

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

UNSTARRED QUESTION NO:2588

ANSWERED ON:09.12.2011

BALANCED DIET

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

- (a) the percentage of people who get balanced diet in the country, State-wise alongwith the outcome of review made in this regard;
- (b) whether the Government proposes to prescribe minimum nutrition for adults and children;
- (c) if so, the details thereof;
- (d) whether the Government proposes to distribute foodgrains as per prescribed nutrition norms;
- (e) if so, whether the Government has made any provision for distribution of minimum nutrition to Below Poverty Line (BPL), Above Poverty Line (APL) families and others as per plan; and
- (f) if so, the details thereof?

Answer

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

- (a) Information about the percentage of people getting "Balanced Diet" in the country is not maintained centrally.
- (b) & (c) Indian Council of Medical Research (ICMR), Ministry of Health & Family Welfare has revised Nutrient Requirements and Recommended Dietary Allowances for Indians in 2010. The Recommended Dietary Allowances(RDA) for adults and children are as follows:

Age Group	Energy (Kcal/d)
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Adult men (Sedentary work)	2320
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Adult women (Sedentary work)	1900
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Children:

1 -3 Years	1060
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4-6 Years	1350
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7-9 Years	1690
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10-12 years (Boys)	2190
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10-12 years (Girls)	2010
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- (d) to (f) In order to improve the nutritional status Government of India is implementing several schemes such as (1) Targeted Public Distribution System for Below Poverty Line (BPL) families, Above Poverty Line (APL) families, Anthodia Anna Yojna (AAY) poorest of the poor families, (2) Integrated Child Development Services (ICDS) for vulnerable population i.e. Pre School Children, Pregnant and Lactating Mothers (3) Mid Day Meal Programme for School going children and (4) Rajiv Gandhi Scheme for Empowerment of Adolescent Girls [RGSEAG] - (SABLA),