

# EAT RIGHT TOOLKIT

*A toolkit for training frontline health workers  
on preventive healthcare.*



15 minutes of theory, 15 minutes of practical activities.



Food Safety

Food Adulteration



Food Fortification

Reduction of  
HFSS foods



Co-developed by domain experts of FSSAI, NHSRC, and VHAI

For more information, visit

[www.eatrightindia.gov.in/outreach.jsp](http://www.eatrightindia.gov.in/outreach.jsp)

