

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

UNSTARRED QUESTION NO:2205
ANSWERED ON:05.12.2014
RECOMMENDED DIETARY ALLOWANCE
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether fat intake among rural and tribal population is significantly lower than the Recommended Dietary Allowance (RDA) and they suffer from deficiencies of fat soluble vitamins in the country;
- (b) if so, the details thereof and the reasons therefor, State/UT-wise;
- (c) whether the Government has conducted any study/ survey in this regard and if so, the details along with the outcome thereof, State/UT-wise; and
- (d) the corrective measures taken/being taken by the Government in this regard?

Answer

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI SHRIPAD YESSO NAIK)

(a) to (c): National Institute of Nutrition (NIN), Hyderabad has informed that as per the National Nutrition Monitoring Bureau (NNMB) survey (2011-12) carried out in 10 states viz., Kerala, Tamilnadu, Karnataka, Andhra Pradesh, Gujarat, Maharashtra, Madhya Pradesh, Orissa, West Bengal and Uttar Pradesh, the average consumption of visible fat (oils & fats) is 15gms/CU/day, which is 75% of Recommended Dietary Intake (RDIs) for Indians. The RDI for fat is 20gms/CU/day. State-wise detail of Average consumption of fats and oils per day are given at Annexure. Any one consuming 75% of RDI of fat is not likely to suffer from fat soluble vitamin deficiencies. Besides, invisible fats are also consumed through normal food. Further, NIN, Hyderabad has informed that the prevalence of Bitot's spots an objective sign of Vitamin A (fat soluble vitamin) deficiency (VAD) among pre-school children has declined over the years from 1.8% in 1975-79 to 0.2% in 2011-12.

(d): Directorate General of Health Services (DGHS), has informed that the National Nutrition Policy, 1993, highlighting the direct and indirect policy interventions, interalia, lays emphasis on popularization of low cost nutritious foods, improvement of dietary pattern; basic health and nutrition knowledge etc. Nutrition education of the people, individually and collectively, forms an integral component of several programmes/schemes such as the National Health Mission (NHM). Integrated Child Development Services (ICDS) Schemes, etc. and is undertaken by using the mass media. Besides nutrition education, Schemes/ programmes such as Integrated Child Development Services (ICDS), Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG), named SABLA, and the Mid-day Meal Scheme (MDM) also provide supplementary nutrition/ meals through targeted interventions. The responsibility of implementation of most of the above schemes lies with State Governments/Union Territory Administrations.