Avoid newspaper and plastic to pack food?				
2. Pack healthy lunchboxes that include plenty of fruits, vegetables and whole grain cereals?				
3. Avoid reusing disposable aluminium/plastic containers?				
4. Refuse food given in polythene bags?				
5. Use lunchboxes with tight fitting lids?				
6. Cool food items before packing them to avoid build up of steam?				
7. Do not accept beverages served or packed in waxed paper cups?				
8. Choose lunch boxes in simple shapes, which can be cleaned easily?				
9. Use only microwave-safe plastic lunch boxes for heating in the microwave?				
10. Use a non-reactive, non-corrosive container/ tiffin/lunch box such as stainless steel or food-grade plastic?				

NOW SCORE YOURSELF:

“Always”: 3 Points “Usually”: 2 Points “Sometimes”: 1 Points “Never”: 0 Point

Your total score _____

0-10 points	Red Zone	SNF Alert! Be careful!
11-20 points	Yellow Zone	You are getting there
21-30 points	Green Zone	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

MAINTAINING HYGIENE AND SANITATION



Maintaining proper hygiene and sanitation in the kitchen is important to ensure food safety.

Here are some best practices recommended for your kitchen.

DOs and DON'Ts WHILE HANDLING FOOD

DOs

- Whenever you handle any kind of food, ensure that any cuts, wounds or scratches on your hands, are covered with waterproof dressing to prevent contaminating the food.
- Make sure your hair is neatly combed and tied and your head is covered with a scarf while cooking. There should be no stray hair because they might fall into the food while cooking. Do not comb hair in the kitchen.
- Wash your hands with soap and clean water thoroughly for 20 seconds and dry them before handling food. Hands should be washed thoroughly after using the toilet, otherwise germs from dirty hands can contaminate the food.
- Keep nails short and clean and avoid nail polish if you are cooking. Dirt from nails or harmful dyes from nail polish might contaminate the food.
- Make sure you wear clean and preferably cotton clothes while cooking. Wear an apron if possible.
- Tuck your *pallus*, *dupattas*, scarves or any loose flowing clothes while working in the kitchen.



DON'Ts

- Do not sneeze or cough on to the food while preparing it, or at least cover your mouth and then wash your hands immediately after sneezing and/or coughing, to avoid spreading infection.
- Do not handle food if you have jaundice, diarrhoea, vomiting, fever, sore throat, skin rashes, cough, cold, itchiness or discharge from ears, eyes, or nose, or any kind of infection, otherwise your infection can spread to those who eat the food.
- Do not use gadgets like the phone or remote control while cooking food. The germs from these frequently handled gadgets can contaminate the food.
- Do not wear hand jewellery such as fancy, studded rings while preparing and handling food. Dough, or hidden dirt and grime, can accumulate in the ring and spoil the food. It is also possible that you might drop your jewellery in the cooking dish.
- Do not smoke or eat paan, gutka, betelnuts etc. while preparing food. Our saliva contains hundreds of germs, which can spoil the food.
- Do not scratch your head or dig your nose while handling food, as body secretions and dirt can spoil the food.
- Do not wipe hands on your clothes or hair while cooking. Use a clean cloth to wipe hands and wash this cloth regularly.
- Do not taste food to check if it is contaminated. Even a small amount of spoiled food can cause health problems. When in doubt, throw it out.

WASH YOUR HANDS CORRECTLY

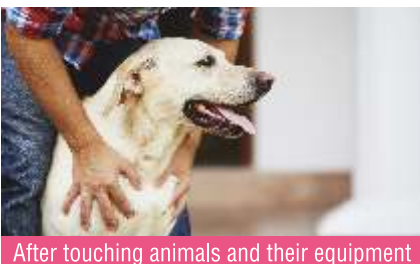
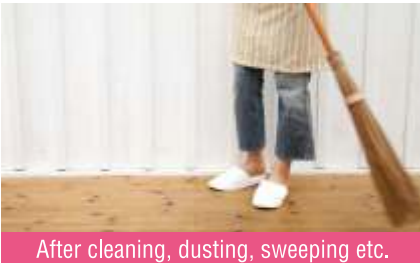


DID YOU KNOW?

Drying hands after they are washed is as important as washing them correctly. The moisture from wet/damp hands is sufficient for mould to grow on any food and spoil it. Moulds can grow on the surface of any damp food from the thousands of spores present in the air.



REMEMBER TO WASH YOUR HANDS:





DID YOU KNOW?

The most common symptoms of illnesses caused by unsafe food are stomach pain, vomiting and diarrhoea. See a doctor immediately if you experience these symptoms. Drink plenty of ORS solution (water with salt/electrolytes and sugar) to prevent dehydration. Consult a doctor if the symptoms do not improve.



KEEP YOUR KITCHEN CLEAN



- Wash chopping boards, dishes, utensils, knives and counter-tops with hot soapy water after each round of food preparation.
- Do not use chopping boards with deep grooves or cuts as they tend to accumulate dirt and microorganisms.
- Use clean and dry cloths to wipe kitchen surfaces, utensils, and tables. Do not use damp and/or dirty cloths to clean the kitchen area, appliances and utensils. They are breeding grounds for germs.
- Make sure that the floors are swept at least twice a day and mopped with water and disinfectant.
- Ensure that the drains are covered with a removable wire mesh/ lid so that solid kitchen waste does not get swept into the drains and clog them.
- Make sure that the drains are scrubbed and cleaned with a disinfectant.
- It is advisable to clean shelves/ storage cupboards at least once every two weeks. They should be first emptied, then dusted and cleaned thoroughly using hot water and detergent.
- Make sure that the kitchen walls, ceilings, fittings and fixtures are cleaned every week.
- Empty out dustbins and dispose off the garbage daily.
- If you use a gas cylinder, make sure it is kept in a well-ventilated place and clean its rubber tube to avoid contamination of food.
- Do not allow pets or stray animals in the kitchen, especially near the cooking area.
- Clean the chimney and exhaust regularly.
- Clean the stove before and after cooking.
- Keep all cleaning tools such as wiper, bucket, disinfectant etc. in a separate and secure place, away from the cooking and storage area and away from children.

CLEANING KITCHEN EQUIPMENT/APPLIANCES



Refrigerators, Microwaves/Ovens/OTGs, Chimneys / Blenders, Food Processors and Cooking Stoves

- Choose kitchen equipment and containers made of materials, which can be cleaned and sanitized with no toxic effect on food.
- Sanitize surfaces that come in contact with the food and mouth.
- Make sure that large equipment is durable and movable, or capable of being disassembled to allow cleaning, disinfection, and maintenance, with no place for pests to breed.
- Clean and defrost (if necessary) your refrigerator once a fortnight, as already mentioned earlier.
- Use water and a disinfectant to clean equipment.
- Make sure appliances are switched off when they are being cleaned.
- Ensure appliances are dried after cleaning and before use.
- Remember to clean the pressure-cooker valves, whistle and gasket after use.
- Use a clean, damp cloth to clean equipment.
- Use separate cloths for cleaning appliances, utensils and kitchen surfaces.
- To keep cleaning cloths safe and hygienic, boil them in water for fifteen minutes after every bout of cleaning, to kill all mould, mildew, bacteria and germs, and then wash and dry them in sunlight.



CLEANING DISH/WASH CLOTHS



- Fill a pot with water.
- Bring it to a boil.
- Add the dirty rags to the boiling water.
- Boil for 15 minutes. The boiling water will sanitize the cloth by killing any mould, mildew, bacteria and germs that may remain after washing.
- After boiling, wash and dry in sunlight.
- The cloths should look clean and smell fresh.
- Keep separate cleaning cloths for appliances, equipment, utensils and kitchen surfaces.

CLEANING UTENSILS



- Scrape and pre-rinse dishes before washing them to remove loose oil. Soaking in water, preferably hot, also helps to remove food stuck to the utensils.
- Wash and scrub the utensils preferably in hot water and detergent.
- Rinse the utensils in water till clean to touch
- Sanitize in hot water for one minute, or with chemical sanitizer
- Air dry by keeping utensils in an inverted position and store cleaned dishes properly to avoid contamination.

PEST CONTROL

Pests are harmful because they can contaminate food, utensils, work area, surfaces, hand towels, kitchen cloth etc. with harmful germs, or poison food by their dead bodies or body parts such as droppings, hair, skin, feathers, larvae, etc.

GOLDEN RULES TO PREVENT PESTS IN THE KITCHEN

- Clean and dry containers before storing grains.
- Keep kitchen/storage ventilated, cool, dry and clean.
- Keep sacks of grain/flour away from the walls, in a ventilated and well-lit place. Make a habit of cleaning after cooking/having food. Do not leave crumbs lying around.
- Keep all food that is not being used in the refrigerator or freezer, as appropriate.
- Keep all food items covered or stored in airtight closed containers.
- Discard infested food.
- Immediately clean spilled food inside the kitchen and dining area.
- Dispose-off garbage daily.
- Dispose food waste in covered waste bins only. Separate liquid and dry food waste.
- Use proper pest control methods to reduce infestation of pests. Get herbal pest control done every two weeks.
- Keep the kitchen and other food-related areas well-lit and well-ventilated.
- Clean damp places regularly. Fix leaking taps/pipes and do not let water accumulate anywhere.
- Have pest traps placed at holes, drains and other places from which pests are likely to enter should be kept covered.
- Use glue/cement to seal any cracks around the home.
- Put wire-mesh screens on windows, doors and ventilators to reduce entry of pests.
- Rinse the utensils overnight as far as possible.

SMART PEST CONTROL METHODS



- Check food items for the presence of insects, damaged grains, powdered grains etc. before purchase/storage. Check bags/sacks for insect eggs and body parts.
- Fly proof doors/windows with screens.
- Use mosquito/insecticide sprays (cover food items carefully before spraying).
- Use chalk coated with insecticidal powder or dust (used mostly for ants and cockroaches). Apply it carefully, away from food items and food contact surfaces.
- Use meals/baits to trap pests so that they eat it and die. Carefully remove all dead pests subsequently.
- Use insect light traps.
- Apply pesticide to cracks, crevices, underside of tables, cupboards, equipment, behind the sink and other such non-visible spots that could shelter pests.
- Use pesticides carefully. Tie pesticide tablets properly in cloth to keep in the grain bins and remove them before using the grains.
- Use mousetraps on the expected mouse 'runways' (place two traps in the opposite direction) or use bait poison.

QUIZ

Do you MAINTAIN HYGIENE AND SANITATION in the kitchen? Take this quiz to find out!

DO YOU.....	Always	Usually	Sometimes	Never
1. Keep all food items covered with a well fitting lid?				
2. Clean up splatters in your microwave oven immediately with hot, soapy water?				
3. Clean your refrigerator every fortnight discarding foods that are too old?				
4. Clean the mixer, oven/grill after every use?				
5. Make sure to clean all the dark, damp corners weekly?				
6. Make sure your kitchen is rodent & pest proof?				
7. Clean your kitchen platform and floor everyday?				
8. Collect garbage in covered bins and dispose garbage every day?				
9. Clean dish/washcloths regularly with a disinfectant?				
10. Wash hands with soap and water after cleaning and before touching food or food related items?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0-10 Points	RED ZONE	SNF Alert! Be careful!
11-20 Points	YELLOW ZONE	You are getting there
21-30 Points	GREEN ZONE	Congratulations SNF expert!

When it comes to food safety, you need a perfect score of 3 points for each question! Anything less and you're putting yourself and your family at risk of food borne illnesses. For any item on which you scored “2” or less, put forth a conscious effort to make a change to “Always.”

MANAGING WASTE



Managing waste appropriately is important and useful. Here are some tips on garbage disposal and making good use of waste.

MANAGING FOOD WASTE

Food waste is a growing cause of concern. Most people don't realize how much food they throw away every day - from uneaten leftovers to spoiled produce. We all waste food for different reasons. It is usually because we have either bought or prepared too much food or forgotten to use it on time.



DID YOU KNOW?

About 95% of the food we throw away ends up in landfills or combustion facilities. Once in landfills, food breaks down to produce methane, a potent greenhouse gas, which contributes to climate change. Food waste costs you money and also wastes the valuable water and energy resources used to produce the food.



9 EASY WAYS TO REDUCE FOOD WASTE



- Look in your refrigerator and cupboards to avoid buying food you already have.
- Make a list each week of what needs to be used up and plan upcoming meals around it.
- Buy only what you need and will use within a short period of time. Buying in bulk only saves money if you are able to store and use the food before it spoils.
- Store food items where they are visible and easily accessible so you don't forget to eat them.
- Follow good storage and refrigeration practices as mentioned in the chapter on 'Storing Food'.
- Keep portion/serving sizes and eat only as much as you need to avoid wasting food.
- Use leftover food to cook tasty meals for the next day, as mentioned earlier in this section.
- Give away excess food that is likely to be spoiled soon to others or donate to a Food Bank through the Indian Food Sharing Alliance facilitated by FSSAI (www.fssai.gov.in) under the Save Food, Share Food, Share Joy initiative. Visit www.fssai.gov.in/sharefood for more information.
- Recycle food waste into compost and use it for your garden.



Turn off water while scrubbing dishes.



Check faucets, and pipes regularly for leaks and fix them immediately.

6 SIMPLE WAYS TO SAVE WATER



Thaw foods in the microwave or refrigerator instead of running water.



Before pouring the used kitchen water down a drain, consider whether it can be used for other purposes or for gardening.



Pre-rinse plates and other utensils in a pan of water instead of running tap water



Use water only when you need it.

GARBAGE DISPOSAL



- Be sure to discard waste promptly, and only in the garbage-bins.
- Drain liquid waste separately and put solid waste in the dustbin.
- Cover the garbage container with close fitting lids.
- It is preferable to use pedal operated containers and use a garbage liner inside the bin.
- Never allow garbage to remain near cooking areas as it attracts insects and pests, and encourages microbial growth, thereby contaminating food.
- Clean the floor below garbage bins with detergent. Mop with a disinfectant and let it dry before replacing the garbage bins.
- Clean garbage bins regularly with hot water and detergent and dry them completely before lining with a plastic bag.
- Do not allow any garbage to spill around the bin.
- If garbage has to be kept overnight before disposal, it should be kept sealed in polythene bags in the backyard (away from the kitchen) in a cool, covered place.
- Avoid throwing food waste in the drain
- Convert food waste to compost to use as manure for gardens or indoor plants.

SEGREGATE YOUR WASTE AND RECYCLE

Separate biodegradable and non-biodegradable kitchen waste and put it in the appropriate bins.

BIODEGRADABLE WASTE



- Food peels/ trimmings
- Plate waste/ leftover food

NON-BIODEGRADABLE WASTE



- Paper (cartons, packing materials)
- Glassware (bottles)
- Plastics (canisters, jars)
- Metals (cans, bins)

Look for this sign to identify materials that can be recycled.



Recycle paper, glass and plastics if possible. After segregation, deposit these at a recycling plant or are or have it picked up from your house if service for recycling material is available at your residential area.

7 EASY STEPS TO COMPOST YOUR KITCHEN WASTE

STEP 1



Collect your biodegradable waste (vegetable peels, fruit peels, small amounts of wasted cooked food) in a container.

STEP 2



Collect dry organic matter (dried leaves, sawdust) in a small container.

STEP 3



Take a large earthen pot or a bucket and drill 4-5 holes around the container at different levels to let air inside.

STEP 4



Line the bottom with a layer of soil.

STEP 5



Now start adding food waste in layers alternating wet waste (food scraps, vegetable and fruit peels) with dry waste (straw, sawdust, dried leaves).

STEP 6



Cover this container with a plastic sheet or a plank of wood to help retain moisture and heat.

STEP 7



Every few days, use a rake to give the pile a quick turn to provide aeration. If you think the pile is too dry, sprinkle some water so that it is moist.



TIPS

Do not compost meat or meat waste such as bones, fat, fish and fish waste, dairy products such as cheese, butter, yoghurt, grease and oils of any kind. They break down slowly, attract rodents, maggots and scavenging animals and produce unpleasant odours.



QUIZ

Do you **MANAGE WASTE** properly? Take this quiz to find out!

Do You...	Always	Usually	Sometimes	Never
1. Separate dry and wet waste?				
2. Use a bag to line your garbage bin before putting waste?				
3. Use a self-closing/pedal operated garbage bin?				
4. Clean and dry your garbage bin regularly?				
5. Keep your garbage bin away from rodents or animals and prevent spillages around the bin?				
6. Discard all waste regularly at an appropriate place?				
7. Recycle plastics, paper etc. as much as possible?				
8. Conserve water by reducing the amount of water used and repair leaky faucets?				
9. Reuse kitchen waste for compost or any other purpose?				
10. Give away excess food that is not likely to be consumed and likely to get spoiled?				

NOW SCORE YOURSELF:

“Always”: 3 Points ● “Usually”: 2 Points ● “Sometimes”: 1 Points ● “Never”: 0 Point

Your total score _____

0-10 points	RED ZONE	SNF Alert! Be careful!
11-20 points	YELLOW ZONE	You are getting there
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ADDITIONAL RESOURCES BY FSSAI

Packaging Regulations, 2018

Packaging Regulations, 2018, have been notified by FSSAI recognizing the importance of packing in the food sector and its impact on food safety. They have been separated from the Labelling Regulations as separate standalone Regulations. These provide general and specific requirements with respect to packaging materials because food packaging is critical in protecting food products from contamination. These can be downloaded from www.fssai.gov.in.

Advertising and Claims Regulations, 2018

Food Safety and Standards Authority of India (FSSAI) has finalised the regulations pertaining to claims and advertisements by food business operators with respect to their food products. These regulations are aimed at establishing fairness in claims and advertisements of food products and make food businesses accountable for such claims /advertisements so as to protect consumer interests. These can be downloaded from www.fssai.gov.in.

Consumer Guidance Notes

Consumer Guidance Notes on specific topics such as artificial ripening, myths about plastic eggs, stickers on fruits and vegetables etc. have been developed for consumer education. These notes provide comprehensive information to clarify misconceptions and give consumers correct information so that they can make informed choices. These can be downloaded from www.fssai.gov.in.

The Food Safety Magic Box

The Food Safety Magic Box is a toolkit for schoolchildren with over 100 tests of food adulterants that can be performed at home or in school. It comes with a comprehensive manual to perform these tests and provides the required materials as well. For more information, please visit www.fssai.gov.in.



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FEEDBACK FORM

Name

Address

Contact Information

Gender : Male Female

Number of people in your household :

Did you find the Pink Book useful ? Yes No

Did you find the Pink Book easy to read? Yes No

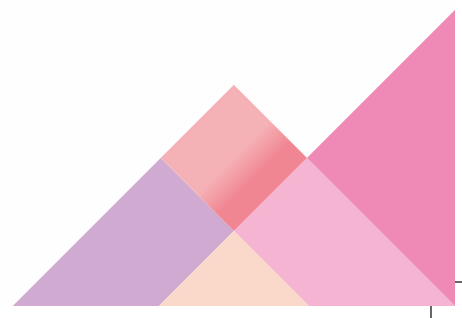
Would you like to know more about food safety and nutrition? Yes No

What do you think should be added to the book?

What do you think should be removed from the book?

Please add any other suggestions for the Pink Book.

Please send this form by post or email to:
Ms. Rijuta Pandav
Food Safety and Standards Authority of India
FDA Bhawan, Kotla Road, New Delhi 110002
Email: snfathome@fssai.gov.in

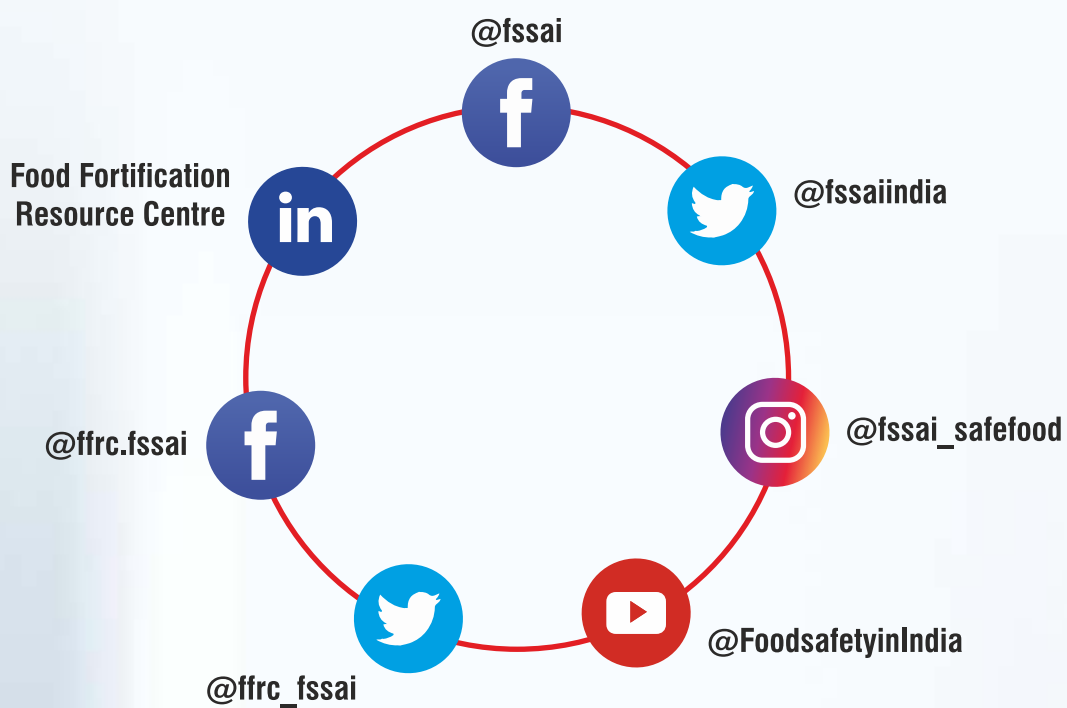




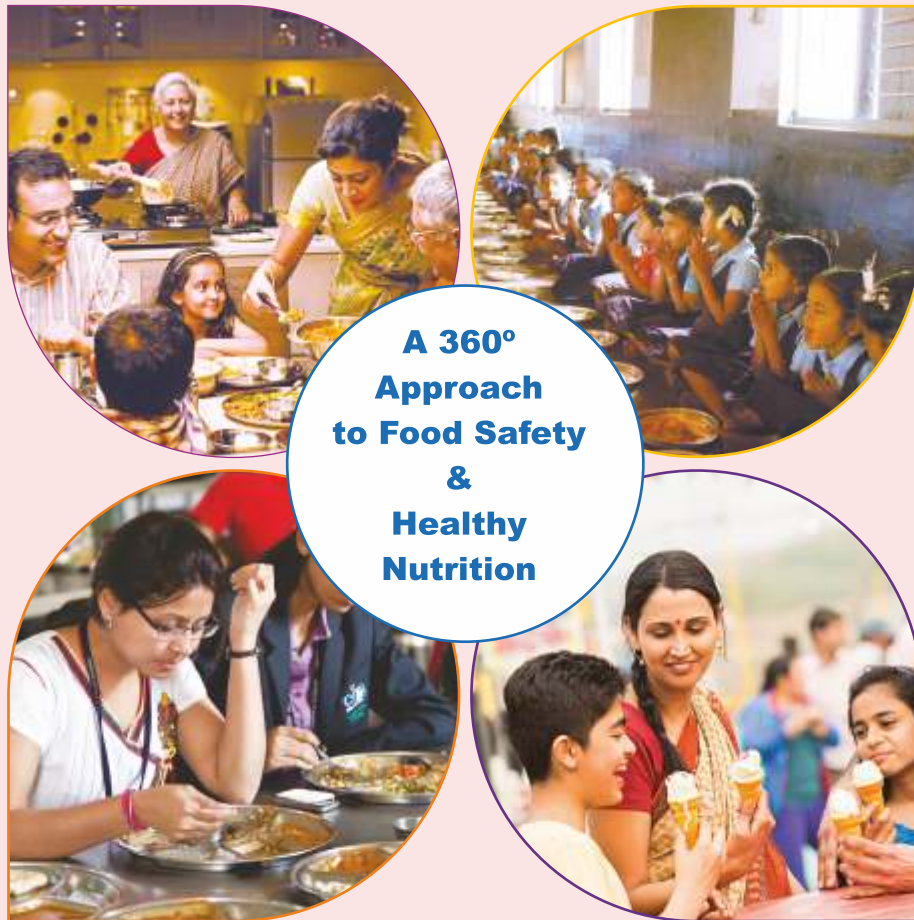


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A bouquet of initiatives for social and behavioural change to nudge citizens to eat right.

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Write to us at snfathome@fssai.gov.in
with your suggestions and queries

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