

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:63
ANSWERED ON:24.07.2000
PROMOTION OF HIGH FIBRE LOW FAT DIET (HFLF)
RAGHUVANSH PRASAD SINGH

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the attention of the Government has been drawn to the news-item captioned under '30 m Indians have cardiac risk' appearing in the 'Times of India' dated January 29, 2000;
- (b) whether Coronary Heart Disease, Cancer and other diseases are induced due to meat eating;
- (c) if so, the number of people died every year due to heart problems, cancer and other diseases;
- (d) whether this disease found more in those people who have been taking high fat in flesharian food;
- (e) if so, its ratio as compared to vegetarians;
- (f) whether the Government are aware about the studies made by WHO in this regard;(g) whether any precautionary measures is being taken to promote High Fibre Low Fat diet (HFLF) which prevents cardiac problems(h) if so, the details thereof; and (i) if not, the steps taken to promote HFLF for implementation in Government and private hospitals in their diet programme?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (PROF. RITA VERMA)

- (a) Yes, Sir.
- (b) Diet related chronic diseases namely, coronary heart disease, cancer obesity have a multifactorial origin. The risk factors for these diseases can be grouped as modifiable and non-modifiable risk factors. Life style factors including dietary habits are important modifiable risk factors. Among the dietary factors high calorie intake which leads to weight gain (positive energy balance), high intake of fat (particularly saturated fats and cholesterol), low intake of fibre and micronutrients (folic acid, antioxidants) have been documented to increase risk of these diseases.
- (c) According to ICMR, data on this is not available but there are studies from India which show that mortality and morbidity due to the above diseases are on increase in Indian population.
- (d) High fat diet and high intake of flesh foods are known to increase the risk of these chronic diseases.
- (e) Such information is not maintained in the ministry.
- (f) Yes, Sir.
- (g),(h)&(i) There are dietary guidelines prescribed for Indians published by the National Institute of Nutrition, Hyderabad. Based on the researches done at National Institute of Nutrition, several articles and some books have been published and presented in several Fora to educate the public. Lectures and open house discussions are also held to disseminate information on healthy life-styles.