



NATIONAL SAMPLE SURVEY ORGANISATION
 MINISTRY OF STATISTICS AND PROGRAMME IMPLEMENTATION
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PRESS NOTE

Nutritional Intake in India, 2004-05

Report No. 513 on "Nutritional Intake in India, 2004-05" based on the seventh quinquennial survey on Household Consumer Expenditure carried out during the NSS 61st round (July, 2004-June, 2005) by the National Sample Survey Organisation (NSSO) in the Ministry of Statistics and Programme Implementation has been released. This is one of the reports in the series of seven reports to be brought out on the basis of the survey. The report is based on the data collected on the food items consumed by the Indian households during the reference period of 30 days prior to the date of the survey. It mainly focuses on intake of nutrients by households in terms of protein, fat and carbohydrates and their conversion into energy units in terms of calories derived from consumption of different groups of food items.

Like all regular NSS surveys, the present survey covered practically the whole of the Indian Union. All States and Union Territories were covered under the survey except some interior areas of Nagaland, Andaman & Nicobar Islands, and Ladakh and Kargil districts of Jammu & Kashmir. The survey was spread over 7999 villages and 4602 urban blocks covering 79298 rural and 45346 urban households respectively.

Some findings of the survey are given below:

- The results of the Consumer Expenditure Survey during 2004-2005 revealed that on an average an Indian household had 3.93 consumer unit in the rural area and the average number of consumer unit in an urban household was 3.56.
- The Indian rural population continued to draw the major share of their calorie(67.54%)and protein (66.37%) requirement from cereal. The same trend, calorie(56.08) and protein(56.16) has been observed in the urban area.
- The percentage share of food expenditure in total expenditure by Indian population was 55.0% in the rural areas and 42.5% in the urban areas. Relative to the comparable survey results for 1993-94, the share of food expenditure has dropped by 8.2 and 12.2 percentage points in rural and urban areas respectively.
- At all India level the number of meals eaten at home by household members had decreased by 0.57% in the rural areas between 1993-94 and 2004-05. In urban areas popularity of home kitchen had declined by 1.66% over last ten years.
- Average daily intake of calories by rural population has dropped by 106 kcal (4.9 percent) from 2153 kcal to 2047 Kcal from 1993-94 to 2004-05 and by 51 Kcal (2.5 percent) from 2071 to 2020 Kcal in the urban area.
- Population reporting a calorie intake level of "less than 100%" of the norm of 2700 kcal, formed 66 percent of the total in rural areas and 70 percent of the total in urban areas.
- Average daily intake of protein by the Indian population has decreased from 60.2 to 57 grams in the rural area between 1993-94 and 2004-05 and remained stable around 57 grams in the urban area during the same period.
- A significant rise in per capita daily average intake of fat is observed during the decade (1993-94 to 2004-05) in both rural and urban areas. It has increased from 31.4 grams to 35.5 grams (13.1 percent) in rural areas and from 42 grams to 47.5 grams (13 percent) in urban areas.

The average per capita intake of calorie, protein and fat per diem over various NSS rounds, by major States is given in the Annex.

This Report is also available on the web site (www.mospi.gov.in) of the Ministry of Statistics and Programme Implementation.

Annex

Average per capita intake of calorie, protein and fat per diem over NSS rounds, by major States															
State	Per capita per diem intake of														
	Calorie (Kcal)					Protein (gm)					Fat (gm)				
	according to					according to					according to				
	27 th round	38 th round	50 th round	55 th round	61 st round	27 th round	38 th round	50 th round	55 th round	61 st round	27 th round	38 th round	50 th round	55 th round	61 st round
	(1972-1973)	(1983-1983)	(1993-1994)	(1999-2000)	(2004-2005)	(1972-1973)	(1983-1983)	(1993-1994)	(1999-2000)	(2004-2005)	(1972-1973)	(1983-1983)	(1993-1994)	(1999-2000)	(2004-2005)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
Rural															
Andhra Pradesh	2103	2204	2052	2021	1995	53.0	56.0	50.8	49.4	49.8	21.0	24.0	27.2	29.5	33.5
Assam	2074	2056	1983	1915	2067	53.0	52.0	49.5	47.7	52.7	15.0	18.0	21.0	22.3	26.7
Bihar	2225	2189	2115	2121	2049	65.0	65.0	60.2	58.7	57.8	17.0	20.0	23.0	26.5	28.4
Gujarat	2142	2113	1994	1986	1923	58.0	59.0	55.6	54.2	53.3	40.0	44.0	47.4	53.8	50.9
Haryana	3215	2554	2491	2455	2226	90.0	78.0	78.4	75.3	69.6	47.0	47.0	53.6	59.1	55.4
Karnataka	2202	2260	2073	2028	1845	57.0	60.0	55.1	54.2	48.8	23.0	26.0	28.6	36.6	33.9
Kerala	1559	1884	1965	1982	2014	38.0	47.0	50.8	52.4	55.4	19.0	32.0	32.7	38.8	40.8
Madhya Pradesh	2423	2323	2164	2062	1929	68.0	68.0	63.0	58.2	58.8	21.0	25.0	28.3	31.3	35.1
Maharashtra	1895	2144	1939	2012	1933	54.0	62.0	54.8	56.5	55.7	24.0	30.0	33.5	39.7	41.5
Orissa	1995	2103	2199	2119	2023	49.0	51.0	52.7	49.9	48.3	8.0	13.0	14.8	16.3	17.8
Punjab	3493	2677	2418	2381	2240	85.0	79.0	74.7	71.7	66.7	50.0	52.0	59.8	58.7	58.7
Rajasthan	2730	2433	2470	2425	2180	84.0	75.0	79.4	76.9	69.6	46.0	42.0	52.8	53.5	50.9
Tamil Nadu	1955	1861	1884	1826	1842	49.0	47.0	46.8	44.9	44.9	18.0	22.0	24.7	29.5	29.6
Uttar Pradesh	2575	2399	2307	2327	2200	76.0	73.0	70.4	69.7	65.9	28.0	29.0	35.5	37.6	37.5
West Bengal	1921	2027	2211	2095	2070	50.0	52.0	54.8	51.6	52.0	13.0	17.0	21.4	24.2	26.5
all-India	2266	2221	2153	2149	2047	62.0	62.0	60.2	59.1	57.0	24.0	27.0	31.4	36.1	35.5
Urban															
Andhra Pradesh	2143	2009	1992	2052	2000	51.0	50.0	49.6	50.8	50.9	31.0	32.0	34.9	41.5	43.2
Assam	2135	2043	2108	2174	2143	56.0	52.0	53.5	56.5	55.9	25.0	25.0	30.8	38.7	36.8
Bihar	2167	2131	2188	2171	2190	61.0	61.0	61.4	61.0	62.2	25.0	26.0	32.7	34.2	40.4
Gujarat	2172	2000	2027	2058	1991	57.0	55.0	54.9	54.7	57.3	58.0	53.0	57.9	67.0	63.5
Haryana	2404	2242	2140	2172	2033	67.0	67.0	63.6	62.5	60.5	42.0	49.0	49.4	56.3	54.4
Karnataka	1925	2124	2026	2046	1944	46.0	55.0	53.1	53.5	52.2	32.0	36.0	37.6	45.1	43.3
Kerala	1723	2049	1966	1995	1996	44.0	51.0	52.4	55.2	56.7	27.0	38.0	37.0	42.9	44.9
Madhya Pradesh	2229	2137	2082	2132	1954	61.0	62.0	59.8	60.6	58.2	34.0	36.0	40.3	43.5	43.4
Maharashtra	1971	2028	1989	2039	1847	55.0	56.0	55.5	55.9	52.1	41.0	45.0	47.9	52.6	50.1
Orissa	2276	2219	2261	2298	2139	55.0	56.0	57.2	57.8	55.2	23.0	24.0	28.1	27.4	28.3
Punjab	2783	2100	2089	2197	2150	70.0	63.0	61.8	64.8	63.4	52.0	49.0	53.7	57.9	61.0
Rajasthan	2357	2255	2184	2335	2116	70.0	69.0	66.5	70.4	64.0	47.0	47.0	51.6	61.5	56.4
Tamil Nadu	1841	2140	1922	2030	1935	44.0	45.0	48.7	51.7	49.2	23.0	29.0	33.9	43.2	41.1
Uttar Pradesh	2161	2043	2114	2131	2124	62.0	62.0	63.2	62.0	65.1	35.0	34.0	41.2	45.5	46.1
West Bengal	2080	2048	2131	2134	2011	58.0	55.0	56.6	55.5	55.1	31.0	31.0	34.2	40.2	39.1
all-India	2107	2089	2071	2156	2020	56.0	57.0	57.2	58.5	57.0	36.0	37.0	42.0	49.6	47.5