



NATIONAL NUTRITION MONTH

Rashtriya Poshan Maah

#PoshanMaah
1-30 September

Converging towards a healthy walk through life

POWER OF PROTEIN!

Proteins are primary structural and functional components of every living cell.

Protein requirements vary with age, physiological status and stress. More proteins are required by growing infants and children, pregnant women and individuals during infections and illness or stress.

How much protein do you need?

Daily protein requirements have been defined by age, gender and lifestyle and can be calculated basis the formula: **0.8 - 1g /kg body weight**

Category	Reference Body Weight	Daily Protein Intake Range
Indian Adult Men	65 kg	52 - 65 g
Indian Adult Women	55 kg	44 - 55g

*ICMR NIN, RDA 2020

100% of your **Recommended Daily Allowance (RDA)** can be achieved by choosing different protein rich foods at different meal occasions across the day.

Sample Menu for Protein Sources in Daily Diet

MEAL	FOOD ITEM (usual portion)	PROTEIN AMOUNT(g) (per portion)
Breakfast	Milk (1 glass / 200 ml) OR	6.5
	Egg (2 medium / 100 g) OR	13.2
	Paneer (50g in sandwiches or paratha)	9.4
Snack	Sprouts (Green Gram, Whole) (1 medium bowl /30g raw)	6.7
Lunch	Chicken breast (1 piece, 125g) OR	27.2
	Tur/Arhar/Red Gram Dal (30g raw/1 bowl cooked dal) OR	6.5
	Curd (1/2 bowl, 100g)	0.8
Snack	Groundnut (2 tbsp./30g) OR	7
	Cheese (2 slices, 40g)	8
Dinner	Sardine fish (1 medium, 200g) OR	35.8
	Soyabean whole (1 bowl cooked, 30g raw)	11.3

PROTEIN DEFICIENCY ISSUE IN INDIA

Protein Energy Malnutrition (PEM) is a major public health problem in India. This affects the child at the most crucial period of time of development, which can lead to permanent impairment in later life. PEM is measured in terms of underweight, stunting and wasting.

Protein deficiency leads to loss of energy, feeling of tiredness and a weak immune system.

CHILDREN UNDER AGE 5

38%
STUNTED (too short for their age)

21%
WASTED (too thin for their height)

36%
UNDERWEIGHT (low weight for age)

*NFHS-4, 2015-16



7 out of 10 Indians are protein deficient



*Basis IMRB survey done in 2017 in 6 urban Indian cities

TIPS FOR BETTER PROTEIN QUOTIENT

- 1 Ensure 1/4th of your plate is filled with protein at every meal.
- 2 Spread your protein consumption across all of your meals throughout the day instead of one big load.
- 3 Include protein rich foods such as lentils, nuts, seeds, lean meat and eggs in your daily diet.
- 4 Try to include more animal origin proteins (if possible) such as milk, paneer, fish etc. as they contain all essential amino acids.
- 5 Vegetarians should pair up Cereal & Pulse or Milk & Nuts together to improve protein quality.
- 6 Include packaged foods that are rich in protein (read the labels for more information).

EXCESS PROTEIN INTAKE IS HARMFUL!

While protein is essential, many adults or even adolescents (especially athletes or body builders) self-prescribe protein supplements and overlook the risks of using them, mainly due to misguided beliefs in their performance-enhancing abilities.

However, extra protein is not used efficiently by the body and may impose a metabolic burden on the bones, kidneys and liver.

Hence it is essential to monitor your Daily protein Intakes.