

Ultra-processed foods consumption reduces dietary diversity which, in turn, reduces agrobiodiversity.



Ultra-processed foods (UPFs) are industrially produced food products created to make them hyper palatable, convenient and develop a kind of addiction over a time.

UPFs often come with refined carbohydrates, fat, salt, sugar and other items.

Experience and extensive research from the western world show high consumption of ultra-processed foods lead to “loss of diet diversity.”

The “loss of diet diversity” gradually leads to “loss of agrobiodiversity”.



Entry of corn flakes, noodles, pastas etc. into our breakfast tables, eventually end up substituting traditional “diet diverse” and “nutrition rich” foods like roti, chapati, poori, bhaji, upma, idli, dosa, sambar, chutney etc.



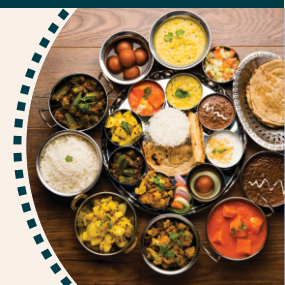
SAMBAR,
for example, comes with
at least 5 different vegetables!

UPFs are associated with low diet diversity.

The key to vibrant agrobiodiversity is in our kitchens!

Do everything possible to sustain
the **diet diversity** at home
to sustain the **agrobiodiversity** in India.

Do not allow our lifestyle to kill both.



Issued by Centre for Environment & Agriculture (CENTEGRO), a Mumbai based think tank.
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