

## **Healthy and affordable food choices**

Having a healthy diet has a lot of benefits. It can help lose weight or maintain desired weight. It also can lower cholesterol and prevent certain health conditions. In general, a healthy diet keeps body running on a daily basis. The F&B team of GMRIT ensures that healthy and affordable food choices with balanced diet of whole grains, proteins, dairy, fruits, and vegetables are made available to students. The efforts taken has improved the academic performance of the students. Planning healthy meals in advance help students save time and money. Menus is prepared based on the Nutrition facts labels help to maintain better eating habits and aid in attaining a balanced energy level.



**Students having their food in the mess**