

GOVERNMENT OF INDIA
MINISTRY OF WOMEN & CHILD DEVELOPMENT

RAJYA SABHA
UNSTARRED QUESTION NO. 3680
TO BE ANSWERED ON 02.04.2025

NUTRITIONAL SUPPLEMENTS FOR CHILDREN UNDER THE AGE OF SIX

3680. DR. RADHA MOHAN DAS AGRAWAL:

Will the Minister of Women and Child Development be pleased to state:

- (a) the quantity of nutritional supplements given to children aged between six months to six years on a daily basis in different states of the country; and
- (b) the nutrients and the different types of minerals they contain, their caloric value and the amount of protein, carbohydrates and fat in them?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI SAVITRI THAKUR)

(a)&(b). Under the 15th Finance Commission, various components like Anganwadi services, Poshan Abhiyaan and Scheme for Adolescent girls (of 14-18 years in Aspirational Districts and North-Eastern region) have been subsumed under the umbrella Mission Saksham Anganwadi and Poshan 2.0 (Mission Poshan 2.0) to address the challenge of malnutrition. It is a Centrally Sponsored mission, where the responsibility for implementation of various activities lies with the States and UTs. This umbrella mission is a universal self-selecting scheme where there are no entry barriers for any beneficiary to register and receive services. It is being implemented across the country.

Under this mission, Supplementary Nutrition is provided to Children (6 months to 6 years), Pregnant Women, Lactating Mothers and Adolescent Girls to beat the intergenerational cycle of malnutrition by adopting a life cycle approach. It is primarily designed to bridge the gap between the Recommended Dietary Allowance (RDA) and the Average Daily Intake (ADI). Supplementary nutrition is provided in accordance with the nutrition norms contained in Schedule-II of the National Food Security Act (NFSA). These norms have been revised in January 2023. The old norms were largely calorie-specific; however, the revised norms are more comprehensive and balanced in terms of both quantity and quality of supplementary nutrition based on the principles of diet diversity that provides for quality protein, healthy fats and 7 essential micronutrients. States/UTs are encouraged to decide menu suitable to the local conditions and availability. The revised Schedule-II of NFSA, 2023 is placed at **Annexure**.

Fortified rice is being supplied to AWCs to meet the requirement of micro-nutrients and control anaemia among women and children. Greater emphasis is being laid on the use of millets at least once a week for preparation of Hot Cooked Meal and in Take Home ration at Anganwadi centres. Government is also providing fortified rice through other various schemes/programmes.

**STATEMENT REFERRED TO IN REPLY TO PARTS (A) TO (B) OF RAJYA SABHA
UN-STARRED QUESTION NO. 3680 TO BE ANSWERED ON 02.04.2025 REGARDING
“NUTRITIONAL SUPPLEMENTS FOR CHILDREN UNDER THE AGE OF SIX”**

Age/ Physiological Group	Type of Meal	Energy (kcal)	Protein (g)	Protein Quality (Protein Digestibility Corrected Amino Acid Score)	Total Fat (g)	Carbohydrate (g)	Cereal Pulse Ratio	Calcium (mg)	Zinc (mg)	Iron (mg)	Dietary Folate (µg)	Vitamin A (µg)	Vitamin B6 (mg)	Vitamin B12 (µg)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
above six months upto twelve months	Take Home Ration	200	8-10	0.8-1.0	10-12	20	2:1	100	0.7	0.7	24	57	0.17	0.33
above one year upto three years	Take Home Ration	400	15-20	0.8-1.0	15-20	40	2:1	135	1.0	2.0	35	60	0.27	0.33
above three years upto six years	Morning Snack and Hot Cooked Meal	400	15-20	0.8-1.0	15-20	55	2:1	150	1.5	3.0	40	80	0.33	0.67
Undernourished children above six months upto twelve months	Take Home Ration	400	15-20	0.8-1.0	15-18	35	2:1	200	1.5	1.5	50	115	0.35	0.66
Undernourished children above one year upto three years	Take Home Ration	700	25-30	0.8-1.0	25-30	70	2:1	270	2.0	4.0	70	120	0.55	0.66
Undernourished children above three years upto six years	Morning Snack, Hot Cooked Meal and Take Home Ration	800	25-30	0.8-1.0	25-30	70	2:1	300	3.0	6.0	80	160	0.66	1.24

Pregnant Women and Lactating Mothers	Hot Cooked Meal and Take Home Ration	600	22-25	0.8-1.0	22-25	80	3:1	335	4.0	7.0	160	240	0.63	0.73
Lower primary classes	Hot Cooked Meal	450	15-20	0.8-1.0	18-21	70	3:1	170	2.0	3.5	50	100	0.43	0.66
Upper primary classes	Hot Cooked Meal	700	22-25	0.8-1.0	22-25	100	3:1	270	4.0	5.5	75	145	0.66	0.66
