



# Eat Right Movement off to a healthy start

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## Highlights

- Food Safety and Standards Authority of India (FSSAI) on Tuesday unveiled 'The Eat Right Movement', built on two broad pillars of 'Eat Healthy' and 'Eat Safe'.
- The programme aims to engage and enable citizens to improve their health and well-being by making the right food choices.

For more on FSSAI- [click here](#)

Source: [The Hindu](#)



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