



# How to stay healthy during the coronavirus lockdown?

1

Follow a routine.

2

Limit the consumption of foods high in fat, salt, and sugar.

3

Consume a balanced meal.

4

Check on portion size.

Together we can fight C<sup>o</sup>VID-19!

#EatRightIndia #SwasthaBharat #IndiaFightsCorona  
#COVID19 #HealthForAll #HelpUsToHelpYou