



PRESS RELEASE

Health Minister Releases Revised Nutrient Requirements and Report on India's Dietary Patterns

New Delhi, 28th September, 2020: Dr. Harsh Vardhan, Hon'ble Union Minister for Health & Family Welfare has today released the '**Nutrient Requirements for Indians**' and '**What India Eats**' report apart from launching a new participatory research initiative to map the nutrition and health status dietary habits of people across the nation, at a function held in the Indian Council of Medical Research (ICMR), New Delhi.

The Hyderabad based, ICMR-National Institute of Nutrition (ICMR-NIN) has been the nodal agency for recommending the dietary allowances and nutrient requirements for Indians. The Recommended Dietary Allowances (RDAs) are revisited and revised from time to time in view of the changing food habits, physical activity patterns, nutrition transition and health status of various groups.

This version called the Nutrient Requirements for Indians, for the first time includes the Estimated Average Requirements (EAR) and also the Tolerable Upper Limits (TUL) of nutrients alongside RDAs. While RDAs are daily dietary nutrient intake levels which would be sufficient to meet the nutrient requirements of nearly all healthy individuals, EARs are the average daily nutrient intake levels of population. These recommendations are the basis for defining the nutrient levels in policies and programs.

Dr. Harsh Vardhan, Hon'ble Minister for Health & Family Welfare, said "*ICMR-NIN has glorious history of 100 years. Many relevant researches in the field of nutrition have been done in NIN. The strategy should be to make public aware of these studies so that diseases due to bad nutrition and bad food habits can be eliminated.*"

Given the context that a greater knowledge of the main dietary patterns in India is important for nutrition and health policy makers to understand distributions in diets within populations, and their relationships with health outcomes, "What India Eats" reports the dietary patterns across the country for the first time the data has been analysed and projected based on food groups. This report gives details of 'Regional Dietary Pattern of Indian Population' and energy and protein sources from different food groups in graphical form.

Another key initiative being spearheaded by ICMR-NIN which was launched by the Hon'ble Minister was the proposal on 'Mapping of nutrition and health status – A national level participatory real-time data generation programme. This programme aims to develop a mobile based device used by nutrition researchers at district level nationwide in the present pandemic situation.

*“This innovative endeavor of ICMR-NIN, is the first of its kind and would help in developing food based strategies through inter-ministerial convergences to promote national programs for ensuring food and nutrition security. Another aspect of this programme includes data generation through crowd sourcing using ICMR-NIN web-portal as a platform”, said **Dr Hemalatha R, the Director of ICMR-NIN***

The minister also released a book on “100 years History of ICMR-NIN” commemorates and highlights all the milestones of the Institute in its 100 year long journey from its modest beginnings in Conoor, Tamil Nadu in 1918 as a Beri Beri Enquiry Unit to the colossal Institute that it is today.

Congratulating the team NIN, **Dr. Balram Bhargava, the Secretary, Department of Health Research and DG, ICMR** said, *“While rooted in the time-tested practices, ICMR-NIN has always been nurturing creativity and innovation to address the contemporary health and nutrition challenges of the country. These releases and the launch of innovative data collection programme are reflective of NIN and ICMR’s commitment to the cause of nutrition and wellbeing of our people”*

About ICMR: *The Indian Council of Medical Research (ICMR), New Delhi, is the apex body in India for the formulation, coordination and promotion of biomedical research, is one of the oldest medical research bodies in the world. ICMR’s research priorities align with the National health priorities. These efforts are undertaken with a view to reduce the total burden of disease and to promote health and well-being of the population. ICMR promotes biomedical research in the country through intramural as well as extramural research. Visit us at <https://www.icmr.gov.in/>*

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