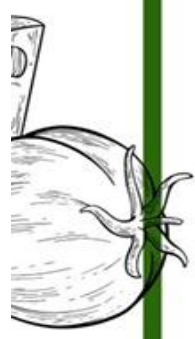




WATCH WHAT YOU EAT



IS YOUR DIET SUSTAINABLE?

Because sustainable is attainable

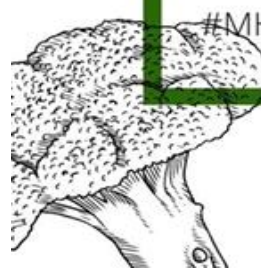
We Mirandians are aware of what we eat and it becomes a part of us.



A sustainable is a diet which is healthful and generally has a low impact on environment and food supply. The diets are protective and respectful of the biodiversity and ecosystems, are culturally acceptable, accessible, economically fair and affordable. They are also nutritionally adequate, safe and healthy, while optimizing natural and human resources.

A sustainable diet aims to have a positive impact on the individual and environment, both present and in future.

#MHsustainablediets #LGBNgreendiet #Organicdiet #mhgreennudge





Ditch the Junk

How?



Do you know about Green Tagging?

Green Tagging is categorization of food items and drinks which are healthy. These foods and drinks are excellent sources of important nutrients, contains:

- Less saturated fats
- Added sugar and/or salt
- Helps avoid excess energy



These foods are generally easy to meet the 'Sustainability and Healthy Eating' food criteria. For example, legumes, fruits.



**#MHpromotesgreenbehavior #Organicdiet
#MHsustainablediets #LBGNgreendiet**

FOOD OPTIONS FROM MH CANTEEN MENU WHICH ARE SUSTAINABLE

- *Veg sandwich*
- *Rajma Rice*
- *Chhole Rice*
- *Thali*
- *Dal Makhani*
- *Parantha (Aloo, Onion, Gobhi, Paneer)*
- *Shahi Paneer*
- *Sabzi & Roti*
- *Plain Dosa*
- *Masala Dosa*
- *Paneer Dosa*
- *Onion Dosa*
- *Uttapama*
- *Idli Sambar*
- *Upma*
- *Poha*
- *Veg Soup*

Beverages:

- *Fresh Juice*
- *Milkshakes*
- *Lassi*