

Food consumption in India: comparison of dietary data sources

Lukasz Aleksandrowicz^{1,3}, Mehroosh Tak^{2,3}

¹London School of Hygiene and Tropical Medicine, UK;

²School of Oriental and African Studies, UK;

³Leverhulme Centre for Integrative Research on Agriculture and Health, UK

Lukasz.aleksandrowicz@lshtm.ac.uk



UCL Institute for Sustainable Resources

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



SOAS
University of London

LCIRAH
Leverhulme Centre for Integrative
Research on Agriculture and Health

Background

- Dietary data important for various food/health policies
- Indian calorie puzzle: rising incomes, yet decreasing intake seen in national expenditure survey
- Few studies have compared food intake between various Indian dietary surveys

Methods

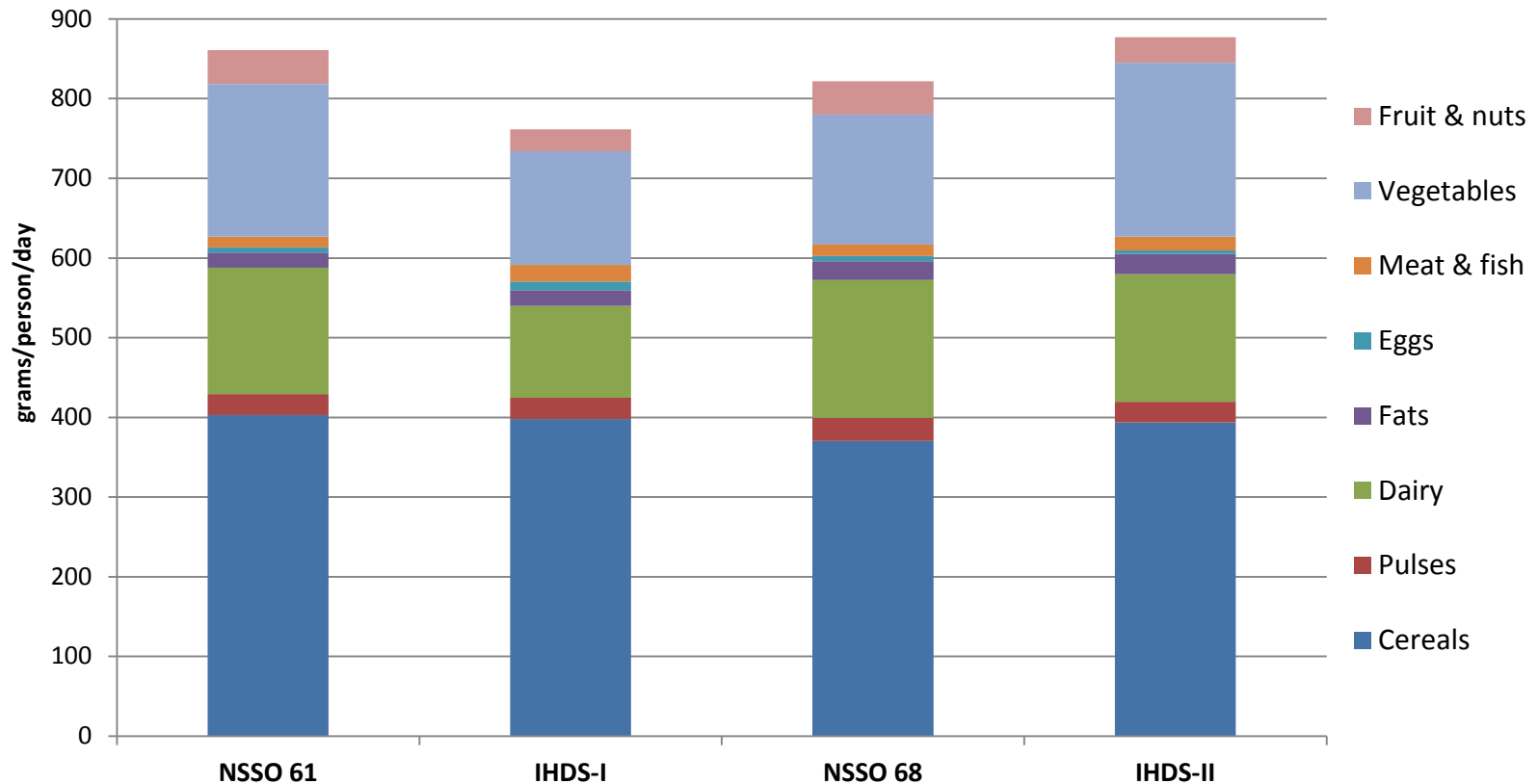
- National Sample Survey Organisation (NSSO)
- India Human Development Survey (IHDS)
- Indian Migration Study (IMS)
- National Nutrition Monitoring Bureau (NNMB)



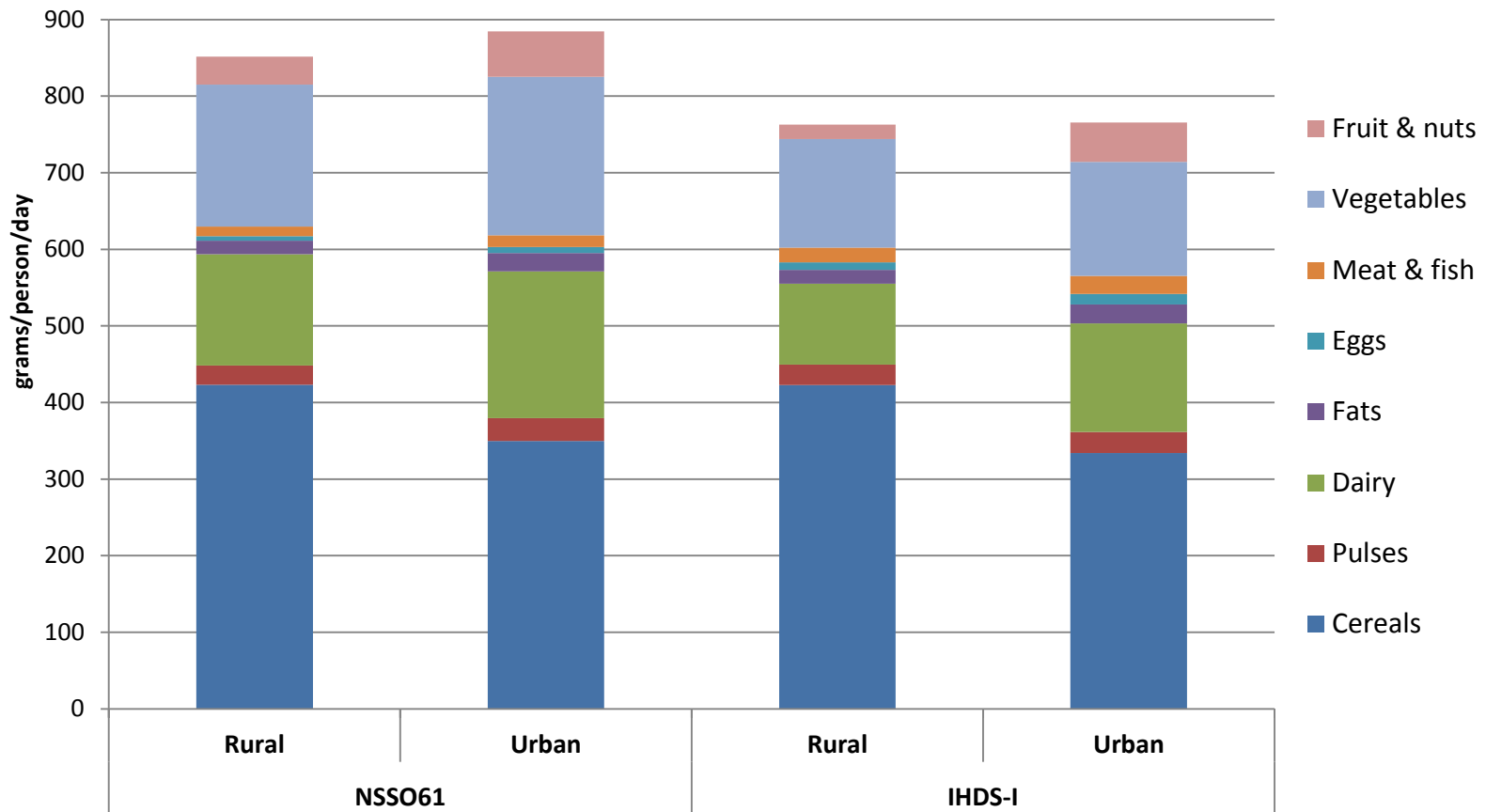
Methods

- Comparisons:
 - NSSO 61 vs. IHDS-1 (2005-2006), and NNMB
 - NSSO 68 vs. IHDS-2 (2010-2011), and NNMB
 - IMS vs. IHDS-1 (2004-2006)
- Intake g/day, 16-59yrs
 - Cereals, pulses, dairy, fats, eggs, meats and fish, vegetables, fruit and nuts

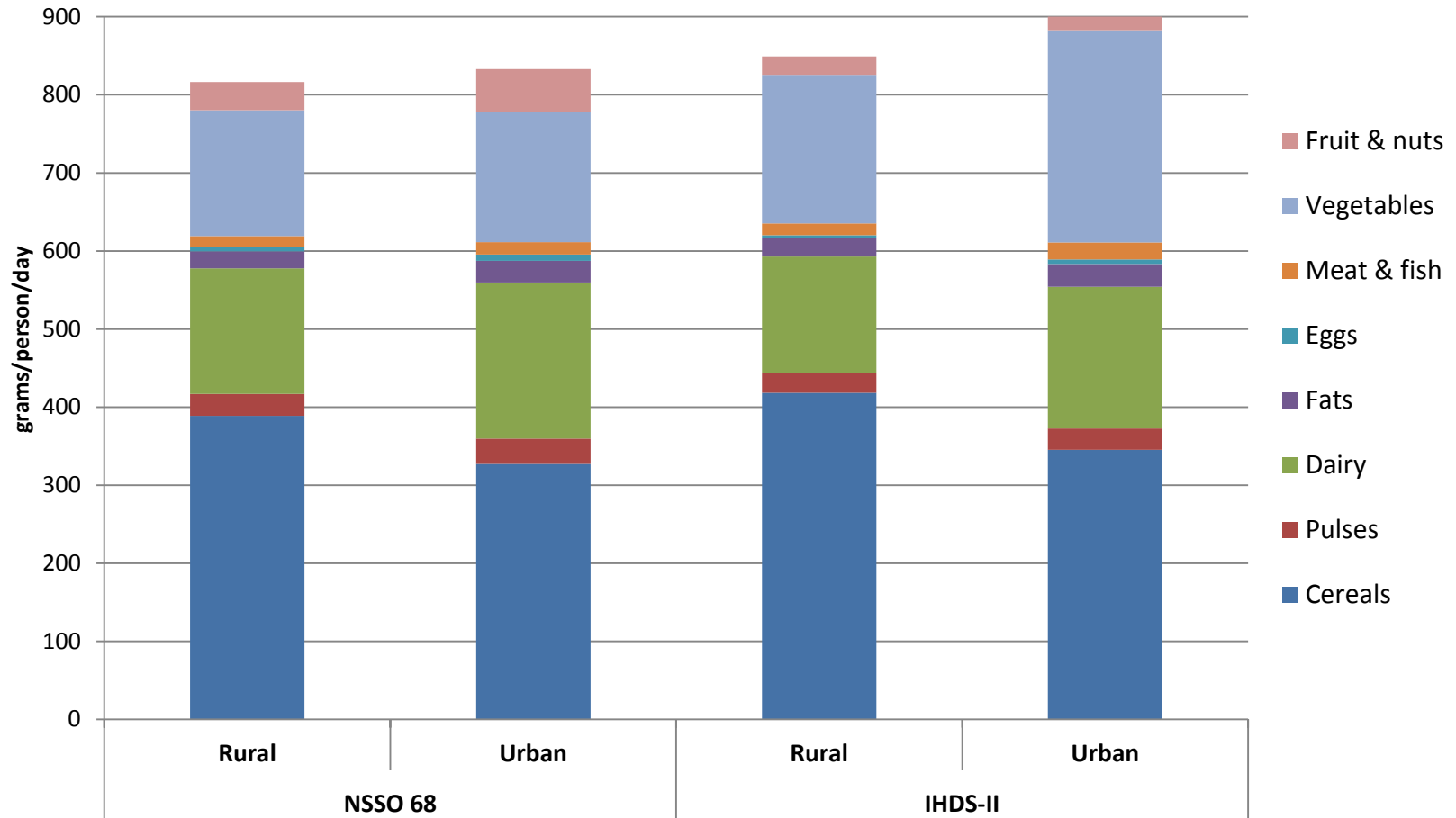
2005/6 – 2010/11, national level



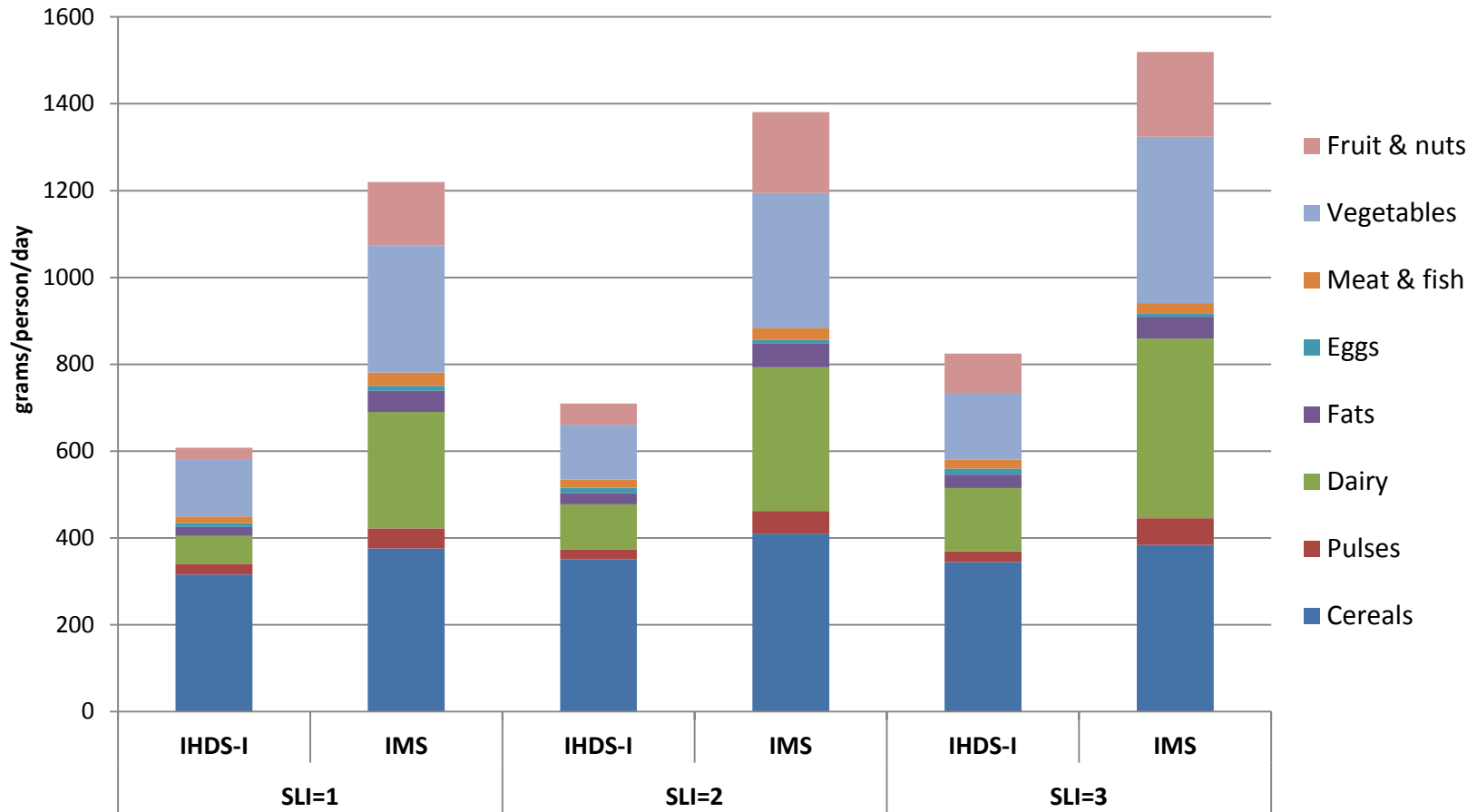
2005/2006 - by rural/urban



2010/2011 - by rural/urban



2004/2006 – urban intake, by SLI



Household expenditure vs. 24-hr recall

Intake in grams/person/day

	2005-2006		2004-2005	2010-2011		2011-2012
	NSSO61	IHDS-I	NNMB	NSSO 68	IHDS-II	NNMB
Cereals	423	423	452	389	419	417.5
Pulses	25	27	29	28	25	32.5
Dairy	145	106	71.5	161	149	75.5
Fats	17	18	14	22	24	15.5
Eggs	6	10	-	6	4	-
Meat & fish	12	20	13	14	15	12.5
Vegetables	186	141	120	161	190	114.5
Fruit & nuts	37	19	31.5	36	24	31
Total	852	763	731	816	849	699

Capturing intake from processed food and meals out of home

- Difference in overall intake, IMS and IHDS-1
 - Urban: IMS 92% higher
 - Rural: IMS 95% higher
- Expenditure on processed food and meals eaten out of home (NSSO):
 - 2005: 7%
 - 2010: 13%

Key findings

- NSSO, IHDS, NNMB relatively similar overall intakes, 2005-2011
- IMS intakes much higher, across rural, urban, and SLIs
- Difficult to fully assess calories and food group intake from HCES processed foods and meals eaten out of home – needs further work

Next steps

- Comparing additional datasets
- Approximations of food groups from processed food, meals eaten out