

Health on a plate

NIN's 'My plate for the day' recommends the ideal 2,000-calorie diet for every day

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What should an ideal plate of food be like? To determine this, the National Institute of Nutrition (NIN) has come out with "My plate for the day" that provides all essential foods a person needs for a healthy, nutritious, and disease-free living.

Since food and nutrition play a vital role in the maintenance of one's health and prevention of lifestyle or non-communicable diseases, eating the right type of food is essential. The body needs nutrition from various types of foods and the NIN's my plate ensures that the energy and nutrition needs required daily are taken care of.

According to What India Eats, a document released recently by the NIN on the food habits, and nutrition sufficiency or deficiency of food choices, my plate for the day typically recommends 45% of calorie or energy intakes from cereals and millets, 17% energy from pulses and flesh foods and 10% energy from milk and milk products for a 2000 calories diet in a day.

What should one do to achieve this target? My plate recommends 270 grams of cereals including nutri-cereals to derive 900 calories, 90 grams of pulses for 340 calories, 300 ml of milk or curd for 200 calories, 350 grams of vegetables and leafy vegetables for 100 calories,

160 grams of fruits for 67 calories, 20 grams of nuts and seeds for 150 calories, and 27 grams of oil and fat for 243 calories.

"The My Plate for the Day developed by the National Institute of Nutrition has been designed on the basis of Recommended Dietary Allowances (RDA). It typically illustrates the proportion of foods from different food groups to be sourced for a 2000 kilo calorie Indian diet. The plate recommends sourcing macronutrients and micronutrients from a minimum of eight food groups per day with vegetables, fruits, green leafy vegetables, and tubers forming essentially half the plate of the recommended foods per day. The other major portion consists of cereals and millets, followed by pulses and milk/curd," points out What India Eats document.

As per my plate recommendations, the intake of cereals should be not more than 45% of the total energy. For pulses it is 17 per cent. As for as oils and fat are concerned, the total intake should be less than or equal to 30% of total daily calorie intake.

Stating that though my plate is not a representation of any therapeutic diet, the NIN says regular consumption of foods in the mentioned proportions coupled with regular physical activity has the potential to optimize immune function and reduce communicable and non-communicable diseases like diabetes, hypertension, coronary heart disease, stroke, cancer, arthritis etc.



● Healthy diet prevents lifestyle diseases like diabetes, heart issues, stroke



● Daily physical exercise for at least 15 minutes is necessary

● Small, judicious changes in diet results in huge difference in health

● Low intake of milk and milk products leads to high blood pressure

● Urban Indians get more than 10% calories from chips, juices, biscuits, sweets, chocolates

● Unhealthy foods result in abdominal obesity --- 53.1% in towns and 18.8% in villages



● Sweets, ice-creams, soft drinks, fried snacks & packaged foods increase risk of diabetes by 30%

MY PLATE RECOMMENDATIONS

WHAT ONE SHOULD EAT (PER DAY)

270 grams of cereals including nutri-cereals



350 grams of vegetables, leafy vegetables

20 grams of nuts and seeds

90 grams of pulses



27 grams of oil and fat for 243 calories

300 ml of milk or curd



160 grams of fruits



RIISING TO THEIR FULL HEIGHT

Hans India 2-10-2020

INDIANS ARE GROWING TALLER

T P VENU

Hyderabad: If you have been wondering how children today are taller than their parents, the reasons could be attributed to clean water, better food, fewer childhood infections, proper care during pregnancy and prompt action taken to address infections.

The National Institute of Nutrition (NIN) has revised the average height of men and women based on data taken from all over the country.

The average height for Indian men is 5.8 feet (177 cm) and the average height for women is 5.3 feet (162 cm). Earlier, the average height for men was 5.6 feet (171cm) and for women was 5 feet (152 cm).

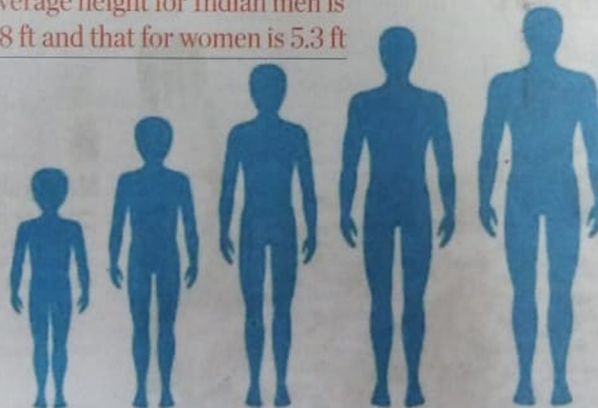
The decision to revise the average height and weight was taken due to increased intake of nutritional food. For deciding on weight and height, data from the rural as well as the urban areas was considered. Earlier, in 2010 data unlike only urban data was used.

and women has been going on at regular intervals since 1975. In the last 100 years, the average height of Indian men increased by 3 cm and of women by 5 cm says, Dr Kiranmayi, chief clinical dietitian, Apollo Hospital.

The 2020 panel derived the body weight and height values using data taken from all over India. NIN has increased the average body weight for Indians by 5kg in its recent report. Thus, the average weight for Indian men has been increased from the 60kg in 2010 to 65kg now. While for Indian women average weight has been increased from 50kg in 2010 to 55kg now.

The panel derived the body weight and height values using data taken from all over India including data from National Family Health Survey 4 of 2015-2016, data from the National Nutrition Monitoring Bureau for 2015-2016, data as per the WHO report of 2006 to 2007, and data from the Indian Academy of Pediatrics of 2015.

Average height for Indian men is 5.8 ft and that for women is 5.3 ft



GOING TO GREAT LENGTHS

Earlier, average height for men was 5.6 feet and for women it was 5 feet, according to NIN

Decision to revise the average height and weight was taken due to increased intake of nutritional food

For deciding on weight and height, data from the rural as well as the urban areas was considered

Earlier, in 2010 data unlike only urban data was used NIN also increased average body weight for Indians by 5kg

Recommended Dietary Allowance

NIN has revised its recommended dietary allowance (RDA) and estimated average requirement (EAR) of nutrition in the 2020 report. The ICMR expert committee has recommended fibre-based energy intake for the first time. They stated that 40 grams per 2000 kilocalories of food consumption are safe.

Other recommendations...

- Fat intake for individuals with sedentary, moderate, and heavy activities has been set to 25, 30, and 40 grams per day for men, and 20, 25, and 30 grams per day for women, respectively. In 2010, fat intake for both men and women were common
- Carbohydrates intake has been suggested as 100 grams to 130 grams per day for one-year-old and above
- Intake limit for common salt or iodine has been kept same at 5 grams per day