

Time trends and interstate differences in dietary intake- NNMB										
	Year	Kerala	Tamilnadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Orissa	Pooled	RDA
Cereals & Millets	1975-79	341	490	682	568	502	452	* -	505	460
	1988-90	369	406	548	534	463	493	540	469	
	1996-97	352	407	458	496	443	431	538	450	
	2004-05	320	386	429	449	329	333	444	396	
Pulses	1975-79	14	32	60	31	37	30	-	34	40
	1988-90	18	27	50	28	36	32	32	32	
	1996-97	17	28	41	30	33	34	21	27	
	2004-05	23	37	37	30	33	20	29	28	
Green Leafy Veg.	1975-79	4	9	6	6	15	8	-	8	40
	1988-90	9	12	10	7	13	4	25	9	
	1996-97	10	10	8	9	9	7	47	15	
	2004-05	7	10	8	6	10	9	43	16	
Other vegetables	1975-79	81	63	33	39	50	58	-	54	60
	1988-90	65	53	22	40	55	60	69	49	
	1996-97	63	41	27	28	52	53	64	47	
	2004-05	56	46	23	38	26	78	73	49	
Roots & Tubers	1975-79	135	58	26	25	20	37	-	56	50
	1988-90	63	40	31	29	32	52	68	41	
	1996-97	60	48	31	21	29	44	71	44	
	2004-05	53	41	40	34	20	53	99	60	
Milk & Milk Products	1975-79	47	79	78	98	92	180	-	116	150
	1988-90	87	69	91	82	85	139	38	92	
	1996-97	122	88	83	76	75	157	12	86	
	2004-05	66	102	84	112	77	170	14	82	
Fats & oils	1975-79	4	12	7	13	13	17	-	14	20
	1988-90	14	9	8	12	15	21	7	13	
	1996-97	9	10	10	9	16	19	8	12	
	2004-05	6	12	9	18	22	21	10	14	
Sugar & Jaggery	1975-79	19	20	31	21	31	29	-	23	30
	1988-90	32	24	30	10	33	35	5	29	
	1996-97	26	20	29		30	30	6	21	
	2004-05	18	11	19	10	29	11	7	14	

State wise average dietary intake (g/cu/day) - INP survey												
States	Area	Cereals	Pulses & legumes	GLV	Roots & tubers	Other Veg.	Fruits	Condi. Spices	All flesh food	Milk & its prod.	Fats & Oils	Sugar
RDA		460	40	40	50	60				150	20	30
Haryana	R	433	26	21	56	38	13	5	0	344	22	43
Himachal Pr.	R	470	52	47	67	43	7	2	6	187	20	24
Punjab	R	447	35	27	74	47	7	<1	2	303	7	57
Rajasthan	C	483.6	29.1	24.2	79.2	45.3	24.8	16	5.9	197.7	22.3	25.3
	R	503.8	26.7	23.5	78.6	45	19.8	15.9	4.8	201.4	21	25.4
	U	396.2	39.5	27.3	81.6	46.5	30.4	16.3	10.6	181.7	28.1	24.7
Chandigarh	C	346.3	72.9	19.4	102.3	52.2	70.1	8	9.3	310.5	33.5	44.7
	R	416.7	61.5	5.7	97.8	39.5	16.5	13.2	3.3	259.9	43.9	49.3
	U	335.4	74.7	21.5	103	54.2	78.4	7.2	10.2	318.3	31.9	44
Delhi	C	366	66.6	17.5	125	63.9	49.3	12.6	16.7	169.3	24.1	25.9
	R	484.3	86.6	6.1	163.2	7.3	55.3	11.2	0.9	115	43.9	17.6
	U	361.4	65.9	18	123.5	66.1	49	12.6	17.3	171.4	23.3	26.2
Bihar	C	541.7	37.7	18.3	154.9	106.7	17.8	12.4	8.1	44	12.5	7.4
	R	542.7	36.2	18.7	151.4	106.1	16.7	12.3	7.4	39.4	12.1	6.6
	U	536.7	45	16	172.1	110	22.9	13.2	11.9	66.3	14.5	11.2
Sikkim	C	465.9	39.3	49.1	106.6	62.7	1.6	5.3	40.6	105	12.7	5.7
	R	474.2	36.3	51.3	108.1	60.6	0.8	5.4	39.1	97.3	12.2	4.4
	U	416.8	57	36.5	97.7	75.6	5.9	4.6	49.4	150.5	15.7	13.2
Arunachal Pr	R	377.5	29.4	108.8	111.4	85.4	44.1	7.4	192.6	33.4	3.2	3.3
Assam	R	450	23	25	72	62	8	13	38	34	10	16
Manipur	C	631.2	22.2	84.9	60.9	69.6	0.3	16	75.5	19.7	5.6	5.2
	R	633	23.8	79.7	62	72.7	0.2	16.9	74.2	19.3	5.7	4.7
	U	623.8	15.8	105.6	56.9	57.2	0.9	12.8	80.8	21.2	5.6	7.1
Meghalaya	C	269	17.2	29.2	68.4	66.3	9.1	15.3	102.4	117.9	16.3	23.9
	R	290.3	16.8	28.8	65.8	66.7	10	14.3	102.9	122	15.9	24
	U	338	20.1	32.1	87.6	63.3	2.5	22.7	98.4	87.3	19.4	23
Mizoram	C	332.6	46.6	137.6	71.2	64.8	10.3	5.2	59.6	82.9	21.1	27.2
	R	315.1	41.4	130	64.3	59.8	8.2	4.2	51.9	65.6	19.4	27.7
	U	400.1	66.6	167.2	97.7	84.1	18.1	9	89.4	149.4	28	25.1
Nagaland	R	468.8	15.5	116.5	40.8	29.5	0.2	34.8	114.9	73.2	14	10.9
Tripura	C	470.1	56.2	51.9	62.6	99.5	34.1	4.6	90	54.7	12.7	8.9
	R	473.2	56.2	53.4	63.2	96.8	35.5	4.8	92.2	55	12.4	8.8
	U	396.4	56.8	15	48.2	165.6	0	0	38.9	46.2	19.4	12.8
Daman & Diu	R	391.1	55.3	41.8	44.1	66.2	6.8	30	93.6	107.2	49.4	37.7
D & N Haveli	R	369	85	26	45.2	62.5	2.9	36	14.4	14.4	16.6	10.5
Goa	C	408.5	10.5	27.2	15.3	49	14.1	13	77.1	59.8	14.6	39.4
	R	422.5	10.5	25.6	17.7	51.9	14.7	11	75.1	57.2	15	40.2
	U	357.2	10.5	33	6.5	38.4	11.7	20.4	84.6	69.3	13.3	36.5

C= Combined, R= Rural, U=Urban

Source India Nutrition Profile 1996-97

Age wise distribution of average intake of nutrients-NNMB											
		Cereals & Millets	Pulses & Legumes	Milk & Milk Products	GLV's	Roots & tubers	Other vegetables	Fruits	Fats & Oil	Sugar & Jaggery	
12-13	Boys	1975-79	340	27	47	9	43	41	10	7	14
		1996-97	371	26	66	15	39	35	20	11	19
		2000-01	329	21	48	15	51	37	15	9	14
		2004-05	308	23	64	15	47	36	21	12	12
	Girls	1975-79	328	24	45	8	40	43	10	7	14
		1996-97	348	25	53	14	41	38	22	9	19
		2000-01	325	23	47	14	45	33	17	8	14
		2004-05	303	23	54	13	49	34	21	10	10
13-15	Boys	1975-79	378	26	51	12	51	51	10	9	15
		1996-97	428	28	65	12	49	47	35	11	19
		2000-01	402	25	58	15	60	44	16	11	16
		2004-05	362	25	64	14	50	39	22	12	12
	Girls	1975-79	367	25	49	8	50	40	9	7	16
		1996-97	399	26	56	16	54	44	16	10	18
		2000-01	369	24	50	16	55	41	17	10	14
		2004-05	341	24	63	15	49	40	23	11	13
16-17	Boys	1975-79	463	35	54	10	61	48	10	10	16
		1996-97	515	32	68	23	53	58	24	13	19
		2000-01	472	29	51	16	62	49	16	11	15
		2004-05	426	29	79	14	59	50	25	14	12
	Girls	1975-79	384	28	53	10	58	55	15	9	15
		1996-97	443	27	71	14	57	50	22	11	19
		2000-01	402	25	53	17	62	43	16	10	15
		2004-05	354	24	71	15	48	41	26	12	13
Men	1975-79	495	37	66	13	59	55	14	11	18	
	1996-97	541	35	74	17	56	54	31	15	21	
	2000-01	457	34	85	18	75	57	28	14	17	
	2004-05	418	31	94	17	68	63	27	16	15	
NPNL women	1975-79	386	31	56	11	51	47	11	9	16	
	1996-97	434	29	72	16	53	49	24	13	21	
	2000-01	389	26	67	18	69	50	20	12	16	
	2004-05	365	27	80	18	63	52	26	13	14	
Pregnant Women	1975-79	359	34	75	12	58	44	11	12	19	
	1996-97	463	29	70	17	34	42	26	12	15	
	2000-01	408	28	77	15	69	44	21	12	17	
	2004-05	362	27	87	16	55	49	25	14	14	
Lactating Women	1975-79	436	30	58	15	48	45	13	10	16	
	1996-97	518	34	67	11	43	42	34	13	19	
	2000-01	442	28	65	18	69	54	24	13	13	
	2004-05	406	30	80	17	63	56	24	14	13	

Age and sex wise dietary intake – INP survey											
Age group/sex	Cereals	Pulses	GLV	Roots & Tubers	Other veg.	Fruits	Condi-ments	Flesh foods	Milk & prod.	Fats & oils	Sugar
1-3 years											
Boys	182.9	14.5	17.2	41.4	29	10.1	4.5	20.6	97.4	6.5	12.7
Girls	185.2	14.5	19	40	29.3	10.6	4.3	24.1	92.5	6.2	12
RDA	120	30	50	50	50	100			500	20	25
4-6 years											
Boys	265.2	20.2	21.9	62.3	40.7	13.8	6.2	20.5	93.8	9.2	13.2
Girls	269.7	20.1	24.3	59.7	40	11.8	6.4	23	85.9	8.5	13.6
RDA	210	45	50	100	50	100			500	25	30
7-9 years											
Boys	327.9	23.9	22.6	72.4	50.6	12.9	7.3	22.4	92.9	10	14.7
Girls	321.4	24.2	28.2	69.3	49.7	11.8	7.1	23	90.5	9.8	14.1
RDA	270	60	100	100	100	100			500	25	30
10-12 years											
Boys	384.9	28.8	28.8	84.3	57.1	15.6	8.8	20.9	96.7	11	15.9
RDA	330	60	100	100	100	100			500	25	35
Girls	373.8	26.7	27.3	80.3	53.8	15.4	8.9	22.2	94.2	11	15.4
RDA	270	60	100	100	100	100			500	25	30
13-15 years											
Boys	453.2	32.6	33.4	93.6	67	16.4	10.1	27	108	13	17.4
RDA	420	60	100	100	100	100			500	25	35
Girls	437.6	32	38	88.2	60.8	15.5	9.5	33.9	100	14	16.5
RDA	300	60	100	100	100	100			500	25	30
16-17years											
Boys	530.1	38	45.4	98	78.9	19.1	11.2	46.9	113	14	18.3
RDA	420	60	100	100	100	100			500	25	35
Girls	484.7	34.8	43	84.2	66.3	19.2	12.4	49.1	125	14	19.6
RDA	300	60	100	100	100	100			500	25	30
>18 years											
Male	543.2	40.9	41	112	81.4	20.1	12.7	36.4	119	17	19
RDA	420	60	100	100	100	100			500	25	35
Female	467.9	37.3	36.6	101	72.2	18.8	11.7	33.5	113	26	18.4
RDA	270	60	100	100	100	100			500	25	30

Time trends and interstate differences in average nutrient intake in different states -NNMB										
Food stuffs	Year	Kerala	Tamilnadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Orissa	Pooled	RDA
Protein (g)	1975-79	46.4	54.8	79.3	59.8	64.5	64.2	-	61.5	60
	1988-90	52.9	45.6	65.4	55.7	61.7	69.3	52.4	58.4	
	1996-97	56.4	46.4	53.3	51.6	56.1	61.5	49.2	53.7	
	2004-05	49.1	43.3	49.8	50.1	49	53.5	45.3	49.4	
Energy (Kcal)	1975-79	1978	2275	2932	2447	2300	2162	-	2349	2425
	1988-90	2140	1871	2431	2340	2211	2375	2285	2283	
	1996-97	2106	1896	2108	2161	2089	2105	2177	2108	
	2004-05	1799	1772	1912	2113	1647	1614	1888	1834	
Calcium (mg)	1975-79	507	552	946	565	512	551	-	606	400
	1988-90	608	472	869	432	461	550	346	565	
	1996-97	728	451	764	418	555	530	313	521	
	2004-05	477	393	569	414	384	526	377	439	
Iron (mg)	1975-79	20.8	26.6	46.3	27.8	33.5	25.9	-	30.2	28
	1988-90	22	21.4	35.6	25.8	29.6	29	26.1	27.2	
	1996-97	22.1	20.4	28.2	23.4	26.9	23.6	26.9	24.9	
	2004-05	-12.8	-9	-17.3	-10.4	-17.6	-22.5	-10.2	-14.2	
Vitamin A (ug)	1975-79	176	211	242	264	313	272	-	246	600
	1988-90	297	240	269	286	311	286	417	282	
	1996-97	274	250	229	278	220	277	526	300	
	2004-05	162	199	178	245	198	207	523	257	
Thiamin (mg)	1975-79	0.72	0.89	2.42	1.06	1.77	1.9	-	1.46	1.2
	1988-90	0.72	0.7	1.86	0.98	1.67	2.08	0.8	1.33	
	1996-97	0.9	0.8	1.5	0.9	1.6	1.7	0.9	1.2	
	2004-05	1.0	1.2	1.2	0.7	1.4	1.6	1.3	1.2	
Riboflavin (mg)	1975-79	0.72	0.79	1.19	0.79	0.98	1.08	-	0.81	1.4
	1988-90	0.74	0.6	1.01	0.72	0.94	1.22	0.6	0.87	
	1996-97	1	0.8	1	0.9	0.9	1.2	0.8	0.9	
	2004-05	0.6	0.6	0.7	0.6	0.7	0.9	0.5	0.6	
Niacin (mg)	1975-79	11.5	12.5	17.8	14.5	16.8	15.3	-	14.7	16
	1988-90	11.8	10.5	14.6	14.4	16.3	17.3	13.3	14.2	
	1996-97	12.1	10.5	11.5	12.8	15.3	13.1	13.1	12.7	
	2004-05	14.2	16.2	11.7	11.9	13.1	12.3	19.0	14.7	
Vitamin C (mg)	1975-79	67	42	23	29	36	35	-	39	40
	1988-90	47	39	26	36	37	36	56	37	
	1996-97	52	37	25	33	32	33	66	40	
	2004-05	41	45	28	35	22	43	76	44	
Folic acid (ug)*	1996-97	136	125	155	129	166	211	156	153	200
	2004-05	50.4	58.2	47.4	43.6	50.9	68.2	55.5	52.3	

State wise average intake of nutrients (per intake unit/day) -INP survey												
State/UT	Area	Energy	Protein	Fats	Calcium	Phos.	Iron	Thiamin	Ribo.	Niacin	Vit.C	Vit.A
		Kcal	g.	g.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	ug
RDA		2425	60		400		28	1.2	1.2	16	40	600
Haryana	R	2336	72	49	886		26	2.4	1.1	20	38	415
Himachal Pr.	R	2323	74	41	640		23	2.1	0.9	16	55	481
Punjab	R	2341	77	34	966		28	2.5	1.2	21	38	448
Rajasthan	C	2386	77	47	734	2130	31	2.6	1.2	21	46	400
	R	2439	78	46	735	2192	32	2.7	1.3	22	45	395
	U	2157	68	49	728	1861	25	2.2	1.1	19	51	423
Chandigarh	C	2412	73	63	997	1844	22	2.1	1.1	17	52	391
	R	2617	73	69	883	1851	23	2.1	1.1	18	39	257
	U	2381	73	62	1014	1842	22	2.1	1.1	17	54	411
Delhi	C	2183	69	44	715	1685	21	1.9	1	17	57	386
	R	2713	87	62	647	2251	32	3	1.2	25	54	486
	U	2162	69	43	718	1663	21	1.9	0.9	17	57	382
Bihar	C	2464	70	24	433	1757	22	1.9	0.9	20	60	263
	R	2463	69	24	420	1749	22	1.9	0.9	20	58	267
	U	2470	72	28	497	1798	23	2	1	21	69	243
Sikkim	C	2191	65	26	565	1353	21	1.6	1.3	24	66	368
	R	2197	64	25	566	1343	21	1.5	1.3	24	65	376
	U	2157	70	31	561	1414	22	1.7	1.3	23	75	322
Arunachal Pr	R	1946	91	20	1020	1544	21	1.7	1.3	26	131	698
Assam	R	1975	51	17	364		12	0.7	0.6	12	47	235
Manipur	C	2604	77	19	683	1628	27	1.8	1.5	30	103	357
	R	2608	77	18	671	1624	27	1.8	1.5	30	98	347
	U	2589	78	20	728	1642	26	1.7	1.6	30	124	395
Meghalaya	C	1702	61	30	758	1112	20	1.1	1	18	50	296
	R	1677	60	30	750	1104	20	1.1	1	17	50	297
	U	1880	65	33	822	1177	25	1.2	1	19	52	285
Mizoram	C	2017	65	41	1006	1254	19	1.3	1.6	18	126	855
	R	1916	61	38	1047	1211	18	1.2	1.6	17	118	802
	U	2404	81	50	1138	1419	24	1.6	1.8	21	158	1062
Nagaland	R	2189	76	30	878	1455	23	1.7	1.5	25	108	702
Tripura	C	2306	86	25	1208	1598	26	1.5	1.3	24	69	431
	R	2320	87	25	1235	1614	26	1.6	1.3	24	71	441
	U	1968	60	28	563	1197	21	1.3	1	19	29	173
Daman & Diu	R	2470	71	67	781	1434	23	1.2	1.1	18	84	552
D & N Haveli	R	1934	58	25	506	1220	23	1.3	0.9	15	64	340
Goa	C	2095	59	40	630	1249	19	1.1	0.9	19	46	198
	R	2149	60	41	627	1267	19	1.1	1	19	44	205
	U	1895	56	39	641	1183	19	1	0.8	17	53	172

C= Combined, R= Rural, U=Urban

Source India Nutrition Profile 1998

Age wise distribution of average intake of nutrients-NNMB												
			Protein (g)	Tot Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit A (ug)	Thiamin (mg)	Ribo (mg)	Niacin (mg)	Vit. C (mg)
10-12	Boys	1975-79	39.50	14.00	1438.80	270.50	19	101	1.00	0.60	10	22
		1996-97	43.10	19.30	1719.10	319.95	20	131	0.90	0.70	10	24
		2000-01	40.4	19.9	1524	326	12.2	168	1.0	0.5	11.9	33
		2004-05	39.2	16.2	1423	330	12	221	0.9	0.5	11.4	35
	Girls	1975-79	39.10	13.90	1393.50	268.20	18	105	0.90	0.6	9	20
		1996-97	40.45	17.85	1613.95	312.70	19	111	0.80	0.7	9	24
		2000-01	39.4	18.9	1500	304	12.1	174	1.0	0.5	11.7	32
		2004-05	37.8	14.8	1389	307	11.5	205	0.9	0.5	11.1	33
13-15	Boys	1975-79	43.30	16.70	1618.45	304.45	21	114	1.00	0.60	10	24
		1996-97	48.85	21.95	1899.10	367.55	21	138	1.00	0.80	12	27
		2000-01	48.8	24.7	1856	407	15.4	196	1.3	0.7	14.4	40
		2004-05	44.6	18.3	1645	363	13.3	215	1.1	0.6	13.3	37
	Girls	1975-79	41.25	15.90	1565.55	299.40	20	103	1.00	0.60	10	22
		1996-97	44.40	19.50	1811.80	324.20	21	133	0.90	0.70	11	28
		2000-01	43.7	21	1689	355	12.9	180	1.1	0.6	13	36
		2004-05	42	17.8	1566	341	13	251	1.0	0.5	12.7	37
16-17	Boys	1975-79	54.80	17.10	1926.50	327.70	25	120	1.30	0.80	14	24
		1996-97	58.10	26.40	2275.80	437.60	26	184	1.10	1.00	14	37
		2000-01	54.7	25.6	2114	437	16.7	183	1.4	0.7	16.2	37
		2004-05	53	21	1913	433	16.4	241	1.3	0.7	15.6	42
	Girls	1975-79	44.00	16.70	1704.30	317.30	22	115	1.00	0.60	11	26
		1996-97	50.10	23.70	2018.80	361.30	22	145	0.90	0.80	12	32
		2000-01	49.1	24.2	1856	415	15.3	213	1.2	0.6	14.4	40
		2004-05	43.9	19.1	1630	373	13.5	261	1.1	0.6	12.8	38
Adult Males	1975-79	55.70	20.30	2065.00	98.00	26	142	1.30	0.80	13	28	
	1996-97	60.10	27.40	2418.00	421.00	27	172	1.10	1.00	14	36	
	2000-01	58.7	34.4	2225	523	17.5	242	1.4	0.8	17.1	51	
	2004-05	54.8	26.9	2000	511	16.9	267	1.3	0.7	16.1	50	
Adult Females (NPNL)	1975-79	45.40	17.10	1698.00	330.00	21	118	1.00	0.70	11	24	
	1996-97	49.90	24.50	1983.00	382.00	22	148	0.90	0.80	12	32	
	2000-01	48.2	27.6	1878	445	14.1	219.8	1.2	0.6	14.9	44.7	
	2004-05	46.5	21.8	1738	443	13.8	254	1.1	0.6	14.2	47	
Pregnant Women	1975-79	40.80	18.80	1597.00	390.00	20	160	1.00	0.60	10	21	
	1996-97	47.20	21.50	1994.00	339.00	23	142	0.90	0.80	11	28	
	2000-01	49.7	25.9	1933	463	14	227	1.2	0.7	15.1	45	
	2004-05	46.8	22.5	1726	456	14	261	1.1	0.6	13.7	42	
Lactating Women	1975-79	47.60	18.30	1797.00	358.00	23	133	1.10	0.70	12	23	
	1996-97	56.50	24.60	2243.00	373.00	23	162	1.10	0.90	14	29	
	2000-01	50.3	25.9	2028	408	14.6	212	1.3	0.6	16.3	48	
	2004-05	49.6	22.1	1878	447	14.7	249	1.2	0.6	15.5	46	

Annexure 7.2.8

Age and sex wise nutrient -INP survey										
Age group/ sex	Protein gm	Fats gm	Energy Kcal	Calcium mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	Vit. C mg	Vit. A µg
1-3 years										
Boys	30.1	16.3	918	415	8.9	0.69	0.5	7.4	28.5	196
Girls	30.5	15.6	926	395	9.2	0.7	0.5	7.9	30.1	201
RDA	22	25	1240	400	12	0.6	0.7	8	40	400
4-6 years										
Boys	40.6	20.3	1300	433	13	1.03	0.62	11.1	37.4	250
Girls	41.2	19.1	1299	440	11.3	1.03	0.63	11.3	38.9	241
RDA	30	25	1690	400	18	0.8	1	11	40	400
7-9 years										
Boys	50	21.6	1570	468	20	1.37	0.72	13.5	41.5	258
Girls	49.7	23.5	1520	472	18.3	1.12	0.8	15.8	43.3	247
RDA	30	25	1950	400	26	1	1.2	13	40	600
10-12 years										
Boys	56.8	24.9	1847	522	18.7	1.52	0.83	16.2	50	307
RDA	54	22	2190	600	34	1.1	1.3	15	40	600
Girls	45.7	20.3	1482	426	15.1	1.23	0.68	13	39.6	310
RDA	57	22	1970	600	19	1	1.2	13	40	600
13-15 years										
Boys	67.1	28.8	2185	612	22.1	1.82	1	19.6	57.4	356
RDA	70	22	2450	600	41	1.2	1.5	16	40	600
Girls	65.6	28.4	2097	615	21.4	1.71	0.98	18.7	60.1	369
RDA	65	22	2060	600	28	1	1.2	14	40	600
16-17years										
Boys	79.2	31.6	2514	752	25.7	2.03	1.2	22.7	71.1	416
RDA	78	22	2640	500	50	1.3	1.6	17	40	600
Girls	74.2	31.7	2327	702	23.9	1.87	1.17	21.9	67.5	397
RDA	63	22	2060	500	30	1	1.2	14	40	600
>18 years										
Boys	79.7	35.2	2592	716	26.1	2.12	1.18	22.6	66.8	397
RDA	60	20	2425	400	20	1.2	1.4	16	40	600
Girls	70.8	32.1	2293	659	23	1.84	1.04	20.3	62.6	376
RDA	50	20	1875	400	30	0.9	1.1	12	40	600

Source of dietary intake													
			Male and Female			Male				Female			
	Surveys	Years	1-3	4-6	7-9**	10-12	13-15	16-17	<18 [#]	10-12	13-15	16-17	<18 [#]
Total Dietary Energy Intake (Kcals)	NNMB	'79	834	1118		1439	1618	1926	2065	1394	1566	1704	1698
		'96	807	1213	1467	1738	2004	2369	2488	1635	1848	2030	2106
		'01	706	1029	1251	1524	1856	2114	2225	1500	1689	1856	1878
		'05	719	1020	1230	1423	1645	1913	2000	1389	1566	1630	1738
	INP	'96	926	1299	1520	1847	2185	2514	2592	1482	2097	2327	2293
% Dietary energy from fat	NNMB	'79	14.8	12.9		8.8	9.3	8	8.9	9	9.1	8.8	9.1
		'96	14.3	13.6	12.3	12.7	12.4	12.6	12.4	12.2	11.7	12.9	13.9
		'01	12.1	10.8	10.1	11.8	11.9	11	13.9	11.3	11.2	11.7	13.9
		'05	13.4	11.2	10.5	10.2	10	9.9	12.1	9.6	10.2	10.5	11.3
	INP	'96	15.1	13.2	13.9	12.1	11.9	11.3	12.2	12.3	12.2	12.3	12.6
% Dietary energy from protein	NNMB	'79	10.9	10.8		10.9	10.7	10.4	10.8	11.2	10.5	10.3	10.7
		'96	10.4	10.3	10.6	10.5	10.5	10.4	10.2	10.4	10.4	10.2	9.9
		'01	10.1	10.2	10.1	10.6	10.5	10.4	10.6	10.5	10.3	10.1	10.6
		'05	11.2	11.3	11	11	10.8	11.1	11	10.9	10.7	10.8	10.7
	INP	'96	13.2	12.7	13.1	12.3	12.3	12.6	12.3	12.3	12.5	12.8	12.4
% Dietary energy from Carbohydrates	NNMB	'79	74.3	76.3		80.3	80	81.6	80.3	79.8	80.4	80.9	80.2
		'96	75.3	76.4	77.1	76.7	77.1	77	74.8	77.4	77.9	76.6	76.2
		'01	77.7	79.1	79.8	77.6	77.6	78.7	75.5	78.1	78.5	77.7	75.5
		'05	75.4	77.5	78.5	78.7	79.1	79	76.9	79.5	79	78.7	78
	INP	'96	71.7	74.1	73.1	75.6	75.8	76.1	75.5	75.4	75.3	74.9	75

**; No sex wise dis-aggregation of data age wise upto 10 years of age; **, Data not available; #, No dis-aggregation of data age-wise after 18 years of age Source: National Nutrition Monitoring Bureau, 1979, 2002; India Nutrition Profile, 1996. Survey Population: Rural (NNMB), Rural & Urban (INP) Sample size: NNMB, 33048 (1975-79), 14391 (1996-97), 22945 (2000-01); INP (46457)*

Women's food intake by background characteristics								
Background characteristic	Type of food							Number of women
	Milk or curd	Pulses or beans	Green leafy vegetables	Other vegetables	Fruits	Eggs	Chicken, meat or fish	
Age								
15-24	53.3	88.1	85.5	92.7	30.8	28.2	31.3	24,571
25-34	55.4	87.7	85.5	93.2	34.0	28.6	32.5	32,839
35-49	55.8	87.6	84.8	93.3	33.7	26.7	31.8	31,789
Residence								
Urban	65.3	92.8	88.4	95.0	53.9	39.7	41.7	23,370
Rural	51.3	86.0	84.1	92.4	25.6	23.6	28.5	65,829
Education								
Illiterate	46.5	85.0	83.8	91.6	20.8	22.5	25.9	51,871
Literate, < middle school complete	57.3	90.1	85.6	94.5	37.6	34.4	41.2	17,270
Middle school complete	65.4	91.8	87.8	95.3	47.5	35.9	41.5	7,328
High school complete & above	80.2	93.8	89.3	96.3	68.4	36.1	38.5	12,719
Religion								
Hindu	55.7	88.5	85.1	93.0	31.9	24.9	27.5	72,903
Muslim	46.8	83.7	85.8	93.8	32.9	44.1	55.7	11,190
Christian	53.7	78.2	76.5	93.6	53.0	49.7	70.1	2,263
Sikh	91.0	98.7	97.3	97.9	48.2	11.8	5.1	1,427
Jain	82.3	94.7	88.2	87.9	70.9	2.3	2.3	331
Buddhist/Neo-Buddhist	43.4	92.1	93.4	88.9	41.0	48.1	51.2	676
Other	23.3	74.0	91.6	87.4	27.8	31.7	43.8	285
No religion	31.3	67.0	94.5	87.9	40.7	32.7	64.3	44
Caste/tribe								
Scheduled caste	44.9	85.6	84.5	93.2	24.5	27.5	32.6	16,301
Scheduled tribe	34.4	80.6	81.5	87.6	20.9	21.9	25.7	7,750
Other backwars class	57.8	89.4	84.7	93.9	33.5	29.8	31.8	29,383
Other	62.1	89.0	86.9	93.6	39.7	27.8	33.4	34,904
Standard of living index								
Low	35.0	81.4	82.1	91.6	17.0	23.8	29.1	29,033
Medium	58.1	89.4	85.3	93.1	31.5	28.6	33.1	41,289
High	80.0	94.3	90.0	95.7	62.0	32.3	33.6	17,845
Total	55.0	87.8	85.2	93.1	33.0	27.8	31.9	89,199

Women's food intake by state

%age of ever-married women consuming specific foods at least once a week by state, India, 1998-99

State	Type of food						
	Milk or curd	Pulses or beans	GLVs	Other vegetables	Fruits	Eggs	Chicken,meat or fish
India	55.0	87.8	85.2	93.1	33	27.8	31.9
North							
Delhi	73.3	91.2	86.8	92.8	57.8	21.2	15.1
Haryana	93.2	99.3	99.2	99.2	54.8	7.7	3.8
Himachal Pradesh	87.0	99.1	94.3	98.8	71.7	14.7	6.2
Jammu & Kashmir	72.1	68.5	85.5	88.3	44.0	14.2	31.1
Punjab	91.1	99.2	99.1	99.5	50.7	10.8	3.6
Rajasthan	70.7	81.4	77.8	78.9	20.5	6.1	7.8
Central							
Madhya Pradesh	32.5	79.9	80.9	86.1	22.7	11.7	11.2
Uttar Pradesh	57.2	88.0	90.0	90.7	19	9.9	8.7
East							
Bihar	46.7	88.7	96.0	96.1	18.3	22.1	21.5
Orissa	20.7	80.7	90.9	95.8	14.4	15.6	28.2
West Bengal	25.0	76.3	91.4	98.7	15.0	43.5	69.0
Northeast							
Arunchal Pradesh	19.9	51.2	95.6	72.7	28.9	33.5	57.4
Assam	41.7	85.3	87.6	94.9	33.3	58.4	57.7
Manipur	15.3	37.3	96.9	93.2	34.3	14.8	47.4
Meghalaya	23.7	61.5	88.9	91.8	40.3	32.6	61.8
Mizoram	22.9	64.5	99.2	87.1	61.6	42.5	59.3
Nagaland	82.7	59.6	96.3	80.6	40.9	30.2	72.3
Sikkim	72.4	82.9	94.9	87.5	28.8	26.8	57.1
West							
Goa	65.0	76.5	74.6	82.5	65.8	36.6	89.0
Gujarat	80.0	97.0	74.1	99.2	44.4	14.0	12.4
Maharashtra	47.3	94.5	87.9	91.1	44.7	34.4	38.2
South							
Andhra Pradesh	72.0	92.3	72.7	95.7	47.6	59.7	56.7
Karnataka	75.5	98.6	93.3	91.8	53.7	39.9	33.9
Kerala	45.3	69.8	54.8	90.9	56.5	27.3	82.8
Tamil Nadu	66.5	94.6	77.6	98.7	46.2	52.7	52.6