

**Symbiosis Institute of Health Sciences**  
**Department of Nutrition and Dietetics**

The Nutrition and Dietetics department of Symbiosis Institute of Health Sciences (SIHS) undertakes several activities which emphasise on providing nutrition based preventive, curative and promotive healthcare to students and staff. The initiatives to promote nutrition literacy undertaken by the department are listed as under:

- ❖ Development and implementation of a Nutrition policy for the campus, which recommends healthy eating practices for staff and students on the campus.
- ❖ Recipe Demonstration

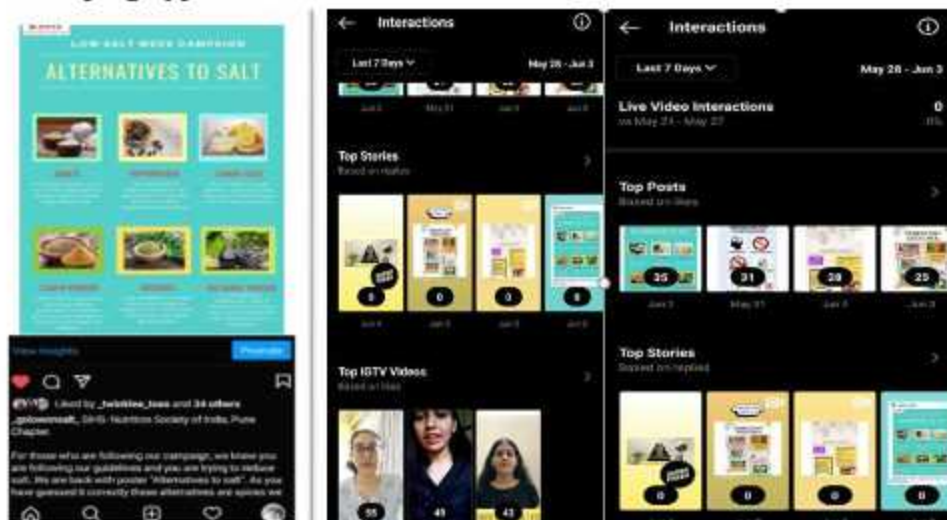


Theme for recipe demonstration: "Healthy snacks on the go"

- ❖ **Rainbow Campaign:** The campaign is organised to improve the dietary diversity among students & staff and to educate the importance of consuming fruits and vegetables daily in the diet.



- ❖ **Nutri Fair** activities are organised annually for staff and students at Symbiosis International University to create awareness about healthy recipes, which can serve as an alternative to contemporary menus served in restaurants and eateries.
- ❖ The 'Low Salt Campaign' was organised with an aim to develop awareness on the consumption of excessive amounts of salt and thereby reducing the intakes of sodium. The intake of sodium is much higher among Indian population and remains as one of the major risk factors for developing hypertension.





- ❖ Plain drinking water is the drink (by default) served at workplace and at meetings. Consumption of sugar-sweetened beverages is discouraged.
- ❖ Healthy eating is promoted through the university 'Health-e-taria' instead of cafeteria.
- ❖ Guidelines for healthy serving are shared with cafeteria, mess and the canteen owners
- ❖ Inspection & assessment of all catering establishments is conducted to check hygiene of environment including storage, standards of hygiene & sanitation of cooking & dining areas, quality checking of cooked as well as uncooked food.
- ❖ Fresh vegetables and fruits are cultivated on campus for consumption by various food serving establishments on campus viz. canteens, cafeteria, mess etc.
- ❖ A two credit course for non-nutrition students to improve their nutrition knowledge, attitude, and practice of healthy nutrition
- ❖ Nutrition education and awareness on body weight, body composition and the measures to reduce body weight through balanced diets are often conducted for students on campus :  
 "Snacks on the go" by Nutribuddies: A programme on Healthy snacks for college students considering their liking, taste, ease of preparation and most importantly nutritive value with health benefits for college students. The programme is primarily aimed to reduce the use of "High Fat, Salt and Sugar" foods as snacks, thereby reducing the prevalence of overweight and obesity among college students. A shift from the use of unhealthy snacks to healthy snacks would be beneficial to health as well as maintaining good nutritional status.



Nutritious open sandwiches



Sprouts Chat with yoghurt dip, Dates spread and bar.



- ❖ The students of nutrition and dietetics department on World Obesity day (March 2021) developed awareness materials in the form of posters, PowerPoints, and videos to educate the importance of maintaining appropriate body weight and remain healthy. Also, the implications of overweight and obesity were also presented.

