

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

UNSTARRED QUESTION NO:2162
ANSWERED ON:12.08.2011
EXERCISE-CUM-DIET PLAN
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the National Institute of Nutrition has drawn an exercise- cum-diet plan for the average Indian, as defined by the Indian Council of Medical Research (ICMR);
- (b) if so, the details thereof; and
- (c) the steps taken/proposed to be taken to popularise the said plan?

Answer

THE MINISTER OF STATE FOR HEALTH & FAMILY WELFARE (SHRI SUDIP BANDYOPADHYAY)

(a) & (b):Yes. The National Institute of Nutrition (NIN) under ICMR has recently released a book titled "Dietary guidelines for Indians – A Manual (revised)" which provides for information on small meal plan for sedentary adult man and adult woman. The book also provides a guideline on physical activity titled 'Exercise regularly and be physically active to maintain ideal body weight'.

(c): At the time of the release of the book on in July 2011, both the print and television media were briefed about the dietary guidelines. The said book is available at subsidized price for general public. NIN is involved in popularizing information about diet and physical activity in the community through extension lectures, print and television media.