

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India

Data Note

No. 91 | November 2022

Trends and patterns in consumption of foods among Indian adults *Insights from National Family Health Surveys, 2005-06 to 2019-21*

ABOUT THIS DATA NOTE

BACKGROUND | Healthy diets are necessary for optimal growth and to carry out daily mental and physical tasks. Unhealthy diets drive all forms of malnutrition and dietary risks are the number one risk factor globally for deaths and disability (Global Burden of Disease collaborators, 2019). Given the importance of diet as a key driver of health and wellbeing, this Data Note examines available data from three rounds of India's National Family Health Surveys (NFHS) on food consumption patterns of adult men and women.

MEASUREMENT | NFHS asks women (15-49 years) and men (15-54 years) how frequently (daily, weekly, occasionally or never) they consume nine food groups including two unhealthy food groups (Figure 1). The 2020 Nutrient Requirements for Indians outlines the quantity per day of vegetarian foods to be consumed as part of a balanced diet (ICMR-NIN, 2020). The guidelines indicate that pulses can be replaced with animalsource foods for non-vegetarians. Thus, for this Data Note we constructed an additional indicator daily consumption of pulses or egg or fish or chicken or meat - to estimate any protein consumption (Figure 1). Estimates are first presented at the national level to provide an overall view of how diets have changed from 2005-06 to 2019-21. On subsequent pages, we show trends between 2015-16 and 2019-21 by state and district.

USE | This data note provides a broad view of diet patterns among adults and should be used for further inquiry by stakeholders including researchers, policymakers, and program staff at multiple levels. We recognize that NFHS is not a detailed dietary survey and does not ask about individual food items or the quantity of food consumed. Thus, this data note should be used as a starting point for discussion and to identify major areas of improvement in consumption and measurement.

¹Source: NFHS-3 (2005-06), NFHS-4 (2015-16), and NFHS-5 (2019-21) unit-level data [IFPRI estimates] ²This indicator is the percentage of adults who consume pulses or beans or eggs or fish or chicken or meat daily.



FIGURE 2: Daily intake of dairy by women at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21		
State/UT	pp change	
Lakshadweep	+33	
Ladakh	+24	
Jammu & Kashmir	+22	
Kerala	+19	
Arunachal Pradesh	+18	

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change	
DNH & DD	-13	
Chandigarh	-12	
Sikkim	-12	
Punjab	-6	
Harvana	-5	

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Guiarat Harvana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Punjab

Rajasthan

Tamil Nadu

Telangana

Tripura Uttar Pradesh

Uttarakhand

West Bengal

Sikkim



% of women aged 15-49y who consume dairy daily, 2015-16 and 2019-21

FIGURE 3: Daily intake of dairy by men at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21

State/UT	pp change
Lakshadweep	+35
Jammu & Kashmir	+24
Kerala	+19
Telangana	+18
Delhi	+15

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change
Puducherry	-19
Chandigarh	-15
Himachal Pradesh	-7
Tamil Nadu	-5
Odisha	-5

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Gujarat Haryana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Punjab Rajásthan Sikkim Tamil Nadu Telangana Tripura Uttar Pradesh Uttarakhand West Bengal



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates].





FIGURE 5: Daily intake of dairy by men at the district level, 2015-16 and 2019-21

Districts that increased the most from 2015-16 to 2019-21	
District (state)	pp change
Bhopal (MP)	+48
Badgam (JK)	+48
Shupiyan (JK)	+47
Dakshina Kannada (KA)	+44
Kannur (KL), Bhagalpur (BR)	+43

Districts that decreased the most from 2015-16 to 2019-21		
District (state)	pp change	
Darjiling (WB)	-44	
Vellore (TN)	-40	
Latur (MH)	-38	
Raichur (KA)	-34	
Yamunanagar (HR)	-33	



	90-100
	80-89.9
	70-79.9
	60-69.9
	50-59.9
	40-49.9
	30-39.9
	20-29.9
	10-19.9
	0-9.9
	No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:*There are 575 districts that are comparable between NFHS-4 and NFHS-5.

FIGURE 6: Daily intake of dark green leafy vegetables by women at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21		
State/UT	pp change	
Jharkhand	+31	
Rajasthan	+29	
Uttar Pradesh	+27	
DNH & DD	+17	
Haryana	+15	

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change
Tamil Nadu	-49
Puducherry	-44
Assam	-20
Andaman & Nicobar Islands	-14
Meghalava	-11

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Gujarat Haryana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Puniab Rajasthan Sikkim Tamil Nadu Telangana Tripura Uttar Pradesh Uttarakhand West Bengal



% of women aged 15-49y who consume dark green leafy vegetables daily, 2015-16 and 2019-21

FIGURE 7: Daily intake of dark green leafy vegetables by men at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21		
State/UT	pp change	
Jharkhand	+29	
Tripura	+24	
Uttar Pradesh	+19	
Uttarakhand	+18	
Rajasthan	+17	

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change
Puducherry	-28
Tamil Nadu	-23
Assam	-23
Mizoram	-16
Jammu & Kashmir	-13

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Gujarat Haryana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Puniab Raiasthan Sikkim Tamil Nadu Telangana Tripura Uttar Pradesh Uttarakhand West Bengal



% of men aged 15-54y who consume dark green leafy vegetables daily, 2015-16 and 2019-21





FIGURE 9: Daily intake of dark green leafy vegetables by men at the district level, 2015-16 and 2019-21

Districts that increased the most from 2015-16 to 2019-21				
District (state)	pp change			
Bhojpur (BR)	+74			
Godda (JH)	+72			
Arwal (BR)	+69			
Latehar (JH)	+63			
Rohtas (BR)	+63			

Districts that decreased the most from 2015-16 to 2019-21				
District (state)	pp change			
Vellore (TN)	-76			
Kokrajhar (AS)	-54			
Thiruvallur (TN)	-52			
Thanjavur (TN)	-51			
Dhar (MP)	-48			



00 00.0
70-79.9
60-69.9
50-59.9
40-49.9
30-39.9
20-29.9
10-19.9
0-9.9
No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates] Note:*There are 575 districts that are comparable between NFHS-4 and NFHS-5.

FIGURE 10: Daily intake of fruits by women at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21			
State/UT	pp change		
Sikkim	+12		
Jammu & Kashmir	+12		
Delhi	+8		
Himachal Pradesh	+7		
AP. PY	+6		

States/UTs that decreased the most
from 2015-16 to 2019-21

State/UT	pp change
Kerala	-11
Chandigarh	-11
DNH & DD	-9
Manipur	-4
LD, KA	-3

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Guiarat Harvana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Punjab Rajasthan Sikkim Tamil Nadu Telangana Tripura Uttar Pradesh Uttarakhand



Increased

Decreased

% of women aged 15-49y who consume fruits daily, 2015-16 and 2019-21

Decreased

FIGURE 11: Daily intake of fruits by men at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21				
State/UT	pp change			
Chandigarh	+21			
Lakshadweep	+16			
Delhi	+13			
Sikkim	+11			
Punjab	+10			

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change
Meghalaya	-13
Manipur	-8
Goa	-7
Tamil Nadu	-6
KA, KL	-5

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Guiarat Harvana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha Puducherry Punjab Rajasthan Sikkim Tamil Nadu Telangana Tripura Utfar Pradesh Uttarakhand West Bengal



Increased

% of men aged 15-54y who consume fruits daily, 2015-16 and 2019-21



*	Districts that increas from 2015-16 to 2015	sed the most 9-21	Districts that decreased the most from 2019-21	m 2015-16 to	Frequency (%)
	District (state)	pp change	District (state)	pp change	90-100 80-89.9
	Doda (JK)	+33	Mahe (PY)	-31	70-79.9
	Kullu (HP)	+32	Thrissur (KL)	-24	50-59.9
	Kathua (JK)	+24	Kannur (KL)	-22	30-39.9
	Kishtwar (JK)	+21	Chitradurga (KA)	-21	10-19.9
	Reasi (JK)	+19	Imphal West(MN), Bangalore Rur.(KA)	-19	0-9.9 No data



FIGURE 13: Daily intake of fruits by men at the district level, 2015-16 and 2019-21

Districts that increased the most from 2015-16 to 2019-21		Districts that decreased the most from 2015-16 to 2019-21		Frequency (%)	
District (state)	pp change	District (state)	pp change		90-100 80-89.9
Kathua (JK)	+33	Chennai (TN)	-32		70-79.9
Barnala (PB)	+30	Kodagu (KA)	-31		50-59.9
Samba (JK)	+27	Uttara Kannada (KA)	-28		40-49.9 30-39.9
Nagpur (MH)	+26	Chikkaballapura (KA)	-24		20-29.9
Kullu (HP), Jhansi (UP), Pulwama (JK)	+25	Udupi (KA)	-24		0-9.9
					No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:*There are 575 districts that are comparable between NFHS-4 and NFHS-5.

FIGURE 14: Daily intake of any protein by women at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21			
State/UT	pp change		
Jharkhand	+16		
Delhi	+16		
Odisha	+14		
Ladakh	+13		
Rajasthan	+13		

States/UTs that decreased the most from 2015-16 to 2019-21		
State/UT	pp change	
Goa	-14	

Goa	-14	Puducherry
Chandigarh	-9	Punjab Rajasthan
Punjab	-8	Sikkim Tamil Nadu
Gujarat	-7	Telangana Tripura
Meghalaya	-6	Uttar Prades Uttarakhand

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh

Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Guiarat Harvana Himachal Pradesh

Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland



West Bengal



Increased

2015-16 📖

2019-21

Decreased

• 2015-16 🛑 No difference

% of women aged 15-49y who consume any protein daily, 2015-16 and 2019-21

FIGURE 15: Daily intake of any protein by men at the state level, 2015-16 and 2019-21



States/UTs that increased the most from 2015-16 to 2019-21

State/UT	pp change
A&N Islands	+26
Jharkhand	+25
Delhi	+20
Tripura	+18
Lakshadweep	+15

States/UTs that decreased the most from 2015-16 to 2019-21

State/UT	pp change	P
Maharashtra	-10	R
Meghalaya	-9	T
Sikkim	-8	Ť
Madhya Pradesh	-7	U
Karala	6	

Andaman & Nicobar Islands Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Gujarat Haryana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala Ladakh Lakshadweep Madhya Pradesh Maharashtra Manipur Meghalaya Mizoram Nagaland Odisha ouducherry uniab Rajasthan ikkim amil Nadu elangana ripura Jttar Pradesh Jttarakhand Vest Bengal



% of men aged 15-54y who consume any protein daily, 2015-16 and 2019-21



FIGURE 17: Daily intake of any protein by men at the district level, 2015-16 and 2019-21

+47

most

change

Districts that increased from 2015-16 to 2019-21	the
District (state)	p
Lalitpur (UP)	+6
Bikaner (RJ)	+5
Ganganagar (RJ)	+4
Jalaun (UP)	+4

Ranchi, Godda (JH)

from 2015-16 to 2019-21			
District (state)	pp change		
Dhar (MP)	-61		
Raisen (MP)	-52		
Mau (UP)	-51		
Bid (MH)	-50		
The Nilgiris (TN)	-44		

Frequency (%)

00.400
90-100
80-89.9
70-79.9
60-69.9
50-59.9
40-49.9
30-39.9
20-29.9
10-19.9
0-9.9
No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:*There are 575 districts that are comparable between NFHS-4 and NFHS-5.

FIGURE 18: Daily intake of fried foods by women at the state level, 2015-16 and 2019-21



States/UTs that decreased the most from 2015-16 to 2019-21		
State/UT	pp change	
Odisha	-39	
Goa	-10	
Chandigarh	-10	
West Bengal	-9	
Assam	-9	

States/UTs that increased from 2015-16 to 2019-21	Maharashtra Manipur Meghalaya	
State/UT	pp change	Mizoram Nagaland Odisha
Sikkim	+9	Puducherry Punjab
Ladakh	+8	Rajasthan Sikkim
Jammu & Kashmir	+7	Tamii Nadu Telangana
Meghalaya	+5	Uttar Prades
A&N Islands, AP, KR, RJ	+3	West Bengal

Andaman & Nicobar Islands 2- 5 Andhra Pradesh Arunachal Pradesh Assam Bihar Chandigarh Chhattisgarh Delhi DNH and DD Goa Gujarat Haryana Himachal Pradesh Jammu & Kashmir Jharkhand Karnataka Kerala I adakh Lakshadweep Madhya Pradesh rashtra bur alaya am land а cherry b sthan Nadu gana а Pradesh khand



% of women aged 15-49y who consume fried foods daily, 2015-16 and 2019-21

FIGURE 19: Daily intake of fried foods by men at the state level, 2015-16 and 2019-21



States/UTs that decreased the most from 2015-16 to 2019-21		
State/UT	pp change	
West Bengal	-18	
Odisha	-15	
Mizoram	-10	
Uttarakhand	-8	
Assam	-6	

States/UTs that increased the most from 2015-16 to 2019-21

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Andaman & Nicobar Islands 4 17 8 Andhra Pradesh 3 Arunachal Pradesh •18 12 Assam Bihar 6 •7 2 2 Chandigarh Chhattisgarh •7 3 Delhi 5• 9 DNH and DD •15 23 Goa 9 26 3 Gujarat 3 Haryana 34 -5 Himachal Pradesh 6- 8 Jammu & Kashmir Jharkhand 2 8-79 Karnataka • 14 Kerala 10 5 Ladakh • 14 Lakshadweep 5 Madhya Pradesh 7 • 7 Maharashtra 3 🔴 ► 5 7 ●8 Manipur Meghalaya 17• 24 . bram 88 aland sha 2 - 4ucherry 3 iab 2 sthan 6 3 🚳 im nil Nadu •44 **7**13 3 ngana 24 ura ^r Pradesh 6 10 rakhand 13 🜑 21 12 .30 st Bengal 0 10 20 30



% of men aged 15-54y who consume fried foods daily, 2015-16 and 2019-21



FIGURE 21: Daily intake of fried foods by men at the district level, 2015-16 and 2019-21

Districts that decreased the most from 2015- 16 to 2019-21	
District (state)	pp change
Kalahandi (OR)	-65
Bageshwar (UK)	-50
Kolkata (WB)	-48
Hailakandi (AS)	-41
Bagalkot (KA) Murshidahad (WB)	-30

Districts that increase from 2015-16 to 2019-2	ed the most 21
District (state)	pp change
Kathua (J&K)	+46
Lakshadweep (LD)	+42
Tehri Garhwal (UK)	+40
Golaghat (AS)	+33
Chamoli (UK)	+27

Frequency (%)

90-100
80-89.9
70-79.9
60-69.9
50-59.9
40-49.9
30-39.9
20-29.9
10-19.9
0-9.9
No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note: *There are 575 districts that are comparable between NFHS-4 and NFHS-5.

FIGURE 22: Daily intake of aerated drinks by women at the state level, 2015-16 and 2019-21

r 💄				Increased		Decreased		
				2015-16	2019-21		2015-16 🔴	No differ
		Andaman & Nicobar Islands	6					
		Andhra Pradesh	¹ 2					
tee/UTe thet does	ware and the surrent	Arunachal Pradesh	² 6 •• 8					
tes/UTS that deci	reased the most	Assam	6 10					
m 2015-16 to 2019	9-21	Binar	3 3	- 00				
	nn chonce	Chandigarn		-22				
te/01	pp cnange	Delbi	1, 4 12					
iaha	25	DNH and DD	3 4					
ISHA	-20	Goa	8					
andigarh	20	Guiarat	3 4					
anuiyani	-20	Harvana	412					
2/2022	0	Himachal Pradesh	4 6					
yana	-0	Jammu & Kashmir	2 6					
hi	-8	Jharkhand	1					
		Karnataka	4 🍉 7					
niab. Goa	-6	Kerala	> 3					
	, i i i i i i i i i i i i i i i i i i i	Ladakh	4 4 7					
		Lakshadweep	7					
tes/UTs that incr	eased the most	Madhya Pradesh	5 3					
m 2015-16 to 2019	9-21	Maharashtra	3 5					
		Manipur	1 2					
ate/UT	pp change	Nizoram	2 3					
		Nagaland	2 × 2					
shadweep	+7	Odisha	14	20				
		Puducherry	4	25				
N Islands	+5	Puniab	7					
		Raiasthan	2 2					
<	+4	Sikkim	6 - 9					
		Tamil Nadu	4					
sam	+4	Telangana	2 -1					
		Tripura	1					
dakh, HP, CH	+3	Uttar Pradesh	P=3					
		Uttarakhand	2-5					
		West Bengal	1 2					

FIGURE 23: Daily intake of aerated drinks by men at the state level, 2015-16 and 2019-21

0

10

20

30

40

Increased

50

% of women aged 15-49y who consume aerated drinks daily, 2015-16 and 2019-21

60

Decreased

2015-16 - 2019-21 2015-16 - No difference

70

80

90

100



States/UTs that decreased the most from 2015-16 to 2019-21			
State/UT	pp change		
Odisha	-16		
Chandigarh	-15		
Haryana	-11		
Punjab	-11		
Goa	-7		

States/UTs that increased the most from 2015-16 to 2019-21

State/UT	pp change
A&N Islands	+17
Lakshadweep	+12
Meghalaya	+7
J&K, Rajasthan	+5
Tripura	+3

Andaman & Nicobar Islands	4		22								
Andhra Pradesh	5 ◄	7									
Arunachal Pradesh	4 -6	6									
Assam	5	9									
Bihar	3 🗭										
Chandigarh			6								
Chhattisgarh	2 3										
Delhi	1.	-10									
DNH and DD	4 8	•									
Goa		9 2	21	•28							
Gujarat	3 • 4										
Harvana	5 💼		5								
Himachal Pradesh	6	7									
Jammu & Kashmir	4	= 1 0									
Jharkhand	(
Karnataka	1 6	— 10									
Kerala	5 🛑	-									
Ladakh		10-11									
Lakshadweep	7•		19								
Madhya Pradesh	3 🗪 6	6									
Maharashtra	1 ³										
Manipur	6										
Meghalaya	1	8									
Mizoram	• 22										
Nagaland	1 ²										
Odisha	3		-19								
Puducherry	2 5										
Punjab	A										
Rajasthan	2	8									
Sikkim	6 🖝	8									
Tamil Nadu	3 🗪	⊸ 9									
Telangana	3•5										
Tripura	-4										
Uttar Pradesh	200	6									
Uttarakhand	° 6 🛑	— 10									
West Bengal	1 2										
	0	10	20	30	40	50	60	70	80	90	100

% of men aged 15-54y who consume aerated drinks daily, 2015-16 and 2019-21

Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates].





FIGURE 25: Daily intake of aerated drinks by men at the district level, 2015-16 and 2019-21

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Districts that decreased from 2015-16 to 2019-21	I the most
District (state)	pp change
Rupnagar (PB)	-47
Baudh (OR)	-38
Hoshiarpur (PB)	-38
South Goa (GA)	-37
Sonipat (HR)	-32

Districts that increased the most from 2015-16 to 2019-21			
District (state)	pp change		
Kathua(JK)	+68		
Tehri Garhwal(UK)	+44		
Ganganagar(RJ)	+30		
East Godavari(AP)	+25		
Bikaner(RJ)	+23		

Frequency (%)

90-100
80-89.9
70-79.9
60-69.9
50-59.9
40-49.9
30-39.9
20-29.9
10-19.9
0-9.9
No data



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note: *There are 575 districts that are comparable between NFHS-4 and NFHS-5.

Summary of findings

At the national level from 2005-06 to 2019-21, only the daily consumption of dairy has increased. The consumption of dark green leafy vegetables and any protein has declined and consumption of fruits has remained low. Few Indians consume animal source foods daily, but around half consume any protein (either animal source foods or pulses). On a positive note, the consumption of fried foods and aerated drinks has not increased in the last 4-5 years.

Daily consumption of dairy:

- Improved in most states (Lakshadweep, Jammu & Kashmir, and Kerala among the top three for women and men).
- Declined the most in DNH & DD ,Sikkim, Chandigarh, Punjab for women and in Puducherry, Chandigarh, Himachal Pradesh for men.
- Increased by more than 10% in 166 districts for women and 196 districts for men.

Daily consumption of dark green leafy vegetables:

- Severely declined in Tamil Nadu and Puducherry for women and men.
- Five districts with most decline for women were from Tamil Nadu.

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- Daily consumption of fruits:
- In Chandigarh and Lakshadweep, declined for women but increased for men.
- Most improvement for men and women in districts from Jammu & Kashmir.

Daily consumption of any protein:

- Most improvement in Andaman & Nicobar Islands, Jharkhand and Delhi.
- Five districts with most improvement for women were from Uttar Pradesh.



Daily consumption of fried foods:

- Most improvement in Odisha, West Bengal and Mizoram.
- In Goa, improved for women but worsened for men.
- Five districts with most improvement for women were from Odisha.

Daily consumption of aerated drinks:

- Most improvement in Odisha, Chandigarh, Haryana, Goa, Punjab and Delhi.
- Five districts with most improvement for women were from Odisha.

LIMITATIONS:

- Data is only available for 9 food groups.
- > Seasonal variation in consumption not accounted for.

RECOMMENDATIONS:

- >Need a more comprehensive list of food items within food groups aligned with global standards.
- > Large-scale surveys could explore new measurement approaches to capture more detailed dietary information.
- Collect information on diets from multiple family members of different ages at different times throughout the year.

Discussion questions for users

- 1. How has the daily consumption of all food groups changed for your state/UT or district?
- 2. Has the trend been similar for women and men?
- 3. Which food groups for your state/UT or district need to be promoted to increase consumption?
- 4. Which food groups for your state/UT or district need attention to reduce consumption?
- 5. What are locally available foods in each food group that can be promoted in your state/UT or district?



Photo taken in Uttar Pradesh by Shawn Sebastian

ANNEX 1. NFHS questions on consumption					
आप स्वयं निम् नलिखित खाद्य पदार्थो को प्रायः कितनी बार खाती है: रोजाना, हप्ते					
में एकबार, कभी-कभी, या कभी नहीं खाते है?					
How often do you yourself eat the following food items: daily,					
weekly, occasionally, or never?		DAILY	WEEKLY	OCC.	NEVER
्र तथ या तनी?	2	1	2	3	Λ
a. عنا عراج Milk or curd?	a.		2	0	4
b. दालें या फलियाँ?	b.	1	2	3	4
Pulses or beans?					
c. गहरी हरे पत्तेदार सब्जियां?	C.	1	2	3	4
Dark green leafy vegetables?					
d. फल?	d.	1	2	3	4
Fruits?					
e. अण्डे?	e.	1	2	3	4
Eggs?					
f. मछली?	f.	1	2	3	4
Fish?			-		
g. मुगी या गाश्त?	g.	1	2	3	4
h. तला हुआ खाद्य पदाथ?	h.	1	2	3	4
			0	0	
I. Rich Vall	Ι.	1	2	3	4
Aerated uninks?					

ANNEX 2. Indicators used in this data note

Dairy	Percentage of women (15-49 years) / men (15-54 years) who consume milk or curd daily
Dark green leafy vegetables	Percentage of women (15-49 years) / men (15-54 years) who consume dark green leafy vegetables daily
Fruits	Percentage of women (15-49 years) / men (15-54 years) who consume fruits daily
Pulses or beans	Percentage of women (15-49 years) / men (15-54 years) who consume pulses or beans daily
Eggs	Percentage of women (15-49 years) / men (15-54 years) who consume eggs daily
Fish	Percentage of women (15-49 years) / men (15-54 years) who consume fish daily
Chicken or meat	Percentage of women (15-49 years) / men (15-54 years) who consume chicken or meat daily
Any protein	Percentage of women (15-49 years) / men (15-54 years) who consume either pulses or beans, or eggs, or fish, or chicken or meat daily
Fried foods	Percentage of women (15-49 years) / men (15-54 years) who consume fried foods daily
Aerated drinks	Percentage of women (15-49 years) / men (15-54 years) who consume aerated drinks daily

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ABOUT POSHAN

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ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of public ally available data.

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