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C. P. Muthanna
Founder & Hon. Secretary
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**ENVIRONMENT AND HEALTH
FOUNDATION (INDIA)**
Home Estate, Athur Post
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03/10/2020

To:
Shri B Shriramulu,
Minister for Health and Family Welfare
Government of Karnataka

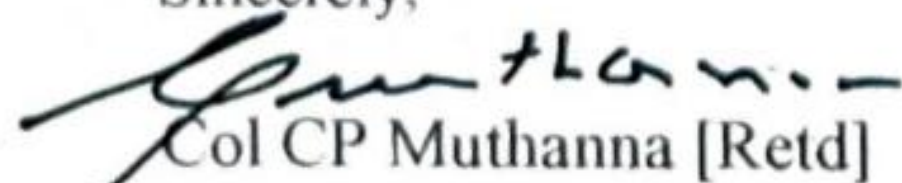
Dear Sir,

**INCLUSION OF UNPOLISHED RICE IN SCHOOL MID DAY MEAL SCHEMES
AND FOR RATION CARD HOLDERS**

1. Rice is the staple food for a large percentage of the population of Karnataka. However, the rice that is consumed is predominantly white rice or polished rice. Polishing of rice removes most of the fiber content, minerals, vitamins and protein from rice. In fact the rice eating population is denied the numerous health benefits of brown rice or unpolished rice. Unpolished rice is rich in vitamin E, magnesium and calcium. It helps to control Diabetes, improves Bone health and cardiovascular health, reduces cholesterol and boosts energy. It also improves digestion.
2. In view of these facts, we request you to take up a case with the concerned agencies of the state government to include at least 50 percent of unpolished rice in the total rice supplied to ration card holders and for free mid day meals for students. This would be especially beneficial for the health of the poorer sections of society. It would also build up their immunity against the ongoing Covid-19 pandemic and any other pandemic or disease outbreaks that may occur in the future.
3. We will be taking up a case with the Centre for promoting brown rice at the National level. We look forward to Karnataka taking the lead in this very important venture that would be of considerable benefit in boosting the health and well being of the people of the State.

We would be most grateful to you for a reply.

Thanking You,
Sincerely,


Col CP Muthanna [Retd]

Hon Secretary, Environment and Health Foundation [India]

Copy to

Shri Jawaid Akhtar
Principal Secretary,
Health and Family Welfare Department
Government of Karnataka