

Which road do you wish to take?



Say NO to Junk

Live life , the healthy way

Say NO to Junk Food



NUTRITIUM
NUTRITION COUNSELLING CELL
DEPT. OF NUTRITION & DIETETICS
MOUNT CARMEL COLLEGE, AUTONOMOUS
BENGALURU

Live life , the healthy way



820 Calories



820 Calories



850 Calories



Are these to be blamed?

Say NO to Junk Food

60 kcal/ stick

Live life , the healthy way

Choose your BREAKFAST wisely



Say NO to Junk Food



+



250 kcal

10 kcal



200 kcal



+



300 kcal

250 kcal



+



100kcal

20kcal



+



200 kcal

120kcal



+



90kcal

75kcal

Why to avoid them?



Fatigue



Stomach Upset



Don't ask
why **Healthy**
Food is so
expensive
Ask why **Junk**
Food is so
cheap!



Weight Gain



Frequent
Fever



Say NO to Junk Food

Live life , the healthy way

10 HEALTHY TIPS TO A HEALTHY PLATE



**Say NO to
Junk Food**

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Live life , the healthy way



Mount Carmel College, Autonomous,
Bengaluru
Department of Nutrition & Dietetics
PG Food Science & Nutrition



*Eat Well.
Stay active. Live Long.*



Having weight
issues?
Battling eating
problems?
Meet us at
NUTRITIUM.
"NUTRITION
COUNSELING CELL"

*Changing Your
Mind and Body*

**...INSIDE
OUT**

11:30- 1:00 PM Wednesday
12:30- 3:00 PM Friday
9:30- 12:30 PM Saturday

**VENUE: NUTRITIUM CELL, BASEMENT,
ANTOINETTE BLOCK,
MOUNT CARMEL COLLEGE, AUTONOMOUS**

For appointments and queries, contact:
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