

INSTITUTE OF INFORMATION TECHNOLOGY & MANAGEMENT

08-09-2017

Notice/Acad79

Nutrition Week

IITM is organizing NUTRITION WEEK from 11-09-2017 to 16-09-2017. Aim is to promote healthy living. Eating a balanced diet is vital for good health and wellbeing. The human body requires seven major types of nutrients- Protein, carbohydrate, fat, vitamin, mineral, fiber, and water.

Details of Nutrition Week are as follows-

S. No.	Date & Day	Name of the Day	Items Suggested
1	11-09-2017 (Monday)	Green Day	Green Vegetables, Green Salad, Green Tea
2	12-09-2017 (Tuesday)	Orange Day	Fruit Juices, Pumpkin Vegetable
3	13-09-2017 (Wednesday)	Purple Day	Thali including Brinjal Vegetable, Salad
4	14-09-2017 (Thursday)	Red Day	Vegetable Pulao, Juices, Tomato Soup
5	15-09-2017 (Friday)	White Day	Paneer, Idli, Curd, Raita. Rice
6	16-09-2017 (Saturday)	Yellow Day	Soyabeen, Soya Chaap, Chana, Mango based drinks

Virender Dahiya
(Canteen Committee)

Prof. (Dr.) Rachita Rana
(Director)