

GOVERNMENT OF INDIA  
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

**LOKSABHA**  
**UNSTARRED QUESTION NO. 2381**  
TO BE ANSWERED ON 09.03.2018

**NUTRITIONAL INTAKE OF WOMEN AND CHILDREN**

2381. SHRI C.S. PUTTA RAJU

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

- (a) whether there are reports of declining nutritional intake of pregnant women and new born children among various parts of rural India and if so, the details thereof;
- (b) the measures taken by the Government to increase the nutritional intake of mothers and new born children through introduction of alternative food sources other than pulses;
- (c) whether food supplements based on dietary preferences have been given to them and if so, the details thereof;
- (d) whether measures have been taken to collect information on nutritional levels and food intake after the shutting down of National Nutrition Monitoring Bureau; and
- (e) if so, the details thereof?

**ANSWER**

MINISTER OF STATE IN THE MINISTRY OF WOMEN AND CHILD DEVELOPMENT  
(DR. VIRENDRA KUMAR)

- (a) : There has been no decline in the nutritional intake of pregnant women. Data from the National Nutrition Monitoring Bureau (NNMB) surveys carried out by NIN in 10 States show similar nutritional intakes of pregnant women in 2006 and 2012. In fact there has been modest increase in fat intake (from 19 g/day to 23.5 g/day) and energy intake (from 1654 to 1773 Kcal/ day).

For newborn children, early and exclusive breastfeeding is recommended for optimal growth and development. As per the data of NFHS-4 (2015-16), the rate of early initiation of breastfeeding is 41.6% and the rate of exclusive breastfeeding for the first 6 months is 46.4%.

- (b) & (c): Under the Anganwadi Services Scheme of the Umbrella ICDS, Supplementary Nutrition is provided to Pregnant Women, Lactating Mothers and Children from 6 months to 6 years of age as per nutritional norms provided under Schedule-II of the National Food Security Act in order to bridge the gap between the Recommended Dietary Allowance (RDA) and Average Dietary Intake (ADI). The norms recommend provision of 600 Kcal of Energy and 18-20 g Protein to Pregnant Women

and Lactating Mothers. For children up to 6 months of age, the practice of early and exclusive breastfeeding is promoted.

Anganwadi Services under the umbrella ICDS is a Centrally Sponsored Scheme and States/UTs are responsible for the implementation of Scheme including provision of supplementary nutrition to children (6 months to 6 years), pregnant women and lactating mothers. The food provided under the ICDS may vary from place to place depending upon the locally available foods and the food preferences/habits of the local population.

- (d) & (e): The Government is relying upon the nutritional intake data available as per the last NNMB survey conducted in 2012 till other arrangements are in place to capture the said data.

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