



Poshan Weekly is a knowledge dissemination tool intended to share research, evidence, policy and programme guidelines as well as tools on Maternal and Child Nutrition with colleagues around India.

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Vocal for Local: Regional Diets of India



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From a Poshan Maah activity conducted at an Anganwadi centre in the Nivalda village of Narmada, Gujarat.

Dear colleagues,

Nutritious, safe, affordable diets and good dietary practices are the foundation of good nutrition. In recent years, globalisation, urbanisation, environmental crises, health epidemics and humanitarian emergencies have posed critical challenges to diets and dietary practices.

Availability and accessibility to food determine individual dietary habits and choices. A well-balanced diet is required for adequate amounts of protein, fat, carbohydrates, vitamins, and minerals. However, as seen in NFHS-5, the consumption of healthy and diverse diets remains a challenge for many.

The Government's flagship programme of POSHAN 2.0 prioritises healthy, adequate, and nutritious diets. This is being done through behaviour change at the individual and community level through *Jan Andolans* (awareness campaigns) in the form of Poshan Maah and Poshan Pakhwada every year. These awareness campaigns encourage the consumption of seasonal foods and local produce through recipe demonstrations, promoting nutri-gardens and a wide range of community events with the aim to reinforce awareness about the importance of healthy, local and safe foods. The POSHAN Abhiyaan is also

giving impetus to the promotion and consumption of traditional produce like millets which offer multiple health benefits that the Government is highlighting.

In the third week of Poshan Maah 2023, we are happy to share a compendium of resources which include diverse regional recipes, educational tools for promoting good nutrition practices; diet charts for pregnant and nursing women, adolescents and children, along with guidance and recommendations for healthy and balanced diets. More specifically, these include Poshan Atlas - the first-ever database to map the rich agri-food diversity of India, Niti Aayog's Poshan Gyan repository, resources from the Ministry of Women and Child Development (MoWCD), National Institute of Nutrition's (NIN) dietary guidelines for Indians and a host of other materials. We hope that you will find these resources useful for promoting healthy and diverse diets at home and in the community.

Kind regards,
Arjan De Wagt,
Chief, Nutrition Programme | UNICEF India

Resources

1. Resources from MoWCD

- [Poshan Atlas \(wcd.gov.in\)](https://wcd.gov.in)
- [Poshan Atlas: Crops of India](#)
- [Diet chart for pregnant women in west India](#)
- [Diet chart for pregnant women in East India](#)
- [Diet chart for pregnant women in South India](#)
- [Diet chart for pregnant women in North India](#)
- [Diet Chart for pregnant women in North East India](#)

2. Resources from ICMR-NIN

- [Dietary Guidelines for Indians – a manual](#)
- [What India Eats](#)
- [Nutrition Information, Communication and Education \(NICE\) portal](#)
- [Nutrition Atlas](#)
- [Count what you eat](#)
- [Tasty Bites](#)

- [Nutrition Games](#)
- Nutrifly India Now (mobile app) [download](#)
- [Goodness of Greens](#)

3. Poshan Gyan Resources from NITI Aayog

- [Poshan Gyan landing page](#)
- [Alphabets of nutrition](#)
- [Encourage consumption of local seasonal foods](#)
- Pre-pregnancy Nutrition ([Assamese](#)) ([Odiya](#)), ([Tamil](#)), ([Telugu](#))
- Non-vegetarian recipes for lactating mothers ([Hindi](#)), ([Assamese](#)) ([Tamil](#))
- Non-vegetarian recipes for adolescents ([Manipuri](#)), ([Assamese](#))
- [My Thali Nutrition Guide comic](#)

4. Resources from FSSAI

- [Healthy Gut Healthy You](#)
- [Do You Eat Right?](#)
- [Indi Genius: food healthy recipes](#)
- [Ghar Ki Rasoi: Tasty Bhi Healthy Bhi](#)
- [The Yellow Book Level 1 \(4-7 years\)](#)
- [The Yellow Book Level 2 \(8-12 years\)](#)
- [The Yellow Book Level 3 \(13-17 years\)](#)

5. [WHO Pocket Guide to Healthy Diet](#)

6. [Compilation of recipes from across Indian states](#) (Indian Academic Institutions)

[Announcements](#)

Maternal, Infant, Young Child and Adolescent Nutrition (MIYCAN) eLearning Course

The Indian Institute of Public Health Delhi (IIPH Delhi), the Public Health Foundation of India, in collaboration with Alive & Thrive and WeCan with contributions from Food, Drugs and Medico-Surgical Equipment Committee of FOGSI, Indian Academy of Pediatrics (IAP-IYCF Chapter), Indian Society of Perinatology and Reproductive Biology (ISOPARB), Human Milk Banking Association, Indian Association of Preventive and Social Medicine (IAPSM) and

Nutrition International has developed an eLearning course on Maternal, Infant, Young Child and Adolescent nutrition (MIYCAN). This course would sensitize participants on the importance of first 1000 days of life with specific emphasis on the critical importance of maternal nutrition, breastfeeding, complementary feeding, adolescent nutrition, health systems protocols and evidence-based approaches for quality MIYCAN programming

Admissions open for October 2023 batch!
 Last date to submit online application is **30th Sept 2023**.
 Duration: 4 months

For more details or to submit online application, visit <https://cdl.phfi.org/portal/node/313>
 For details, contact email: miycn_el@iiphd.org

Nutrition in the news

ate	News	Source
1.09.2023	CM: Adequate nutrition is foundation of healthy India	The Times of India
1.09.2023	Fats: The villain or the hero? 5 nutrition myths you should stop believing now	The Hindustan Times
1.09.2023	Think tank seeks higher tax On junk food disguised as healthy food	BQPrime
0.09.2023	Rice fortification can help tackle our problem of hidden hunger	The Mint
0.09.2023	Why having leafy vegetables at the beginning of a meal can control your blood sugar better?	The Indian Express
9.09.2023	A crowdsourced culinary anthology brings together 100 recipes from Indian kitchens across the world	The Hindu

9.09.2023	'God bharaai and nutrition kits': UP CM Yogi Adityanath presents gifts to pregnant women during Rashtriya Poshan Maah	News Nine
9.09.2023	Indian Sellers Collective raises concern on WHO report suggesting nutrition-based tax on food items	Mint
8.09.2023	Hindu UN WFP, IIT Bombay sign MoU for contributing towards improving food security, nutrition, climate resilience and livelihoods	NewsOnAir
8.09.2023	It's time for India and Africa to deal with food and security issues together	The Indian Express
8.09.2023	Proso Millet Aka 'Cheena' Benefits: 5 Reasons to Add This Healthy Food Crop to Your Diet	India.com
7.09.2023	43 lakh children in Anganwadi centres identified as obese or overweight	The Deccan Herald

[Link to previous issues](#)

07.08.2023 [JEEViKA: Women's collective-led social action for gender transformative action on nutrition](#)

01.08.2023 [WHO 2023 guidelines on use of non-sugar sweeteners, carbohydrates, fats and trans fats](#)

26.07.2023 [Get to know how the government supports breastfeeding for working women in India.](#)

12.07.2023 [IMPAct4Nutrition: Engaging with private sector to promote importance of health and nutrition.](#)

04.07.2023 [Promoting health, nutrition and wellness through joyful learning in schools: Resources Available!](#)

27.06.2023 [Enhancing eating habits among school-going children in India: Resources Available!](#)

20/06/2023 [Telangana prioritizes nutrition and mental health for pregnant women](#)

05/06/2023:[Mid-year PoshanWeekly past issues 2022-2023 list now available!](#)

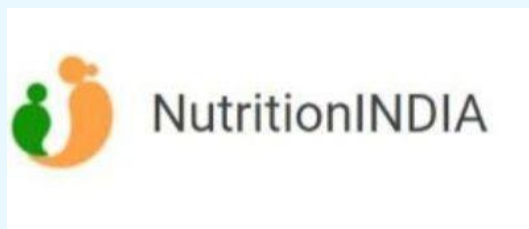
26/05/2023:[Renewing focus on Maternal Nutrition in India – A complete webinar series](#)

17/05/2023:[Unlocking new data insights from the NFHS for improved nutrition outcomes](#)

04/05/2023:[State-wise guidelines for the prevention and management of severe wasting](#)

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One-stop guide for nutrition resources





POSHAN COVID-19 RESOURCES

Online archive for COVID-19 related resources on Nutrition, Early childhood development and Food Security




POSHAN COVID-19 MONITORING

Tracking information from surveys, rapid assessments and information systems to reinforce the nutrition response during the COVID-19 crisis



Center on the Developing Child
HARVARD UNIVERSITY



Centre of Excellence for Management of Severe Acute Malnutrition (CoE-SAM) Network



ROSHNI
Center of Women Collectives Led Social Action