Tracking nutrition and health status of Indians

NIN to develop mobile-based device to be used by researchers in this pandemic

SPECIAL CORRESPONDENT

City-based Indian Council of Medical Research-National Institute of Nutrition (ICMR-NIN) has initiated 'Mapping of nutrition and health status A national level participato ry real-time data generation programme' to develop a mobile-based device to be used by nutrition research ers at district level nation wide during this ongoing CO-VID-19 pandemic.

The mapping will be done region-wise simultaneously in collaboration with the Nu trition Society of India (NSI) and this platform will be used to collect data in future periodically too. "This will help us develop food-based strategies through inter-ministerial convergences for ensuring food and nutrition security. It includes data generation through crowdsourc-ing using ICMR-NIN web portal as a platform," said NIN director R. Hemalatha.

She was speaking at the release of 'Nutrient Requirements for Indians' and 'What India Eats' report by Union Minister for Health & Family Welfare Harsh Vardhan in

What's on your plate? Union Minister for Health and Family Welfare Harsh Vardhan on Monday released a 'What India Eats' report It shows majority of population levels of pulses, legumes, milk, nuts and vegetables; Consumption of cereals and millets was on the PREVALENCE OF HEALTH ISSUES 18.8% Overweight 16.6% 12.5% Obesity Chronic energy 9.3% deficiency 35.4% Proportion of food for a 2000 Kcal Indian diet: Not more than 45% of total energy Up to 17% of total energy Pulses Less than 30% of total energy 300 ml or more Dairy products Vegetables (except potato) 350 gm 150 gm 20 gm Nuts

the presence of ICMR chief Balram Bhargava in Delhi on Monday. 'What India Eats' had revealed a majority of the population consumed lower than recommended levels of pulses, legumes, milk, nuts and vegetables while consumption of cereals and millets was higher than recommended levels

Dietary data analysis of adults in urban and rural India on macronutrient intakes based on household 24-hour dietary recall showed an average urban adult consumed 1943 Kcal/day, 289 g carbohy-

protein. In rural region, an average adult consumed 2081 kcal/day, 368 g of carbo-hydrates, 36 g of fat and 69 g

Total energy intake from cereals contributed to 998 Kcal/day, while visible fats, and pulses and legumes contributed-to 265 Kcal/day and 119 Kcal/day, respectively in urban areas. In contrast, to-tal energy intake from cereals was much higher (1358) Kcal/day, and considerably lower from fats (145 Kcal/day), pulses and legumes (144 Kcal/day) in rural areas.

Dairy in diet

Milk and milk products contributed almost similar in urban (99 Kcal/day) and rural areas (87Kcal/day). Food groups recommendations state not more than 45% of energy should be contributed by cereals and millets, whereas, actual contribution was 51% in urban region and 65.2% in rural region; while pulses, legumes, meat, poultry and fish contributed to mere 11% of the total energy per day in urban areas and rural areas, as against the re-commended minimum in-take level of 17% of total energy from these foods.

As for milk and milk products, only 8.7% in rural and 14.3% of the population in ur-ban areas consumed as per the recommended intakes.

About 8.8% of the popula-tion in rural and 17% in urban areas consumed vegetables as recommended intake while 22% in rural parts and 27% in urban areas consumed the recommended intake of nuts and oil seeds.

Importantly, foods like chips, biscuits, chocolates, sweets, juices, etc., contributed to 11% energy intake compared to 4% in rural

Prevalence of abdominal obesity (AOb), overweight (OW) and obesity (Ob) issues were 53.6%, 31.4% and 12.5% among urban populations, while chronic energy defi-ciency (CED) was 9.3%. Among rural India, the pre-valence of AOb, OW and Ob were 18.8%, 16.6% and 4.9% respectively, while CED was

Proportion of population consuming more than re-commended intakes of cereal was 97.1% in rural and 68.8% in urban region. Proportion of population con-suming recommended (>66% protein from pulses, legumes, nuts, milk, flesh foods) level of good quality protein were only 5% among rural and 18% among urban

Low consumption of fruits and vegetables and low in-take of milk and milk products increased the risk of

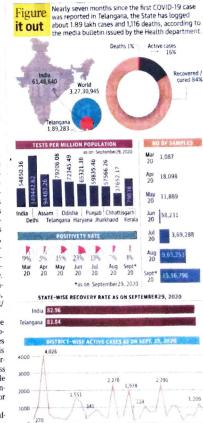
diabetes and hypertension respectively. Recommended intake daily is 45% of calorie energy intake from cereals and millets, 17% from pulses and flesh foods and 10% energy from milk and milk products for a 2000-calorie diet a day.

Food groups

'My Plate for the Day' deve-loped by NIN illustrates the proportion of foods from dif-ferent food groups to be sourced for a 2000 Kcal In-dian diet. It recommends sourcing of macronutrients and micronutrients from minimum of eight food groups per day with vegetables fruits, green leafy vegeta-bles, tubers forming essen-tially half the plate of the recommended foods per day The other major portion consists of cereals and millets, followed by pulses and milk/

Intake of cereals should be not more than 45% of the to-tal energy, while for pulses the recommendation is equal to 17% of the total energy/day, total fat intake is less than or equal to 30%, while milk and milk products in-take should be more than or equal to 300ml/day. Vegetables/tubers (exclud-

ing potato) intake should be 350g, while ideal consump tion of fruit and nuts should be 150g and 20g per day, res-



Ideal weight now 5kg m 65kg for men, 55 for women

Reference Height Up 2 Inches For Men, 3 For Women

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Hyderabad: The National Institute of Nutrition (NIN) has added another 5kg to the ideal weight of Indians. While the weight of an ideal or reference Indian man was 60kg in 2010, it has now increased to 65kg. In case of women, it has gone up to 55kg from 50kg a decade ago.

Along with this, the earlier height for a reference Indian man was 5 feet 6 inches and a woman was 5 feet. It is now



Recommended common salt intake 5g/day with sodium limited to 2g/per day. Intake of 3,510mg potassium recommended/day

revised to 5 feet 8 inches for a man and 5 feet 3 inches for a woman. This will now be taken for normal body mass index. NIN scientists said this

was because nutritional food intake had gone up. Also, data from rural and urban areas was taken into account this time as against only urban data

A premier nutrition res arch body of the ICMR, NIN has also revised its recom-mended dietary allowance and estimated average requirement of nutrition for Indians in its 2020 report, released on Monday. The definition for reference Indian adult man and woman with regard to age was changed to 19-39 years instead of 20-39 years, which was fixed in 2010. The scientists added that a previous expert committee in 1989 had ta-ken the body weight and height of only well-to-do Indian children and adolescents.

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Data taken from all states unlike 10 panel

nother expert panel in 2010 had taken nutrition profiles from only 10 states for computing reference body weights. Both committees had arrived at the reference weights for men and women at 60kg and 50kg.

Now, the 2020 panel took da-ta from all over India, taking inaccount National Family Health Survey 4 (2015-16), National Nutrition Monitoring Bureau (2015-16), World Health Organisation (2006-07) and the Indian Academy of Paediatrics (2015) to derive the reference body weight values

For the first time, the ICMR expert committee considered recommendations for fibre based energy intake. About 40grams per 2,000 kilo calories of food consumption has been **ENERGY INDIANS NEED**



considered as safe.

The visible fat intake for individuals with sedentary, moderate and heavy activity has been set at 25,30 and 40 grams per day, respectively, for an adult man and 20, 25 and 30 grams per day, respectively, for an adult woman. It was common for men and women in the 2010 recommendations.

Also for the first time, re-commendations have been made for dietary intakes of carbohydrates setting the estimated requirement at 100 grams per day for ages one year and above with a recommended dietary allowance of 130 grams per day.

Nutrient requirements, for the first time, include estimated average requirement and also the tolerable upper limit of nut-rients along with recommen-ded dietary allowance. While RDAs are daily dietary nutrient intake levels which would be sufficient to meet the requirements of nearly all healthy individuals, EARs are the average daily nutrient intake levels of

The calcium requirement proposed as RDA for an adult man and an adult woman is 1,000mg per day. It was 600mg per day in 2010. For a lactating woman, an additional amount of 200mg is added. For post-menopausal woman, the recommendation is 1,200mg per day.