

**GOVERNMENT OF INDIA
CONSUMER AFFAIRS, FOOD AND PUBLIC DISTRIBUTION
LOK SABHA**

UNSTARRED QUESTION NO:1327
ANSWERED ON:16.11.2010
CALORIE INTAKE
Natarajan Shri P.R.

Will the Minister of CONSUMER AFFAIRS, FOOD AND PUBLIC DISTRIBUTION be pleased to state:

- (a) whether the Government has fixed any norms for calorie intake per day;
- (b) if so, the details of the said norms and per capita calorie consumption in rural and urban areas per day separately for the past three years and the current year;
- (c) the reasons for low per capita calorie consumption particularly in rural areas;
- (d) whether the Government is considering any scheme/plan to increase per capita calorie consumption in the country; and
- (e) if so, the details thereof?

Answer

MINISTER OF THE STATE IN THE MINISTRY OF AGRICULTURE AND MINISTER OF THE STATE IN THE MINISTRY OF CONSUMER AFFAIRS, FOOD & PUBLIC DISTRIBUTION (PROF. K.V. THOMAS)

(a) to (c): The dietary allowances are based on the physiological status of the population and not on habitation. The Indian Council of Medical Research has revised the Recommended Dietary Allowances (RDA) including calorie intake for Indian Population in 2010 as follows:

Energy (Kcal) per day

- 1. Adult men (sedentary work) 2320
- 2. Adult men (moderate work) 2730
- 3. Adult women (sedentary work) 1900
- 4. Adult women (moderate work) 2230
- 5. Pregnant women +350
- 6. Lactating women +600

The low calorie consumption resulting in undernutrition is a multifaceted problem. The reasons for undernutrition are inadequate intake

of food, level of poverty leading to low purchasing power, Low Birth Weight, poor infant and young child feeding practices, frequent infections, poor socio-economic status of women, female literacy, high rate of population growth and low access of population to health, education, safe drinking water, environmental sanitation, poor hygiene etc.

(d) & (e): The Government has initiated various measures to improve the health and nutritional status of the population as given at annexure-I.

ANNEXURE-I

ANNEXURE REFERRED TO IN REPLY TO PARTS (d) & (e) OF THE UNSTARRED QUESTION NO. 1327 DUE FOR ANSWER ON 16.11.2010 IN THE LOK SABHA

The measures taken to improve the health and nutritional status of the population

1. A National Nutrition Policy has been adopted in 1993 and a National Plan of Action for Nutrition (1995) is being implemented through various Departments of Government. The National Nutrition Mission has been set up.

2. Reproductive Child Health Programme under National Rural Health Mission (NRHM) includes:

Emphasis on appropriate Infant and Young Child Feeding

Janani Suraksha Yojana (JSY) to promote institutional deliveries for better birth outcomes

Navajaat Shishu Suraksha Karyakram (NSSK)

Focus on Maternal Health by promoting institutional deliveries improved coverage and quality of ANC skilled care to Pregnant women, Post-partum care at community level.

Immunization

Integrated Management of Neonatal and Childhood Illness and malnutrition

Treatment of severe acute malnutrition through Nutrition Rehabilitation Centers (NRCs) set up at public health facilities.

Specific Programme to prevent and combat micronutrient deficiencies of Vitamin A and Iron & Folic Acid through Vitamin A supplementation for children till the age of 5 years and Iron & Folic Acid supplementation for Preschool Children, pregnant and lactating women. Iron and folic acid syrup has been added in the programme for children 6 to 60 months.

3. National Iodine Deficiency Disorders Control Programme (NIDDCP).

4. Nutrition Education to increase the awareness and bring about desired changes in the dietary practices including the promotion of breast feeding and dietary diversification

5. Integrated Child Development Services Schemes (ICDS).

6. Rajiv Gandhi Scheme for Empowerment of Adolescent Girls [RGSEAG] – (SABLA).

7. Indira Gandhi Matrutwa Sahyog Yojana (IGMSY)

8. National Programme of Nutritional support to Primary Education (Mid day meal Programme)

9. Improving agricultural and horticultural produce.

10. Improving the purchasing power of the people through various income generating scheme availability of essential food items at subsidized cost through Targeted Public Distribution System.

11. National Rural Employment Generation Scheme