



The Eat Right Movement

#AajSeThodaKam

Ghee - Tel Kam



Excess of fat intake is a risk factor for obesity and non-communicable diseases like diabetes and heart diseases.

Thoda Kam - Simple tips

1. Gradually reduce the use of oil in your daily diet.
2. Track & monitor the consumption of oil at home– buy & use only a fixed quantity every month.
3. Measure cooking oil with a small spoon rather than pouring freely from the bottle.
4. Change the type of cooking oil every three months & use two different types of oils at a time.
5. Do not repeatedly reheat oil or re-use the same oil for frying or cooking.
6. Avoid frying as much as possible. Instead, boil, steam, roast or grill food.
7. Moderate the use of butter, ghee and Vanaspati that are rich in saturated or trans-fats.
8. Moderate the consumption of bakery products or processed foods that are high in fat.
9. Choose lean meat sources like chicken or fish over red meat or organ meat, if you are non-vegetarian.

