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Pathways for Enhancing Farmers' Income, Nutritional Security and Sustainable Food Systems

Thematic Session: DIETARY DIVERSITY, NUTRITION AND FOOD SAFETY

Discussion Paper: Dietary Diversification, Nutrition and Food Safety

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Abstract: There is a coexistence of undernutrition, over-nutrition, and micronutrient deficiencies in India. A structural shift in the dietary pattern and nutrition transition is observed. The contribution of cereals to calorie and protein intake is high, and an increased share of non-cereals items in calories and protein intake is reflected. The consumption of unhealthy foods has increased. Widespread adoption of healthy diets may lead to some adverse environmental impacts. Multi-pronged strategies with increased coverage, better targeting, change in design, higher allocation of funds, and coordination between different policies and programmes to achieve SDG-2 targets are required. Pathways for nutritional security consist of improving dietary diversity, kitchen gardens, reducing post-harvest losses, bio-fortification of staples with their inclusion in safety net programmes, women's empowerment, enforcement of standards and regulations, improving Water, Sanitation and Hygiene (WASH), nutrition education, and effective use of digital technology. Food and nutrition security initiatives will require tuning it with changing demographics, livelihood patterns, environmental sustainability, health-specific needs, and overall development activities.

Keywords: malnutrition, nutrition transition, bio-fortification, dietary diversity, nutrition education

The full text of the paper is available on the NITI Aayog website or you may contact FAO at fao-in@fao.org for a soft copy. Your feedback is welcome; you may send your comments on the discussion paper to FAO at the above email id.