

National Nutrition Week: 1st to 7th September, 2024

- **National Nutrition Week** is observed annually in India from **1st to 7th September** to highlight the importance of proper nutrition and its impact on a healthy lifestyle.
- The week serves as a platform to raise awareness among individuals and communities about dietary habits and overall well-being.
- **History and Significance:**
- National Nutrition Week was first initiated in **March 1973** by the American Dietetic Association (now the **Academy of Nutrition and Dietetics**) to promote nutrition education and the profession of dietitians.
- Due to growing public interest, the week-long observance extended to a **month-long celebration** in the United States in 1980.
- In **1982**, India adopted the celebration of National Nutrition Week, launched by the central government to educate citizens about the importance of nutrition and to encourage the adoption of a **healthy and sustainable lifestyle**.

