

GOVERNMENT OF INDIA
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

RAJYA SABHA
UNSTARRED QUESTION NO. 1754
TO BE ANSWERED ON 16.03.2022

“NUTRITIONAL DIET FOR PREGNANT WOMEN”

1754 SMT. GEETA ALIAS CHANDRAPRABHA:

Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:

- (a) the schemes being run in the country to look after the nutritional diet for pregnant women and their children; and
- (b) the steps being taken by the Ministry to provide nutritious food to pregnant women?

ANSWER

MINISTER OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI SMRITI ZUBIN IRANI)

(a) Government has accorded high priority to the issue of malnutrition and is making serious efforts to address this issue. Government implements Anganwadi Services Scheme, POSHAN Abhiyaan, Pradhan Mantri Matru Vandana Yojana and Scheme for Adolescent Girls under the Umbrella Integrated Child Development Services Scheme (ICDS) as targeted interventions for Children under 6 years, Pregnant Women and Lactating Mothers and Adolescent Girls, throughout the country. POSHAN Abhiyaan aims to reduce malnutrition in a phased manner by adopting a synergised and result oriented approach. All these schemes address aspects related to nutrition and have the potential to improve nutritional outcomes.

(b) Under the Supplementary Nutrition Programme (SNP), Take Home Ration is provided to Pregnant Women and Lactating Mothers as follows:

S. No.	Categories	Types of meal	Calories (Kcal)	Protein(g)
1.	Pregnant women and Lactating mothers	Take Home Ration	600	18-20

The Supplementary Nutrition food provided to the Anganwadi Services beneficiaries at the AWCs varies from place to place depending upon the locally available foods and the food preferences/habits of the local population as per the nutritional norms decided by the Government. Therefore, the inclusion of food and selection of recipes for the Supplementary Nutrition rests with the States/UTs. Further, area wise diet charts for pregnant women and malnourished pregnant women in the reproductive age group has also been developed by Ministry of Women and Child Development.
