

4.2.3 DIET

The survey assessed the dietary practices of the respondents through structured questions on the intake of fruits and vegetables and knowledge, attitude and behaviour of adults. The survey also recorded details on dietary salt consumption.

KEY FINDINGS

- **98.4%** adults did not consume enough fruits and/or vegetables as per WHO recommendations.
- The mean servings of fruits and/or vegetables consumed in a day was **1.7**.
- Mean dietary salt intake of population was **8.0 g/day**.

Type of oil most often used for cooking

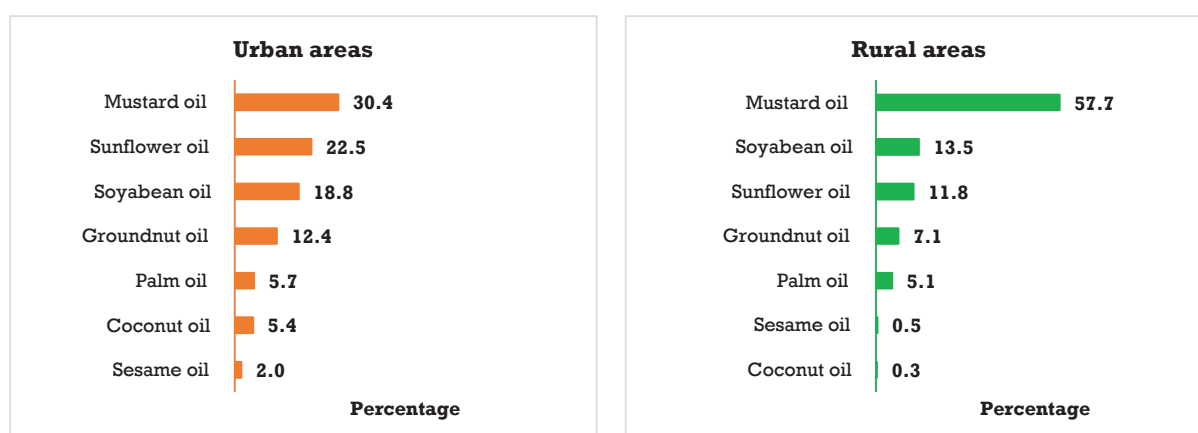


Figure 4.2.3.1 Type of oil most often used for cooking in households by area of residence (Percentage)

48.8% of the surveyed households most often used mustard oil for cooking (30.4% urban and 57.7% rural). The next preferred choice of oil in rural households was soyabean oil (13.5%) while that of urban households was sunflower oil (22.5%) (Figure 4.2.3.1). Vanaspati, pure ghee and rice bran oil were used minimally across the surveyed households. 1.6% urban households, 3.2% rural and 2.7% overall reported using other type of oils for cooking not listed in the survey questionnaire. (Annexure table 4.2.3.1a)

Consumption of fruits and/or vegetables

This section includes information on the frequency of consumption and quantity (as serving size) of fruits, vegetables and fruit/vegetable juices.

To establish risk behavior, we took account of the WHO recommendation of daily consumption of at least five servings of fruits and vegetables per day as adequate. Inadequate fruits and/or vegetables intake was defined as eating less than five servings of fruits and/or vegetables in a day. The information was recorded for a “Typical week”, which was defined as a week when the diet was not affected by cultural, religious, sickness or other special events. The participants were also asked about the consumption of fresh fruits or

vegetable juices prepared at home or a shop. The results have been presented below in *table 4.2.3.1* and *figure 4.2.3.2*.

Table 4.2.3.1 Number of servings of fruits, vegetables and fruit and/or vegetable juices consumed per day by area of residence and gender (Mean)

| 18-69 years | Urban | | | Rural | | | Total | | |
|--|-------|-------|----------|-------|-------|----------|-------|-------|----------|
| | Men | Women | Combined | Men | Women | Combined | Men | Women | Combined |
| Serving of fruits | 0.8 | 0.6 | 0.7 | 0.5 | 0.5 | 0.5 | 0.6 | 0.5 | 0.6 |
| Serving of vegetables | 1.3 | 1.3 | 1.3 | 1.4 | 1.2 | 1.3 | 1.4 | 1.2 | 1.3 |
| Serving of fresh fruit and/or vegetable juices | 0.5 | 0.5 | 0.5 | 0.5 | 0.3 | 0.5 | 0.5 | 0.4 | 0.5 |

Table 4.2.3.1 above shows that, respondents reported consuming a mean of 0.6, 1.3 and 0.5 servings of fruits, vegetables and fruit and/or vegetable juice per day respectively. Additionally, it was observed that respondents consumed more servings of vegetables than fruits and fresh juices (fruits and/or vegetables) in a day. These findings were similar across all strata. (*Annexure table 4.2.3.2b*)

The mean number of servings of fruits and/or vegetables per day among the respondents was 1.7 (1.9 urban and 1.6 rural; 1.8 men and 1.6 women) (*Annexure table 4.2.3.3a*). It was observed that the mean servings of fruits and/or vegetables per day were lower than the WHO recommended cut-offs across all strata. (*Annexure table 4.2.3.3a and b*)

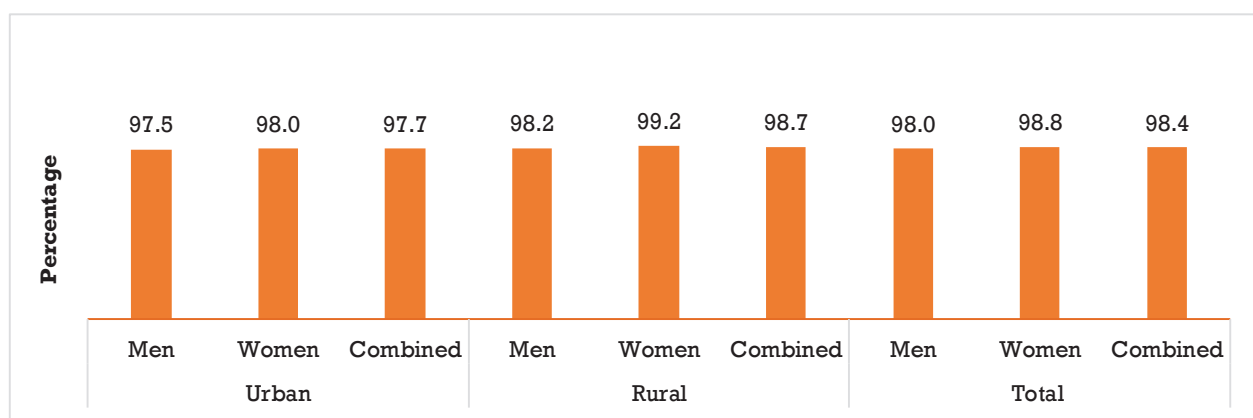


Figure 4.2.3.2 Inadequate consumption of fruits and/or vegetables per day by area of residence and gender (Percentage)

Figure 4.2.3.2 shows that 98.4% of respondents consumed inadequate fruits and/or vegetables per day, which was nearly similar across all strata. (*Annexure table 4.2.3.4a*)

In the surveyed population, 11.9% (21.0% urban and 7.4% rural) and 60.0% (65.2% urban and 57.4% rural) consumed at least one serving of fruit and vegetables per day respectively. This pattern of distribution was similar across all age groups. (*Annexure tables 4.2.3.5a and b*)

Dietary Salt intake

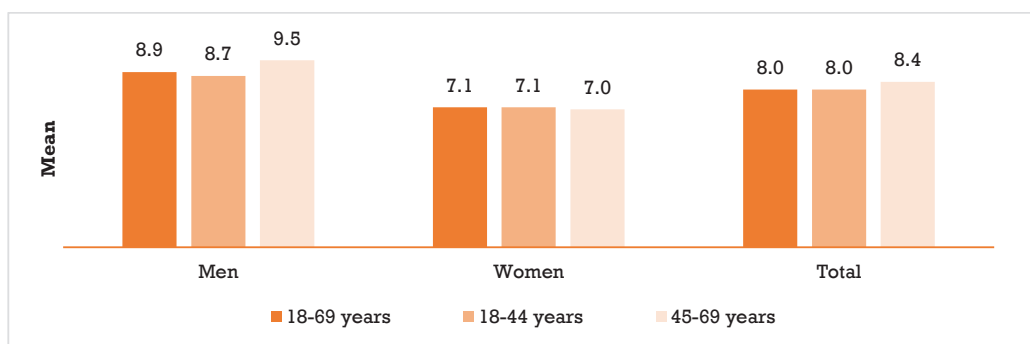


Figure 4.2.3.3 Salt intake of population by age group and gender (g/day) (Mean)

Based on the spot urinary sodium excretion estimation, the mean daily salt intake of population was 8.0g (8.9 g/day men and 7.1 g/day women) as shown in *figure 4.2.3.3*. The mean salt intake of men belonging to the age group of 45–69 years was 9.5 g/day, while that of men in the age group 18-44 years was 8.7 g/day. (*Annexure table 4.2.3.6b*)

Almost all (96.3%) adults were consuming higher amounts (≥ 5 g/day) of salt than the recommended daily intake by WHO (< 5 g/day). Across all age groups and area of residence, the salt intake among women was lower than men. (*Annexure table 4.2.3.7a and b*)

Perception and practices regarding salt intake

The perception and practices of the adult population towards dietary salt consumption were assessed using structured questions. The results have been presented in *table 4.2.3.2*.

Table 4.2.3.2 Perception related to salt intake by area of residence and gender (Percentage)

| 18-69 years | Urban | | | Rural | | | Total | | |
|--|-------|-------|----------|-------|-------|----------|-------|-------|----------|
| | Men | Women | Combined | Men | Women | Combined | Men | Women | Combined |
| Believe extra salt intake affects health | 34.6 | 35.6 | 35.1 | 30.8 | 27.4 | 29.1 | 32.1 | 30.1 | 31.1 |
| Very or somewhat important to lower salt in diet | 77.4 | 65.0 | 71.6 | 65.7 | 55.2 | 60.6 | 69.7 | 58.4 | 64.3 |

31.1% of the adults thought that daily salt intake affects health (35.1% urban and 29.1% rural). Whereas similar proportion of adults also believed that it was not important to lower salt in the diet. Overall, 64.3% of respondents had the perception that it was very or somewhat important to lower salt in diet, 71.6 % urban and 60.6% rural; 69.7% men and 58.4% women. (*Table 4.2.3.2 and annexure table 4.2.3.8a, 4.2.3.8b, 4.2.3.9a and 4.2.3.9b*)

60.0% of adults perceived that they were consuming just the right amount of salt, this was 68.7% in urban and 55.6% in rural individuals (*Annexure table 4.2.3.10a*). The percentage of those, who (in their opinion) “never added extra salt to food” were 55.8% among the urban respondents and 41.2% among the rural

respondents. 15.1% reported to always add salt in their food before eating, with higher proportion among men in the age group of 18-44 years and in adults from the rural areas. (*Annexure table 4.2.3.11a and b*)

Salt control measures

The respondents were asked a series of questions about the steps they took to control salt intake on a regular basis and the responses (in percentage) to these have been presented below.

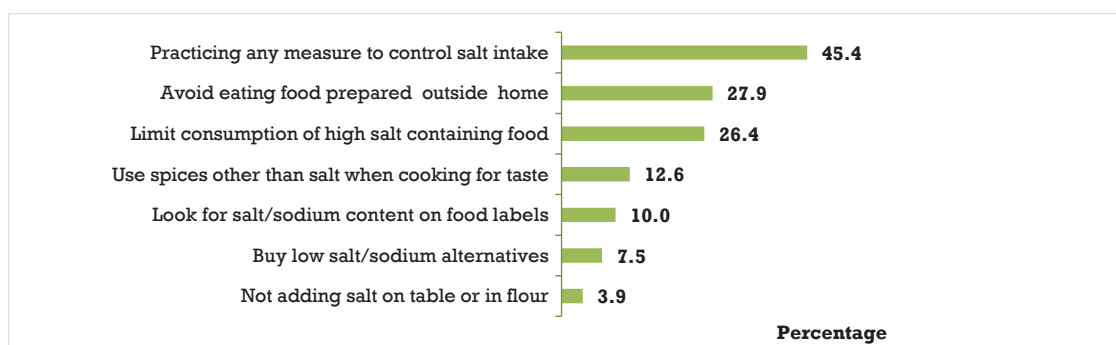


Figure 4.2.3.4 Adults who practiced any salt control measures regularly (Percentage)

45.4% of adults practiced methods (any) to lower their daily salt intake. The most used practices to reduce salt intake was to avoid eating food prepared outside home (27.9%) and limiting consumption of high salt containing foods (26.4%). Overall, 10.0% of the respondents checked the food labels to establish the salt content (15.8% urban and 7.1% rural adults). This practice was higher in older age groups. (*Figure 4.2.3.4, Annexure table 4.2.3.12a and b*)

Consumption of high salt containing food items

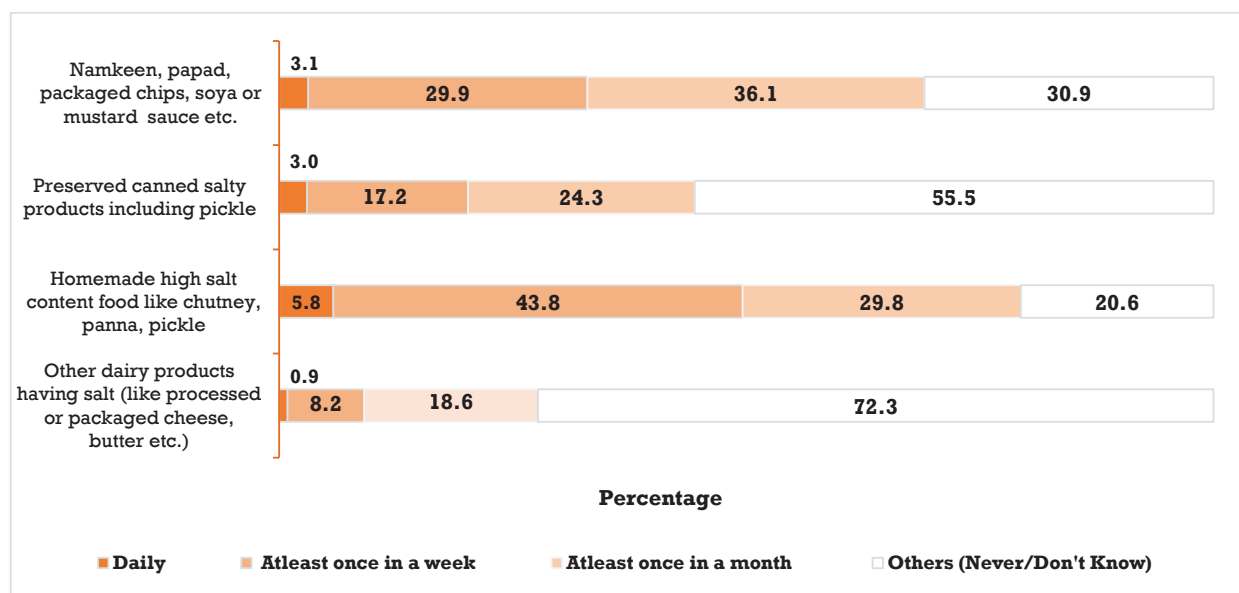


Figure 4.2.3.5 Consumption of high salt containing foods among adults (Percentage)

43.8% of adults reported consumption of homemade high salt content food items at least once a week (1-6 days in a week) and 36.1% reported the consumption of namkeen, papad, packaged chips etc., at least once in a month (1-3 days and/< once in a month). Daily consumption of high salt containing food items was

lower across all the strata. Overall, the urban population consumed a higher amount of salt containing foods than the rural population. (*Figure 4.2.3.5, Annexure table 4.2.3.13a and b*)

Consumption of food cooked outside home in a week

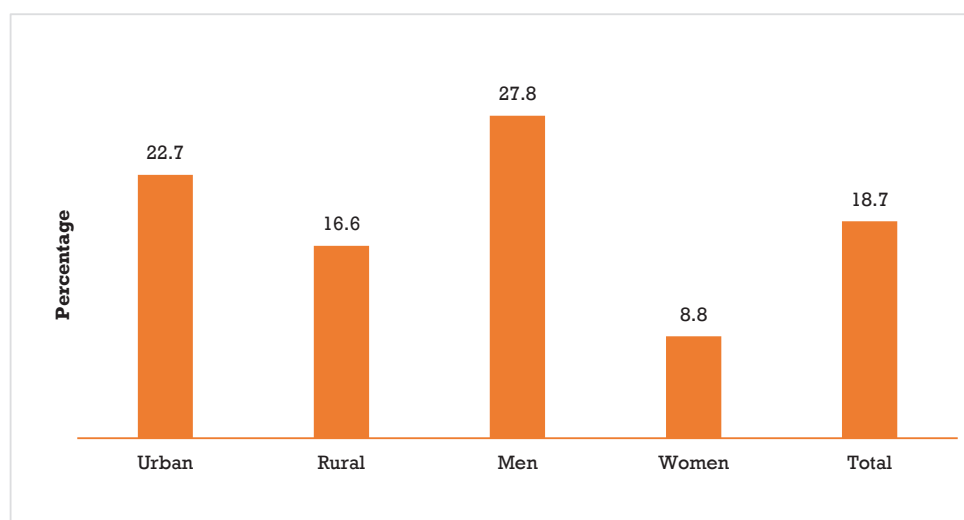


Figure 4.2.3.6 Adults who consumed food cooked outside home in a week by area of residence and gender (Percentage)

Figure 4.2.3.6 shows that, 18.7% of adults reportedly consumed food cooked outside home in the past one week. This proportion was high in urban areas and amongst men particularly in the age group (18–44 years). (*Annexure table 4.2.3.14b*)

Table 4.2.3.3 Number of meals consumed outside home in a week by area of residence and gender (Mean)

| 18-69 years | Urban | | | Rural | | | Total | | |
|---------------------------------------|-------|-------|----------|-------|-------|----------|-------|-------|----------|
| | Men | Women | Combined | Men | Women | Combined | Men | Women | Combined |
| Number of meals consumed outside home | 3.2 | 2.1 | 2.9 | 3.1 | 2.5 | 3.0 | 3.2 | 2.3 | 3.0 |

Table 4.2.3.3 shows that on an average, adults who were eating outside cooked food reported to consume three meals in a week that were not cooked at home (men 3.2 meals and women 2.3 meals) and this finding was similar among the age groups. Details have been presented in *annexure table 4.2.3.15b*.