

DIET BYTE

E-newsletter of Indian Dietetic Association- Delhi Chapter

SEPTEMBER 2016



Theme: Food Safety

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From the President's Desk

Dear Reader,

I am delighted to bring to you this edition of Diet Byte after a hiatus of almost 6 years.

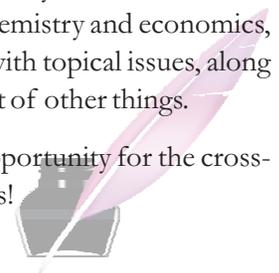
In these years that have passed, the Delhi Chapter of IDA has grown considerably and is proud to have over 1200 members who are from all walks of life including academia, clinical practice, research and the industry. I do hope that the newsletter serves as a good medium for all of us to stay connected. I would also like to see this newsletter as a friendly forum for the 4Ds - Discussion, Debate, Documentation and Dissemination of information that is credible and accurate.

This issue of Diet Byte is dedicated to the purpose of informing and empowering you on the subject of Food Safety. Recently, the Supreme Court of India has come down heavily on the offenders in the case of milk adulteration and has asked the regulatory bodies to make the punishment more stringent (suggested life punishment). Awareness is the first step towards dealing with this growing menace, which is why IDA Delhi had some months ago organised a public awareness campaign on a large scale at the Vishwavidyalaya Metro Station, Delhi University. With the effective use of games, quizzes, street plays and short films, we managed to sensitize over a 1000 people on the subject of food safety. You will find in this newsletter some photographs from the event. With the success of this programme, we hope to keep up such community outreach initiatives.

Nutrition being a multidisciplinary subject transcends many boundaries and its ramifications can be seen in the fields of agriculture, chemistry and economics, to name a few. The newsletter will help us stay abreast with topical issues, along with useful excerpts from journals and books, and a host of other things.

I hope that through this sharing, there will be a great opportunity for the cross-fertilization of thoughts and nourishment for our minds!

Neelanjana Singh
President, IDA Delhi



“Food Safety involves everybody in the food chain”

– Mike Johanns

Editorial



Greetings to all the readers!

I am pleased to present to you the E-edition our newsletter - Diet Byte. As dietitians and nutritionists, one of our prime objectives is to promote the importance of dietetics and nutrition in maintenance of health and prevention of disease. In view of the fact that more than 200 diseases are caused through the consumption of unsafe food contaminated with harmful bacteria, viruses, parasites, toxins or chemicals, we have chosen Food Safety as the theme for this issue.

Food safety is one of the essential pre-requisites for ensuring food quality and is a public health issue of paramount importance in the current scenario. Nearly 1.5 million children die annually due to diarrhoeal disease most of which are attributed to contaminated food or drinking water. Infants, pregnant women, the sick and the elderly are very vulnerable to the consequences of foodborne disease. Beside the common gastrointestinal symptoms, contaminated food can lead to long-term adverse health effects such as paralysis, organ damage, cancer and neurological disorders.

Present day food supply is highly complex and globalization has made it even more complicated. When food grown in one country is processed in another region, the disease-causing organisms and chemical contaminants are transmitted to far-off distances and risk of food borne disease is aggravated. Inappropriate agricultural practices increase the risk of contamination from mycotoxins, veterinary drugs, pesticides and other chemicals. Misuse of antimicrobials for agriculture and animal husbandry have created newer ecological place for the emergence of pathogens that are resistant to drug treatment and can be transmitted to humans via food. Beyond direct public health consequences, unsafe food can have wide-ranging effects– it can harm food exports, tourism, incomes of food handlers as well as economic development both in developed and developing world. To prevent food-borne disease adequate measures are needed from farm to fork at different stages including on-farm production, slaughtering or harvesting, processing, storage, transport and distribution until the food reaches the consumers.

Ensuring food safety is the combined responsibility of all stakeholders - government, industry, producers, academia, and consumers. Dietitians and nutritionists can play an important role in making the consumers aware of the food safety practices. On the occasion of third National Dietetics Day on 10th January 2016, IDA Delhi chapter collaborated with AFST (I) Delhi, VOICE and Lady Irwin College to organize a public awareness campaign on the theme 'Make Food Safe to Eat' and succeeded in its mission of disseminating information on food safety to thousands of students and commuters at the north campus. Dr Sandhya Kabra, Director at FSSAI was the chief guest on the occasion and has contributed a column for this edition of the newsletter.

The E-version of Diet Byte has a new format and we have added features such as Crossword, What's in/what's out and Myths and facts. I thank all the contributors and hope that you will find the newsletter interesting and useful. Our editorial team looks forward to your valuable suggestions, continued guidance and support. Let us continue to work collectively to achieve the goals of our association.

Anita Malhotra
Editor-in-Chief

Expert Speaks

Excerpts from an interview with Dr Sandhya Kabra

Former Director (Quality Assurance) Food Safety and Standards Authority of India (FSSAI)



Why has Food Safety become such an important issue?

Yes, without doubt. Food is not just related to our existence, sustenance, health and vigour but of late it is also becoming a major cause of disease and ill health in humans and livestock. Therefore, safety in food has become a major cause of concern.

Industrialization and globalization have led to the change in nature and composition of food, which have impacted the safety of food. The addition of pesticides, preservatives and various additives in food starting at the level of the farm and in the various stages of food processing; changing patterns of consumption, from natural to artificially processed food and from freshly prepared to preserved ready to eat food with increased shelf lives has manipulated the basic nature and character of food. Often vested commercial and malafide intent also leads to adulteration of food.

All these factors amongst many others seriously compromise the safety of food being consumed today and consecutively the human health. This situation obviously demands a concerted effort to detect and arrest food borne diseases and other ill health conditions. The first obvious step in this direction would be to conduct a detailed study to detect connection of food to disease of which there is hardly any data available in the country. A mandatory reporting of all food borne diseases by health care professionals across the country could be the first step in that direction. Before initiatives can be taken to research and detect above connection and consequences thereof, it meanwhile is prudent for all the stakeholders in the food sector industry, the regulators, scientific personal and above all the consumer organizations to rise up to the occasion to ensure food safety and prevent a food related catastrophe to happen in the country.

What is the impact of unsafe food on health?

Foodborne and waterborne diarrhoeal diseases kill a large number of people, mostly children. The vicious cycle of disease and malnutrition affects the most vulnerable groups.

Chemical or toxin contamination cause acute poisoning or chronic diseases, cancer etc.

Foods rich in trans-fats, saturated fats, sugars and salt increase the risk of non-communicable diseases.

Are there any non-health impacts of unsafe food?

Foodborne diseases have economic consequences for individuals, families, communities, businesses and countries. Its negative impact affects the overall economy of a country in a negative way. It imposes substantial burden on health-care systems, trade and tourism, reduces economic productivity and threatens livelihood. The full spectrum of burden of foodborne diseases is challenging to quantify because they are under-reported.

How is Food Safety regulated in India?

The Food Safety and Standards Authority of India (FSSAI) is an apex Regulatory Body looking after all matters related to food articles. FSSAI was established under the Food Safety and Standards Act, 2006 (FSS Act, 2006), as an Autonomous Regulatory Authority in 2008 as a Statutory Body for laying down science based standards for articles of food and regulating manufacturing, processing, distribution, sale and import of food so as to ensure safe and wholesome food for human consumption.

What are your key messages on food safety?

Make informed choices about the food we consume and know about common food hazards.

Read labels to understand the content of our purchases.

Handle and prepare food safely by practicing the “Five Keys to Safer Food” i.e.

- i) Keep clean (ii) Separate raw and cooked food (iii) Cook thoroughly (iv) Keep food at safe temperature and (v) Use safe water and raw materials.

All in all, food safety is a shared responsibility and this can be achieved successfully only if the entire stakeholder community is involved in the process of regulation of the entire food chain. As the food safety, security and nutrition are inextricably linked, the importance of safety of food cannot be overlooked. The food laws of the country heavily rely on self-compliance by the food business operators to comply food safety laws apart from casting an onerous duty on the FSSAI to ensure food safety and wholesomeness. Without getting into the blame game it can be safely concluded the best way forward under the circumstances could only be through consumer awareness and initiatives.

Current News and Research

After bread cancer scare, India bans potassium bromate as food additive

India Today June 21, 2016.

The government has banned the use of potassium bromate as a food additive after a study conducted by Centre for Science and Environment (CSE) found its presence in bread as cancer causing. Pawan Kumar Agarwal, CEO, Food Safety Standards Authority of India (FSSAI) told PTI "FSSAI has banned potassium bromate. A notification has been issued in this regard. As far as potassium iodate is concerned, it has been referred to a scientific panel."

FSSAI announces initiatives to promote safe food culture

The Economic Times, Aug 23, 2016.

Commemorating the 10th anniversary of enactment of Food Safety and Standards Act 2006, the Food Safety Standards Authority of India (FSSAI) announced ten new initiatives to promote safe food at homes, schools, offices, eateries and religious places. These initiatives seek to connect people of all age groups for ensuring safe food through an integrated approach. FSSAI will provide a green book to every household and a dedicated website will also be launched. A negative list of high fat, sugar and salt foods (commonly referred as junk food) will be prepared to ensure safe and nutritious food in and around schools. FSSAI will also take measures to bridge gap in standards from farm to trade and will focus on rediscovering the rich culinary heritage of India.

Indian perspective in food traceability: a review

Dandage K, Badia-Melis R, Ruiz-Garcia L Food Control 2016; 71: 217-227.

India is second in production of fruits and vegetables in the world. Rampant incidents of food safety and fraudulence underline the need for a proper traceability system in the Indian food industry. Despite advancements at global level, 2d barcode is still the most commonly used traceability method in our country. This paper explores the existing traceability techniques in India along with the related factors. Authors argue that an effective food traceability system is important not only for managing food quality and reducing food safety risks, but also for promoting the development of effective food supply chain management in India.

Appraisal of lactic acid bacteria as protective cultures

Varsha KK, Nampoothiri KM. Food Control 2016; 69:61-64.

Food industry employs various methods to control fungal contamination of food products. However, many fungal strains are resistant to these techniques. The synergistic actions of different antimicrobial compounds produced by lactic acid bacteria inhibit the growth of harmful bacteria and fungi. This review focuses on recent research developments on the bioactive potential of compounds from lactic acid bacteria as well as the commercially available protective cultures based on lactic acid bacteria and thus tries to substantiate its status as protective culture.

IDA Delhi Activities through the year

January 2015 to May 2016 has been an eventful year for IDA, Delhi Chapter. We at Delhi were able to conduct several fruitful activities and programmes and we were able to benefit greatly through our collaborations with government organizations.

The year 2015 began with an event on Public Health Awareness, held at the Delhi University Women's Association, on the national theme of Girl Child and Nutrition.



Next on our calendar was the meet at AIIMS (All India Institute of Medical Sciences) on 'Breastfeeding and Work: Let's make it Work!', which was conducted by Dr. Anita Gupta, Chief Medical Officer, Lactation and Pregnancy Consultant, University College of Medical Sciences (UCMS).



Perhaps for the first time ever, a unique motivational programme was offered free of charge for IDA Delhi members at Delhi University Women's association at

Delhi University. This workshop on Self Enhancement was designed with the purpose of helping participants cope with a better work-life balance. Enhancing self-esteem, stress management and improving communication skills were the



highlights of this event. All of this began with an interesting session on face yoga and a healthy breakfast spread.

Amongst its recent activities, a gluten-free recipe competition was initiated on International Celiac Day, May 14th. This competition has been launched for IDA members to participate in and bring forth the best of their nutritional and culinary talent. Select standardized innovative recipes from this contest will be published in the form of a booklet. This resource will be made available to patients and dietitians and by doing so we hope to make the gluten-free diet appetizing and interesting. This idea was born out of the feedback from many patients that a gluten-free diet is too restrictive and monotonous.

On International Women's Day, IDA Delhi, in collaboration with Asian Institute of Medical Sciences (AIMS), Faridabad, hosted on this occasion a Preventive Health event dedicated to women. Dietitians, college students, teachers and homemakers participated here. Experts from the field of dermatology, cardiology, gynaecology, psychology



and nutrition presented their recommendations and interacted with the audience. The wide ranging subjects discussed were skin and hair, bone care, heart friendly tips, FAQ on gynaecological issues, coping with stress, breastfeeding, anaemia, weight loss fad diets, and more. A recipe competition and a presentation on Indian women who have excelled in different fields was also a part of the event.

The Dietetics Day event that was held on 10th January 2016 was successful on many counts. Over 1000 people participated in this public awareness crusade. The highlights of the programme included a street play that depicted the crucial role of food safety in well-being. A stall was set up that showcased some simple methods to test food for adulteration. The most popular and fun part of the day were the food safety and nutrition games that were rolled out to convey the message of healthy and safe eating practices .

On the clinical front, a Ketogenic Diet Workshop was conducted by the pioneer neurologist in this field, Dr Janaknathan, from Mumbai. The scope of Ketogenic diets is getting wider with time and we realised that the workshop will help understand the intricacies of this diet. Medical practitioners and dieticians attended the

2-day workshop and the feedback received from them has been positive.

In the past one year, IDA has been collaborating with FSSAI on many of its projects. In a brainstorming session, IDA was invited to present its views on social marketing for the promotion of healthy foods. On another occasion, FSSAI had organised a street vendors training meet where IDA was again invited to



conduct a quiz for the people who attended the event. At this event, IDA also set up a stall where the people participated in games which helped spread the message of healthy eating. Simple food adulteration tests demonstrated at the venue drew keen interest from the visitors.

The end of year 2015 also saw the launch of Delhi Chapter's website www.idadelhi.org with its tagline 'Thought for Food'. You are welcome to send in your suggestions, relevant material/ photographs for our archives to the email idadelhichapter@gmail.com

Currently, Delhi Chapter is working along with FSSAI and its partners to develop a national level quiz on nutrition and food safety across schools in twelve cities in India.

Dietetics Day Programs

Indian Dietetics Association celebrates Dietetics Day pan India on 10th January to coincide with its date of inception by organizing theme based programs related to nutrition. Such a program is in line with the objective of establishing the role of nutritionists and dieticians in the promotion of public health. This day is marked by nationwide activities to promote a particular theme. Here is what we have done in Delhi on this day.

2014

Delhi Chapter celebrated the first Dietetics Day at Dilli Haat on the theme “A Healthy Foundation for a Healthy Tomorrow”, which was inaugurated by Dr Kumud Khanna, Former Director, IHE, University of Delhi. Dieticians, student, teachers, academics apart from the general public participated enthusiastically in this event. Special mugs and badges were also designed and distributed to the prize winners during the event. An expert panel of practicing dieticians and scientists (Rekha Sharma, Anuja Agarwala, Shilpa Thakur, Neerja Hajela) answered the queries and resolved various myths of general public. Working dieticians shared their experiences and the importance of this filed with various career aspects were also discussed. Mrs Saroj Bala Chadda also narrated her journey from Dietician



to Chief Dietician of AIIMS. Talk sessions saw the presence of renowned nutritionists including Ms Ishi Khosla who talked about the importance of the healthy lifestyle and role of dietician in the overall development of the human wellbeing and answered queries of budding dieticians on gluten free diet. A *nukkad natak* was presented by the students of Project HOPE on the theme “Life with Diabetes” was like icing on the cake for the event. The message that was spread through the street play was that managing Diabetes is not difficult, if lifestyle changes are adopted. This was applauded by general public as they could correlate with it. Competitions like flash card competition, slogan competition and recipe competition also added value to the celebrations. They also served as perfect aids of nutrition education for the public. These competitions were open to dieticians, school children, budding dieticians and general public and we received an overwhelming response from all sections. The entire program was coordinated by Ms Charu Dua, Chief dietician of Puspghanjali Hospital, Gaziabad and Ms Babita Upadhaya.

2015

The Delhi chapter organized the major public event on this day, which was held at Delhi University Women's Association, Delhi University. Prof Malashri Lal, Dean Academics, DU was the chief guest and she stressed on the importance of





dietitians and nutritionists in the present times and appreciated the role they are playing by reaching people through food and related knowledge. Ms Rekha Sharma, former national president, Indian Dietetics Association, emphasized on eating right and adopting a healthy lifestyle. Ms Neelanjana Singh, President DUWA made the audience aware of the

role of Delhi University Women's Association in imparting preschool education to children at the University campus. Dr Mitra Basu talked about the importance of preventive health and celebrity Chef Mr Niladri Paul deliberated on making the food healthy and trendy through artful cooking.

A panel discussion was conducted in the second half of the day with Dr Mitra Basu , Mr Niladri Paul, Ms Rekha Sharma, Ms Neelanjana Singh, Ms Anuja Agarwala and Ms Mala Manral as the panelists who answered an array of queries from the active audience. A quiz and a poster making competition for college students and two recipe contests one each for dietitians and another for housewives were also held on the occasion

2016

IDA Delhi chapter joined hands with AFSTI Delhi, VOICE and Lady Irwin College and held a public awareness campaign to celebrate the third National Dietetics Day on 10th January 2016 at Vishwavidyalaya Metro Station, Delhi. The theme was 'Make Food Safe to Eat' and the main objective was to create awareness about safe and healthy eating practices among the consumers.

The chief guest on the occasion was Dr. Sandhya Kabra, Director, Food Safety and Standards Authority of India (FSSAI). She introduced the

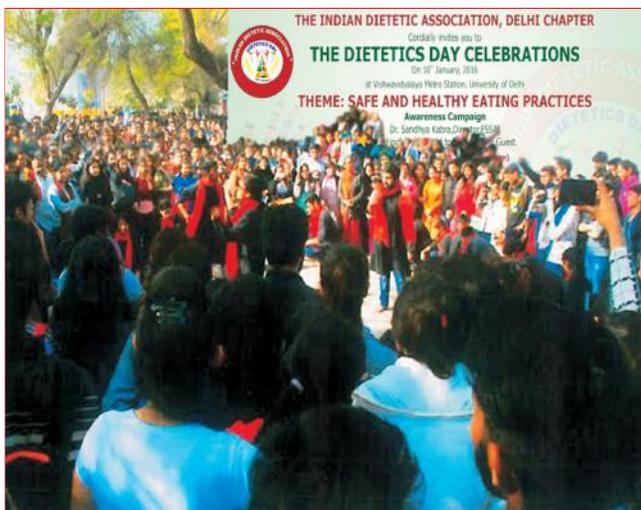
audience to enactment and implementation of the Food Safety and Standards Act and the role of FSSAI in ensuring a safe food supply to the general public. A street play titled 'Kya Khaya Tha' on food-borne illness was enacted by 'Ibtada' group of Hindu College who very lucidly spelt out the message on eating healthy, which was that the food should be free from harmful pathogens and contaminants. Their performance was greatly lauded by the audience. The dietitians and nutritionists kept the participants engaged in a number of interesting activities such as creating awareness through creative games and quiz, demonstrating simple household tests for food adulteration, screening video clips on food safety practices and consumer related issues. The audience participated enthusiastically in the interactive activities made available at different stalls.



Important messages on food safety were conveyed through a large number of standees displayed at the venue. A poster making competition was also organized with the help of AFST(I) Delhi chapter and nearly 70 posters made by the students of colleges were on display. Consumer Voice, a voluntary organization working in the interest of consumer education, made available material and magazines that disseminated relevant information to the consumers. A large LCD screen was installed at the venue where videos on the theme of food safety were played. Abbott Nutrition showcased their products and also had a small device to screen wellness that was also a big draw for the gathering.



Former Vice Chancellor of Delhi University, Prof. Dinesh Singh paid a surprise visit and his presence encouraged the students. Many food and nutrition experts as well as undergraduate and post graduate students participated and interacted actively with the common public. Thousands of students and commuters from different walks of life crossed this venue and our mission of disseminating information on food safety was achieved successfully.



Guest Column



Dr Prabodh Halde is a well known personality in area of food processing and food safety. He is passionate about food safety and one can see his enthusiasm clearly through the various initiatives he has taken as AFST(I)President, Mumbai. Here are some of the unique and meaningful projects he has undertaken. There is much we can learn from them and if possible replicate them in our own regions.

Project Ashirwad: This unique initiative is all about implementing the FSMS (food safety management system) at various pilgrim centers where food/ prasada gets distributed. This ensures safe food preparation and distribution (that conform to FSSAI norms) to all devotees. Prasad standardization, stability and up gradation are all part of this project. Another arm of this project is waste utilization at the temples (which include fruits, vegetables and flowers used as offering). At Siddhivinayak Temple, Mumbai, project Ashirwad has shown very good progress. CNBC, News 18, Z Business News have broadcast special news on this project. Now, a similar project has now been initiated in Shirdi Temple as well.

Project Guru Gyan: A student mentoring program, Guru Gyan, has benefitted 60 students in the area of food and nutrition. Mentors will be assigned and support will continue for over a hundred students this year.

Project Avishkar: Another project that showcases ideas of students and connects them with industry

or entrepreneurs is Project Avishkar. This project aligns with the 'Make in India' initiative at the national level. A very good response has been seen all across Maharashtra and lots of college students are participating in this program.

Project Power talk: This project is about giving a short powerful talk on a technical subject for a duration is for 3-5 minutes. The plan is to prepare around 100 such technical power talks on the subject of food which will be available on YouTube for free reference.

Project Dare to Dream: The Food Entrepreneurship project will conduct workshops to initiate interest in food entrepreneurship. The objective is to help Start-up India initiative and the target is to nurture 100 such entrepreneurs by 2018.

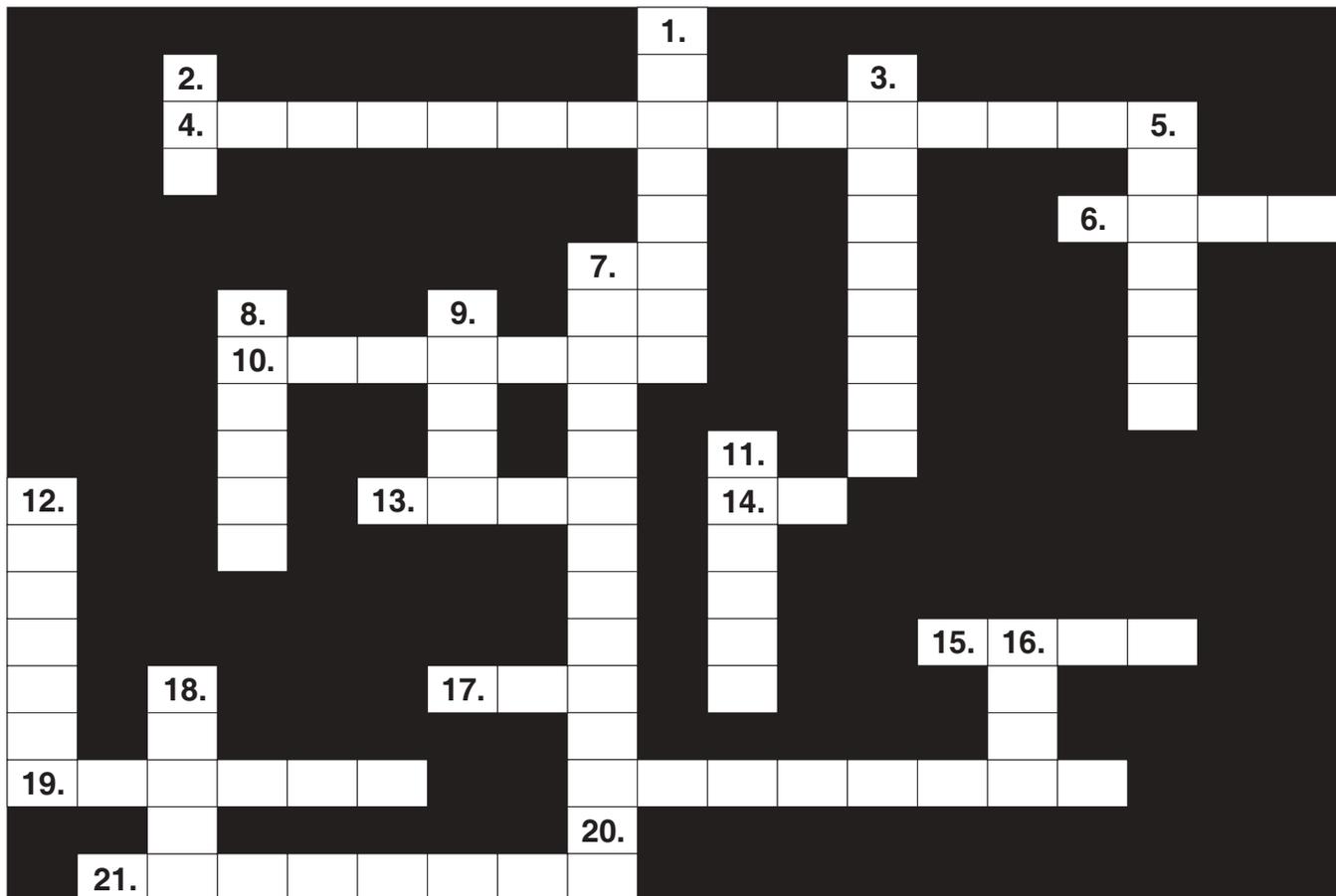
Project Parampara: This project is about documentation of all our traditional recipes across India and preserving this rich heritage for our future generations. Most traditional foods are based on a holistic approach to nutrition and have stood the test of time.

Therefore, the idea of this project is also to use modern science and technology to preserve these traditional products and practices and at the same time develop a certification to cover Indian traditional foods.

For further information on these projects you could visit

<http://www.afstimumbai.org/>

Crossword Puzzle



ACROSS

4. Inflammation of stomach and intestines (15).
6. Sulfites in this beverage can cause illness in those with sensitivity (4).
10. High levels of these are found in fish and shellfish (7).
13. High levels of mercury are found in this organism (4).
14. Potential of Hydrogen (2).
15. Must have a thorough knowledge of restaurant food safety (4).
17. Cereal grain susceptible to ergot fungus (3)
19. Small usually single-celled reproductive body of certain bacteria, algae and fungi (6).
20. Green leafy vegetables contain high levels of these (8).
21. Never eat salad greens that are (8)

DOWN

1. Protein that reacts with an antigen producing an immune response (8).
2. Ages more in 1 day at room temperature than in 1 week refrigerated (3).
3. A symptom of food poisoning (9).
5. First name of pathogen usually found in contaminated water (8).
7. e.g. fresh meat, seafood, ripe fruit (10,4).
8. Aquatic protozoan (6).
9. Most infections from this cause by undercooked ground beef (1,4).
11. One of the most contaminated items in household kitchen (6).
12. A plant food possibly implicated in a 1996 E. coli outbreak in Japan involving over 8,000 people (7).
16. Right amount of this is needed to kill harmful micro-organisms (4).
18. Zea mays (4).

Created by Dr Upasna Seth

Quiz

1. Which of the following is not a symptom of food-borne disease?
 - A. Diarrhoea
 - B. Neurological disorder
 - C. Jaundice
 - D. None of the above
2. The most common pathogen causing the food-borne illness is :
 - A. Staphylococcus aureus
 - B. Norovirus
 - C. Ascaris lumbricoides
 - D. None of the above
3. Potentially Hazardous Foods (PHF) are perishable foods which encourage rapid and progressive growth of pathogenic and toxigenic microorganisms. Which of the following is an example of PHF?
 - A. Soft cheese
 - B. Smoked fish
 - C. Raw seed sprouts
 - D. All of the above
4. Consumption of undercooked eggs can result in a food borne illness caused by:
 - A. Shighella
 - B. Salmonella
 - C. Campylobacter jejuni
 - D. All the above
5. Food poisoning microorganisms multiply at a fast pace when food is kept at a temperature between:
 - A. $-18^{\circ}\text{C} - 0^{\circ}\text{C}$
 - B. $0^{\circ}\text{C} - 5^{\circ}\text{C}$
 - C. $4^{\circ}\text{C} - 63^{\circ}\text{C}$
 - D. $63^{\circ}\text{C} - 90^{\circ}\text{C}$
6. Mycotoxins are destroyed at normal cooking temperature.
 - A. True
 - B. False
7. Grilling and smoking produce cancer-causing compounds.
 - E. True
 - F. False
8. The most important reason to wash, rinse and sanitize cutting boards is to:
 - A. Eliminate odors and tastes from getting into other foods.
 - B. Make the cutting board look better and last longer.
 - C. Prevent cross contamination from one food to another.
 - D. Ensure personnel hygiene.
9. Which of the following is mandatory on the label of packaged foods?
 - A. FSSAI logo
 - B. ISI mark
 - C. Agmark
 - D. None of the above
10. Rights of consumer under the consumer Protection Act include:
 - A. Right to be informed
 - B. Right to be assured
 - C. Right to consumer education
 - D. All of the above

Some Myths and Facts

Myth: Unsafe food is not a serious issue. Its consumption can just lead to an upset stomach.

Fact: There are more than 200 diseases that are caused by consumption of unsafe food and water. Beside stomach pain, diarrhea and vomiting it can lead to long-term health effects such as neurological disorders and cancer.

Myth: Fruits and vegetables should be washed with soap or detergent to remove microorganisms and pesticides.

Fact: Washing thoroughly in running safe water is the simplest and best way to ensure that the fruits and vegetables are safe for eating.

Myth: There is no cross contamination in the refrigerator.

Fact: Bacteria such as Listeria can grow at low temperature. Therefore, fresh fruits and vegetables should be kept separate from uncooked meat, fish and poultry in the refrigerator. It is also important to keep the refrigerator clean.

Myth: Cooked food is always safe to eat.

Fact: Cooking makes the food more prone to bacterial growth. Cooked food should be kept piping hot ($>63^{\circ}\text{C}$) or adequately refrigerated ($<4^{\circ}\text{C}$) for safety.

Myth: It is safe to eat leftovers until they smell rotten.

Fact: The bacteria that cause food intoxication (food poisoning) do not affect the sensory characteristics of food. Safe storage time and temperature chart should be to decide when to throw the food out.

What's in/What's Out ?

What's in ?

- Food Safety and Standards Act, 2006
- Food Safety and Standards Rules
- Food Safety and Standards Regulations, 2010
- Food Safety and Standards Authority of India

What's out ?

- Prevention of Food Adulteration Act, 1954
- Fruit Products Order, 1955
- Meat Food Products Order, 1973
- Milk and Milk Products Order, 1992
- Vegetable Oil Products (Control) Order, 1947
- Edible Oils Packaging (Regulation) Order, 1998
- Solvent Extracted Oil, De oiled Meal, and Edible Flour (Control) Order, 1967
- Essential Commodities Act, 1955 relating to food

Useful Links

Food Safety and Standards Authority of India
<http://www.fssai.gov.in/>

Bureau of Indian Standards
www.bis.org.in

Codex Alimentarius.
www.codexalimentarius.org

Export Inspection Council
www.eicindia.gov.in

International Organization for Standardization
www.iso.org

Ministry of Food Processing Industries
mofpi.nic.in

World Trade Organization
www.wto.org

'Food Safety Voice – Web-based and Mobile -based
<https://foodlicensing.fssai.gov.in/cmsweb/HOME.aspx>

Announcements and upcoming events

Important announcements

- The topic for next issue of the newsletter is “Nutrition from Evolution to Revolution”
- The winners of Crossword and Quiz will be listed in the next issue. Kindly email the answers to editorinchief.dietbyte@gmail.com by 30th November
- Apply online for Food Analyst Examination 2016
<http://117.239.180.188:8080/exam/home#>

Forthcoming conferences

IUNS 21st International Congress of Nutrition, October 15-20, 2017, Argentina <http://icn2017.com/>

49th Annual National Conference of Indian Dietetics Association, September 23-25, 2016, Mumbai, India

Executive Committee, Delhi Chapter

President

Neelanjana Singh
Consultant Dietician

General Secretary

Shilpa Thakur
Chief Dietician, AIMS

Treasurer

Anita Jatana
Chief Dietician, Apollo Hospital

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Binu Bhatia
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Immediate Past President

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2012
Best Domestic
Water Purifier Award



Reader's Digest
Trusted Brand Award 2012



Admired Brand Asia
2014-2015



Most Trusted Brand
of Water Purifiers in India.
2014-2015

Most Awarded RO+UV Purifiers

KENT
Mineral RO™
Water Purifiers

HOUSE of PURITY

Protect your family
with

100%
PURE WATER

Give them the
KENT Advantage



SAATCHI & SAATCHI



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WQA USA



CE Certificate

Most Certified RO+UV Purifier

The dissolved impurities in water are increasing day by day, and they act as slow poison and silent killer. KENT mineral RO has advantage over competitor RO purifiers because:

- It maintains essential natural minerals in the purified water.
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