

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH RESEARCH**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2041
TO BE ANSWERED ON 10TH MARCH, 2026**

QUALITY OF INDIAN DIETS

2041. SHRI SANJAY KUMAR JHA:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether it is a fact that a credible study has found that Indian diets are characterized by high intakes of low-quality carbohydrates, high levels of saturated fat and low intakes of protein that are associated with an alarming rise in cardiometabolic disease;
- (b) if so, whether a policy intervention exists to curtail the consumption of such unhealthy diet; and
- (c) if not, whether the Ministry would formulate a policy to ensure that the Indian diet compares to the global benchmarks in nutritious diets?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a): Indian Council of Medical Research (ICMR) has informed that India Diabetes (ICMR–INDIAB) study- a national cross-sectional survey of over 18,000 adults conducted from November 2008 to December 2020, reported that the Indian dietary profile is dominated by carbohydrates (refined rice, wheat, and added sugars) which contribute to approx. 60–70% of total daily energy intake. The study specifically linked this pattern with high saturated fat and low protein to a significantly higher risk of Type 2 Diabetes, abdominal obesity, and other cardiometabolic conditions.

(b) and (c): The Ministry of Health and Family Welfare implements Reproductive, Maternal, New born, Child, Adolescent Health and Nutrition (RMNCAH+N) strategy in a life cycle approach under National Health Mission (NHM), which includes interventions to address nutrition among children including obesity across the country, as placed below:

- i. Eat Right Movement launched by Food Safety and Standard Authority of India (FSSAI) aims to engage and enable citizens including children to improve their health and wellbeing by eating

healthy and nutritious foods and creates public awareness that regular and excessive consumption of foods high in salt, sugar and fat leads to obesity.

ii. The Government of India focuses on health promotion and awareness generation through countrywide movements like 'Fit India Movement' where people are encouraged to remain healthy and fit. ·

iii. The following activities for healthy living including physical activities are also promoted through the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD):

a) Promotion of wellness activities and targeted communications at the community level are undertaken under the Comprehensive Primary Health Care through Ayushman Aarogya Mandir (AAM).

b) Yoga related activities are carried out by the Ministry of AYUSH.

c) Financial support for awareness generation activities (IEC) through print, electronic and social media under NP-NCD.

d) Health Melas are organized at each AAM to generate awareness about healthy lifestyles. Under the Rashtriya Kishor Swasthya Karyakram (RKSK), the Government implements preventive, promotive and curative interventions to improve the health and well-being of adolescents in the age group of 10–19 years.

e) Under the Rashtriya Bal Swasthya Karyakram (RBSK), a national child health screening programme is implemented for early detection and free treatment of health conditions among children from birth to 18 years.
