



# RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

“(Established by Government of Central Provinces Education Department of Notification No. 513 dated the 1<sup>st</sup> of August, 1923 & presently a State University governed by Maharashtra Universities Act. 1994)”

*Know the real deal about your meal !!*



*To eat is a necessity, but to eat intelligently is an art !!!*



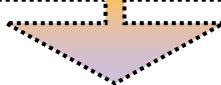
*Healthy eating habits promote life !!!*

In this 21<sup>st</sup> century... "junk food" has gone global. "Junk Foods" generally refer to foods that contribute high levels of calories from sugar &/or fats but little fiber, protein, vitamins or minerals. Junk foods are low in satiation value -- that is, people don't tend to feel as full when they eat them -- which can lead to overeating.

In recent decades, worldwide consumption of junk foods, fast foods & convenience foods have increased dramatically, with majority of people now consuming predominantly junk food diets. This trend has occurred concurrently with rising epidemics of numerous non communicable chronic diseases like obesity, diabetes, depression & nutrient deficiencies. High sodium content is a defining characteristic of many junk foods & one of the contributing factors to the overconsumption of salt & contributes to high blood pressure & heart, liver & kidney diseases. A number of countries have adopted, or are considering, various forms of legislated action to curb junk food consumption.

*.....The UGC, vide its letter no. D. O. No. 14-24/2016 (CPP-II), dated 10<sup>th</sup> November, 2016, has instructed to BAN JUNK FOODS in College/Campus canteens.....*

..... We are organizing a lecture on **-How “Junk” is Your Food?** - for the students & faculty members of all departments of the University .....



**Eminent Guest Speaker: Dr. Pratima Shastri** (Former Head & Professor, Department of Food Technology, LIT, RTM Nagpur University, Nagpur).

**Venue: Auditorium of Department of Physics**, Mahatma Jyotiba Phule Educational Campus, RTM Nagpur University, Amravati Road, Nagpur.

**Date & Time: 17<sup>th</sup> February, 2017 at 2.00 pm**



*“Balanced diet, regular physical activity and lifestyle management play a key role in prevention and control of many diseases”*

**Our Mission..... Eat Healthy, Be Nutrition-Wealthy .....**