

## Many Indians skip nutritious food

A nation-wide study carried out by the National Nutrition Monitoring Bureau (NNMB) to assess urban nutrition shows not only a great diversity in food consumption in 16 States in the country, but also that Indians consume far less than the recommended quantum of several micro-nutrients and vital vitamins. Andaman and Nicobar Islands reported the highest intake of flesh foods, including meat and fish, Odisha has the highest consumption of green leafy vegetables (GLV). On an average, while the recommended dietary intake of GLV is 40g/CU/day, the consumption in the country is 24g/CU/day.

Madhya Pradesh has the lowest intake of flesh foods and Kerala consumes the least green leafy vegetables.

If Madhya Pradesh has a sweet tooth with the highest intake of sugar and jaggery, Odisha and Assam have the highest intake of salt. Rajasthan is high on the intake of fats and oils as well and milk and milk products.

The study, led by Avula Laxmaiah, Scientist (Director Grade) from National Institute of Nutrition (NIN), the country's premier nutrition research institute, was released recently. The researchers used the method of a 24-hour dietary recall to collect food and nutrient information from 1.72 lakh people in 16 States.

While the average intake of cereals and millets was found to be 320g/CU/day, which is lower than the recommended dietary intake (RDI), the intake of pulses and legumes was about 42g/CU/day. This is on par with the suggested level of the Indian Council of Medical Research (ICMR), said Dr. Laxmaiah.

States and Union Territories covered in the survey held in 2015-16: Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa, West Bengal, Uttar Pradesh, Andaman and Nicobar Islands, Assam, Bihar, New Delhi, Puducherry and Rajasthan.

Lifestyle-related risk factors are being cited, compounded by an inadequate number of treatment centres in the region

Without policies to stop the worrying spread of antimicrobial resistance, the mortality rate could be disturbing

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