LAUNCH OF MOBILEAPP ON 'DIETARY GUIDELINES FOR INDIANS' BY DR. SOUMYA SWAMINATHAN, DG, ICMR & SECRETARY, DHR on 29th APRIL 2016
Dr. Soumya Swaminathan, Director General, ICMR & Secretary Department of Health Research, Government of India launched the mobileApp on Dietary Guidelines for Indians in the presence of Prof. R. Chidambaram, Principal Scientific Advisor, Government of India and Mr. T Longvah, Director Incharge, NIN.
The App is based on the Recommended Dietary Allowances (RDAs) for Indians prescribed by our Institute. Simplifying the nutrient-centred RDAs into practicable, easy-to-follow guidelines, this app provides succinct explanation and rationale behind each of the 15 guidelines. The users can access this information from the App ‘Google Playsotre’ as well as M-Gov AppStore.
The users can just follow the guidelines using this App as a ready-reckoner equip themselves for a healthy life.