

NATIONAL NUTRITIONAL WEEK 2023

National nutrition week is an annual event that is observed in India to raise awareness about the importance of nutrition by focusing on personal nutrition. In India it is celebrated every year from 1st to 7th September and the theme for **National nutrition week 2023** is “ **Healthy Diet Gaining Affordable for All** ”. This theme highlights the importance of ensuring that everyone has access to a healthy diet, regardless of their income or social status.

Department of biotechnology celebrated national nutrition week under six different categories for six different days in viewing the theme of 2023 by lecturer-in-charge Dr.B.Nageshwari and the faculty members Mrs.K.Anusha and Ms.I.Parnika Sai to spread awareness about good nutrition and health.

Day 1 – Nutritional benefits of Indigenous fruits – Article & Live specimens

Day 2 – Major metabolic use of nutrients in leafy vegetables

Day 3 – Diet plan for a person in 50/-

Day 4 – Preparation of healthy drink- Article on its nutrient benefits

Day 5 – Diagrammatic representation of an organ with its organ specific nutritional food.

Day 6 – Nutritional food Vs Junk food



INDIGENOUS FRUITS – LIVE SPECIMENS





GPS Map Camera

Rajamahendravaram, Andhra Pradesh, India
2Q8P+QGV, Police Quarters, Rajamahendravaram, Andhra Pradesh
533105, India
Lat 17.016524°
Long 81.78619°
02/09/23 12:54 PM GMT +05:30



GPS Map Camera

Rajamahendravaram, Andhra Pradesh, India
2Q8P+QGV, Police Quarters, Rajamahendravaram, Andhra Pradesh
533105, India
Lat 17.016522°
Long 81.786198°
02/09/23 12:48 PM GMT +05:30

NUTRITIONAL VALUES OF LEAFY VEGETABLES

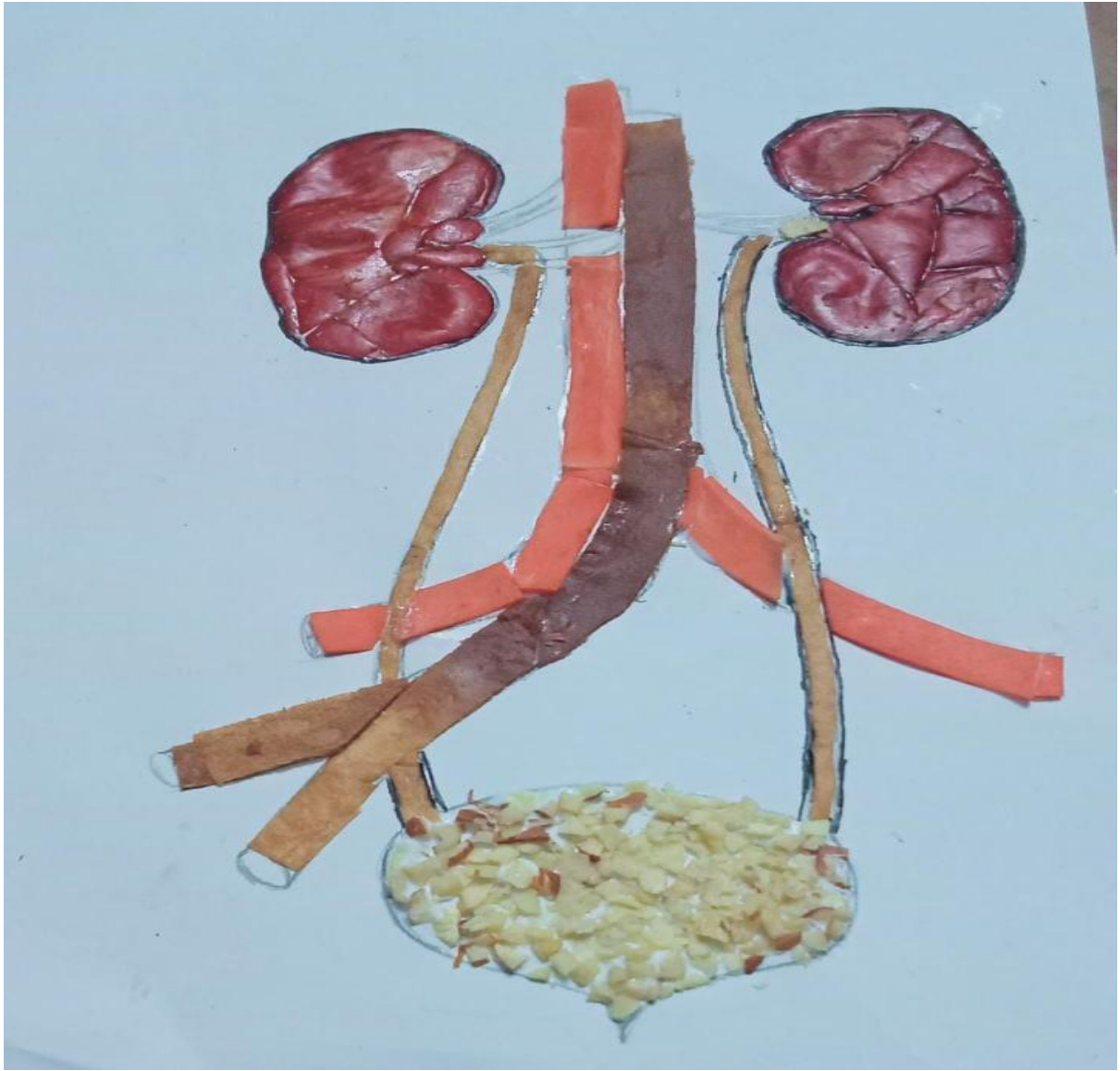
Asumitaa
Ch. Mahima
BSc. biotech.

50 RUPEES DIET PLAN

	Timings & food
Early Morning	6AM - 7AM (5%) Drink Warm water with (empty stomach)
Breakfast	7AM - 8AM (10%) Oats Meals with warm Milk calories - 306, Fat - 6.5g, Protein - 13.15g
Lunch	1PM - 2PM (10%) cal - 212 Dal (1 Bowl) + 2 Roti with Salad fat - 1.35g, Protein - 9.2g, sodium - 469g
Evening	4PM - 5PM (10%) Green Tea (or) Milk calories - (120ml) - 1, calories - 42
Dinner	8PM - 9PM (15%) veggie (Sabzi) + 2 Roti with salad calories - 353, Vitamin A, Vitamin C
	10PM - 11 PM
Sleep At Least 6 To 8 Hours Daily.	

50 RUPEES DIET PLAN





ORGAN WITH ITS SPECIFIC NUTRITIOUS FOOD