

Diet for Underprivileged

Preventing malnutrition has emerged as one of the most critical challenges to India's development planners in recent times. Despite substantial improvement in health and wellbeing since the country's independence in 1947, under-nutrition remains a silent emergency in India, where almost half of all children under the age of 3 are underweight, 30% of newborns born with low birth weight and 52% of women and 74% of children are anaemic.

Epidemiological surveys have shown that underprivileged individuals are more exposed than others to the risks of nutritional deficiency, obesity, cardiovascular diseases and cancer. This can partly be explained by the fact that it is difficult to eat healthily on a low budget.

We are a platform which will help them with complete nutritional consultation support. Our well qualified dieticians and wellness consultants have developed various low cost meals for people who cannot afford nutritious meal due to lack of knowledge and money. We deal with the prevention as well as management of nutrition and health problems. Also we will give you low cost nutritious recipes.

So, let's work together to make our country healthier.



By:-

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