

**Assessment of Visible Fat Consumption
Among Urban Population in 7 Metro Cities in India:
National Nutrition Monitoring Bureau Urban Nutrition Surveys (2015-16)**



**Division of Public Health Nutrition
ICMR-National Institute of Nutrition
Indian Council of Medical Research
Hyderabad
And
Prepared For**



**International Life Sciences Institute India
2019**

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Assessment of Visible Fat Consumption Among Urban Population in 7 Metro Cities in India: National Nutrition Monitoring Bureau Urban Nutrition Surveys (2015-16)

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Developed under the Financial Support of ILSI India, New Delhi



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2019**

ACKNOWLEDGEMENTS

We are grateful to Late Dr Panandiker, Chairman and Dr Rekha Sinha, Executive Director, ILSI-India for their financial support in preparation of this report by using NNMB urban dietary consumption data.

We are thankful to Dr. R Hemalatha, Director and Mr. T Longvah, former Director-In-charge, ICMR-NIN, for their constant support and guidance in the preparation of this report.

We are extremely thankful for all the Officer-in-Charges of 16 NNMB state units for their help in execution of the NNMB urban Nutrition study.

We also thank all the NNMB Project staff for their commitment and sincere efforts in collection of the NNMB dietary consumption data. Our thanks are due to the NIN-NNMB CRL Scientific and Technical staff for their constant efforts in scrutiny, data entry, analysis and preparation of draft tables and report.

We thank Dr K Mallikarjuna Rao, Consultant, Mrs Ranjita Bhargavi, RA (Nutritionist) and Ms. D. Sarala, Mr. Sriram, Ms. Induja, Ms. Hariprada, Mr Nagesh and Mr Yaqub, Data Entry Operators, for carrying out the data entry.

Last but not the least; we are extremely grateful to the community for their unstinting cooperation in data collection, without which the study would not have been completed successfully.

Hyderabad
30 November 2019

AUTHORS

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1. INTRODUCTION

Urbanization, globalization, changing economy and market forces have resulted in radical shift in dietary consumption pattern in India. Consumption of fast foods has become almost a global phenomenon. Most of the studies have shown that the intakes of total fat and saturated fat in our diets are high. The increasing trends of fat intake have been reported for men and women from both urban and rural settings. The sources of fats have not been separately reported in most of the available studies.

In a few, it was specified that fat intake was high due to increased consumption of out-of-home foods, processed and fried foods etc. However, data on actual visible fat intake obtained from the consumption of different foods such as snacks/bakery items/sweets etc., is not available.

The present study was planned to assess the extent of visible fat (added fat) obtained from each food item consumed by different individuals living in urban metro cities in India.

2. OBJECTIVES

1. To assess the mean consumption levels of visible fat (g/day) among various age, gender, physiological, and physical activity groups among urban population (NNMB 2015-16) in 7 metro cities in India,
2. To assess the mean visible fat consumption levels in different socio-economic population groups, and
3. To assess the mean visible fat consumption levels from different recipes.

3. METHODOLOGY

For the study, the dietary data schedules pertaining to the urban population of 7 metro cities of India, collected by National Nutrition Monitoring Bureau (NNMB) from 16 major states during 2015-16, were obtained. This dietary data was re-coded recipe wise, the data was re-entered into MS Excel and the master dietary consumption database for all the 7 metro cities of India was prepared. Information on socio-economic and demographic particulars of the individuals, food consumption, including fat intake was included in the data base. Using this data, the nutritive value of different recipes and foods were calculated using Nutritive Value of Indian Foods (NVIF) and Indian Food Composition Tables (IFCT).

As per the protocol, the city wise and pooled mean consumption of visible fat was analysed. The

associations between the mean visible fat consumption and the socio-economic and demographic status of the population were analysed. The variables included for this analysis were **gender**, **age** (0-4, 5-11, 12-17, 18-35, 36-59 and >60 years), **community** (Scheduled caste, Scheduled tribes, Other Backward class and Other caste), **education** (illiterate, primary school, middle school, high school complete and college and above), **occupation** (labour including agriculture and other labour, professional, service, business, dependents and other occupations), **type of activity** (sedentary and moderate), **standard of living** (low, medium and high income groups) and **type of diet** (vegetarians and non-vegetarians).

Also, the recipe wise intake of visible fat from

various sources including homemade, packed foods, sweet based preparations, bakery foods, snacks and namkeens, fast foods was computed.

The quantity of fat consumption levels were assessed from the following foods:

1. Regular Home Based Preparations

2. Packaged Foods
3. Sweet Based Preparations
4. Bakery and Biscuits
5. Milk and Milk Products

For the purpose of statistical analysis, SPSS Windows version 19.0 was used.

4. RESULTS

4.1 Coverage Particulars

The data on dietary consumption was collected for 5,127 urban individuals from 1,293 HHs in 7 metropolitan cities of India and the data for visible (added) fat consumption level was computed.

4.2 Mean Intake of Visible Fat According to the Socio-Economic and Demographic

Particulars

The Mean Intake of visible fat according to the socio-economic and demographic particulars of urban population is presented in **Table 1**.

4.2.1 Visible Fat Consumption by Metro-Cities

In general, the average daily intake of visible fat among urban population of 7 metro cities was 33g/day, which was higher than the recommended

levels of ICMR (20g/person/day). However, the consumption levels were significantly higher in Delhi (44.4g) and Ahmedabad (43.9g) and lowest was reported in Hyderabad (25.1g)

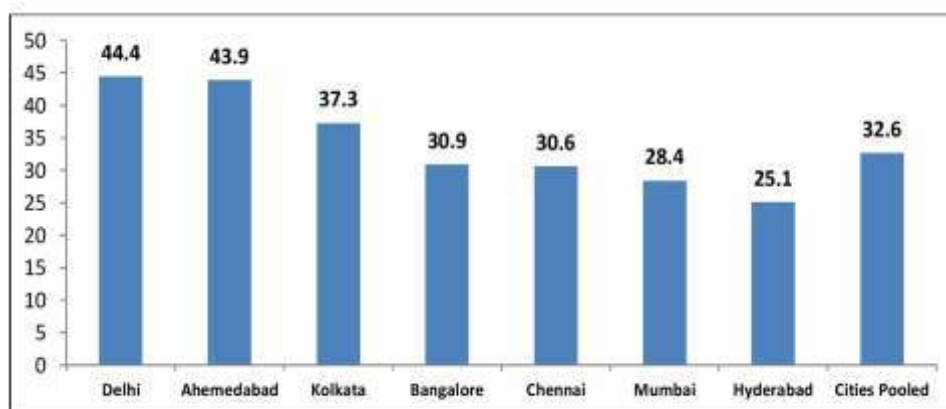
4.2.2 Percent of Energy through Visible Fat Consumption

Overall, 18% of the total energy intake was obtained from visible fats. However, maximum energy was derived through fats in the cities like Delhi (44.4%), Ahmadabad (43.9%) and lowest observed in the cities such as Hyderabad (25.1%) and Mumbai (28.4%) **Fig.1**.

4.2.3 Visible Fat Consumption by Gender

In general, the average consumption of visible fat was marginally higher among men (34.1g) than that of women (31.1g). Similar trends were observed in all the metro cities.

Fig.1: Average Consumption of Visible Fat (g/day) among the Urban Population in 7 Metro Cities of India



4.2.4 Visible Fat consumption by Age Groups

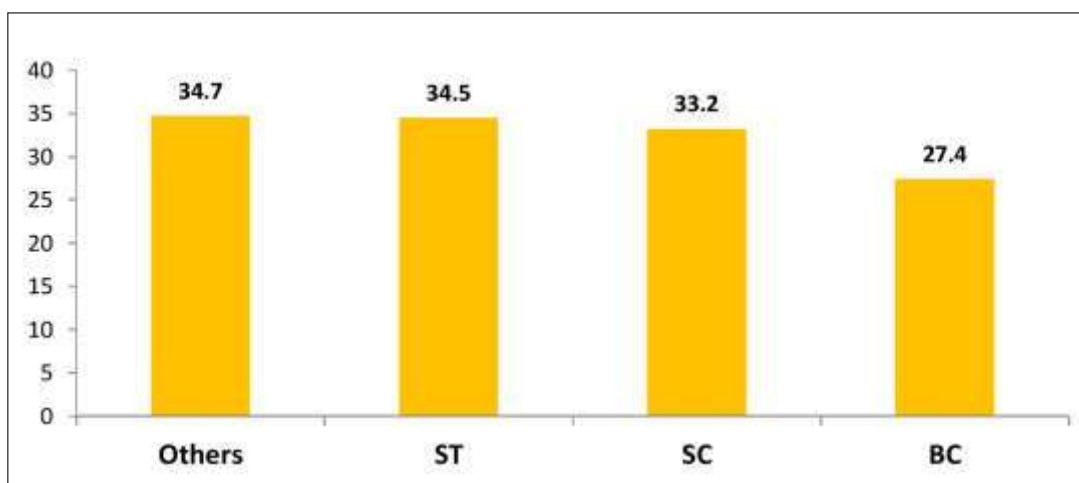
The consumption of visible fat varied differently among different age groups. In general, adults and elderly people consumed more visible fat than other age groups. The highest intake of visible fat was observed in the age group of 36-59 years (36.1g), followed by age group of 18-35 yrs (34.8g) and adolescents (32.8g). The intake of visible fat was lowest in under five year children (15.7g). High intake of visible fat was observed among the elderly population of Mumbai (44.4g)

and Ahmedabad (42.5g). The added fat intake was highest among adolescents of Ahmedabad (44.1g) and Kolkata (41.4g).

4.2.5 Visible Fat Consumption by Community

In general, the intake of visible fat was highest in the population belonging to 'other forward communities' (34.7g) and surprisingly by urban/migrated scheduled tribes (34.5g) and scheduled caste (33.2g) and lowest intake of visible fat was observed among backward communities (27.4g) **Fig.2.**

Fig 2: Average Intake of Visible Fat (g/day) by Community

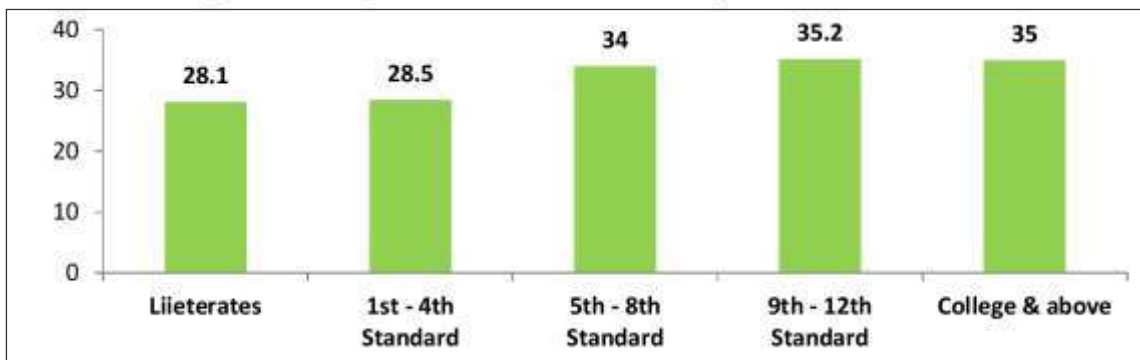


4.2.6 Visible Fat Consumption by Literacy Status

The overall consumption of visible fat was higher in the literate population than the illiterates. The intake of visible fat was higher among those who were educated beyond 10th class (35.2g-35.0g)

compared to less educated. The fat intake among literate was high in Delhi, Ahmedabad and Kolkata (**Fig3**).

Fig 3: Average Intake of Visible Fat by Level of Education

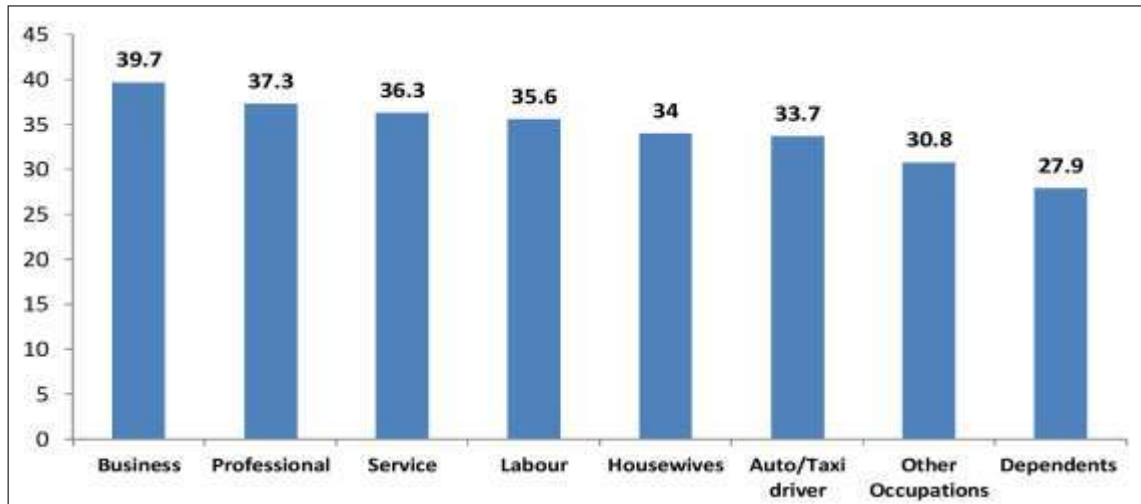


4.2.7 Visible Fat Consumption by Physical Activity

The consumption of visible fat was considerably higher among those who were engaged in the

occupation involving moderate activity (34g) than those who were engaged in occupations involving sedentary activity (31.8g). However, the consumption of visible fat was very high (68.8g) among heavy workers.

Fig 4: Average Intake of Visible Fat (g/day) by Occupation



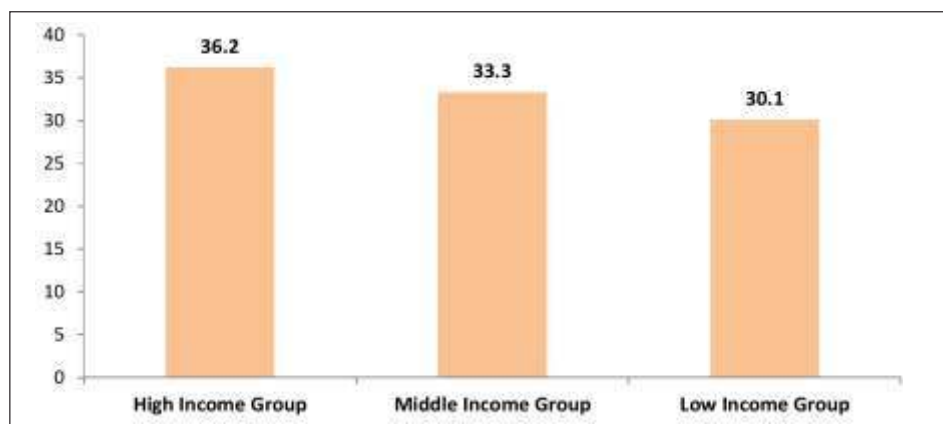
4.2.8 Visible Fat Consumption by Occupation

The intake of visible fat was found to be higher among individuals engaged in business (39.7g), professionals (37.3g) and service men (36.3g) and low among housewives (34g/day). It was 35.6g and 33.7g among heavy workers (drivers) and laborers respectively. The average consumption of fat was 28g/day for the dependents (non-earning members of the family such as elderly, students and children) (Fig 4).

4.2.9 Visible Fat Consumption by Income

Clear income gradient was observed in consumption of visible fats among urban population. The highest consumption of visible fat was observed among high income group (36.2g), followed by middle income (33.3g) and lower income groups (30.1g). The consumption of visible fat was higher among the high income population from Delhi (54.1g), Ahmedabad (50.9g) and Kolkata (46.1g) (Fig 5).

Fig 5: Average Intake of Visible Fat (g/day) by Income Groups



4.2.10 Visible Fat Consumption by Type of Diet

Contrary to our belief, vegetarians (40.7g) consumed more quantity of visible fat than the non-vegetarians (30.2) in these metro-cities. The vegetarian population of Ahmedabad and Delhi (46.1g) consumed higher amounts of visible fat (46-48g/day) compared to non-vegetarians residents of Delhi (44.9g) and Ahmedabad (40.6g).

4.3 Distribution of the Individuals Consuming Different Recipes

The frequency (%) of consumption of different recipes among urban population is presented in **Table 2**.

In general, cereals and millet based recipes were consumed by almost all urban population (100%) followed by milk based (98%), pulse based (62%) and vegetable (54%) based recipes. Only one third

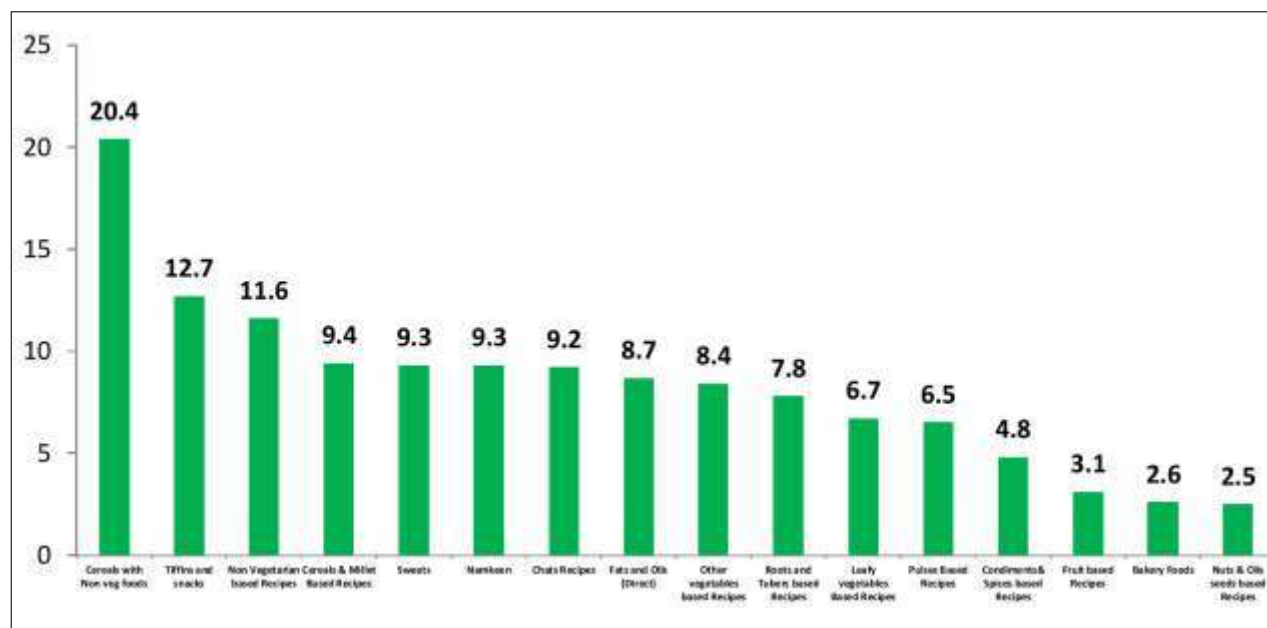
of urban population consumed fruit based recipes (43%), biscuits (38%) and non-vegetarian recipes (36%) and one fourth consumed snacks (29%) and bakery foods and savories (22% each). GLV based recipes were consumed by 16% and chaat based recipes by 10%.

4.4 Average Intake of Visible Fat through Different Recipes

The average intake of visible fat consumed through different recipes is presented in **Table 3** and **Fig 6**.

The added fat derived from Cereals, Flesh Food based recipes (20.4g) (Chicken Biryani, Mutton Biryani etc.) was maximum, followed by Breakfast, Snacks (12.7g) items and Non-Vegetarian recipes (11.6g). Cereals, Sweets, and Namkeen based recipes were contributing about 10g of added fat daily.

Fig 6: Average Intake of Visible Fat through Different Recipe Groups



4.5 Recipe Wise Intake of Visible Fat

A recipe based added fat consumption is provided in **Table 4.1–4.9**.

Among the Cereal and Millet based Recipes, Rice and Chapatti/Roti were consumed by majority of

urban population. The intake of visible fat was high from the recipes like Dal Fry + Rice, Stuffed Paratha, Chuduva, Bisbelibath, Pulihora etc. Mutton Biryani has been providing very high amount of added fat than that of the Chicken Biryani or other Cereal and

Non-Vegetarian recipes. Red Gram Dal and Lentil Dal were used more by the population. The intake of visible fat was more with deep fried and seasoned items. High amount of fat was used in preparation of Cabbage and Fenugreek recipes.

The consumption of Potato was highest among urban population as compared to other Roots and Tubers. The deep fried items with potato as well as other roots and tubers have been contributing to high added fat as compared to others. Among the recipes of Nuts and Oil Seeds, Coconut use was found to be higher and this is providing high amounts of fat. Almost all the recipes with Non-Vegetarian preparations were contributing high amounts of visible fat. Consumption of Fish, Chicken, Egg and Mutton was high among urban population. These recipes have been providing more than 10g/day/person. Among the Chaat based

Recipes, Manchurian and Noodles have been contributing high amount of fats and oils. Among Breakfast items, high amount of fat was being used in the preparation of Butter Dosa, Puri and Vada. Among the Bakery Items, the intake of fat was very high through Pizzas, Burgers and Sandwiches. For preparation of Namkeens, such as Pakoda and Mirchi Bajji, high amount of fat was used.

While interpreting the results, caution may be exercised as added fat consumption levels were reported based on data obtained from various sources such as self-reporting and labels. Actual consumption levels may vary. Some of the processed Sweet Snack Foods produced from un-organized sectors were not included in the total quantity of fat consumed as its consumption data could not be obtained.

5. SUMMARY

1. In general, the average daily intake of visible fat among urban population in 7 metro cities was 33g/day, which was higher than the recommended levels of ICMR (20g/CU/day). Overall, 18% of the total energy intake was obtained from visible fats.
2. The consumption of visible fat varied among different age groups. In general, adults and elderly people were consuming more visible fat than of the other age groups.
3. The intake of visible fat was highest in the urban population belonging to 'other forward communities' (34.7g) and surprisingly by scheduled tribes (34.5g), who migrated to urban towns.
4. The overall consumption of visible fat was higher in the literate population than the illiterates.
5. The intake of visible fat was found to be higher among individuals engaged in business (39.7g), professionals (37.3g) and service men (36.3g) and low among housewives (34g/day).
6. The highest consumption of visible fat was observed among high income group (36.2g), followed by middle income (33.3g) and lower income groups (30.1g).
7. Contrary to our belief, Vegetarians (40.7g) consumed more quantity of visible fat than the Non-Vegetarians (30.2) in these metro-cities.
8. About one third of urban population consumed fruit based recipes (43%), biscuits (38%) and non-vegetarian recipes (36%) and one fourth consumed snacks (29%) and bakery foods and savories (22% each).
9. The intake of visible fat was high from the recipes like Dal Fry + Rice, Stuffed Paratha, Chuduva, Bisbelibath, Pulihora, etc.

The data may be interpreted with caution as it is based on reported data, label and other sources.

Table 1: Average Daily Consumption of Visible Fat (g/day) by Socio-Economic and Demographic Particulars in Different Metropolitan Cities of India

	Ahmad- abad	Bangalore	Chennai	Delhi	Hydera- bad	Kolkata	Mumbai	Cities Pooled
Number of Individuals	665	708	654	727	1059	722	592	5127
Average (mean) Visible Fat Intake Per Day (g/day)	43.9	30.9	30.6	44.4	25.1	37.3	28.4	32.6
% of Energy from Visible Fat	21.6	13.2	14.7	24.7	18.0	16.2	14.5	17.7
Gender								
Male	45.9	31.7	31.9	46.6	25.0	38.6	30.6	34.1
Female	41.8	30.1	29.2	42.2	25.1	35.9	26.4	31.1
Age Group								
0-4 Yrs	17.6	17.1	16.9	26.0	14.4	13.9	10.3	15.7
5-11 Yrs	31.9	29.8	28.3	33.1	23.6	28.6	21.4	26.9
12-17 Yrs	44.1	30.6	33.2	39.1	25.9	41.4	27.1	32.8
18-35 Yrs	48.6	32.4	31.8	50.2	26.5	37.6	30.8	34.8
36-59 Yrs	48.3	34.7	32.6	49.1	26.7	41.8	30.5	36.1
≥ 60 Yrs	42.5	30.0	27.7	44.4	26.4	35.0	30.8	32.7
ST	75.4	18.8	-	54.6	17.1	41.4	28.9	34.5
SC	49.9	27.5	31.2	43.5	25.3	38.7	25.9	33.2
BC	43.1	33.8	29.7	39.5	25.9	28.2	26.1	27.4
Others	43.5	34.8	31.3	48.1	24.4	37.9	30.2	34.7

(Contd...)

Table 1: Average Daily Consumption of Visible Fat (g/day) by Socio-Economic and Demographic Particulars in Different Metropolitan Cities of India

	Ahmad- abad	Bangalore	Chennai	Delhi	Hydera- bad	Kolkata	Mumbai	Cities Pooled
Educational Status	Illiterate	24.9	26.2	43.2	24.7	34.9	25.6	28.1
	Read & Wright		21.7	44.1		37.7		31.6
	1 st - 4 th Standard	35.1	25.2	38.4	25.2	29.5	23.3	28.5
	5 st - 8 th Standard	31.3	30.5	44.7	25.9	38.4	28.4	34.0
	9 st - 12 th Standard	33.5	33.6	52.2	25.7	40.8	31.5	35.2
Occupation	College	39.6	32.2	48.1	28.7	42.4	30.8	35.0
	< 6 Yr Children	18.8	17.8	26.7	16.1	14.4	10.3	15.9
	Labour	32.8	31.8	56.6	20.7	36.2	34.3	35.6
	Cultivators	16.3	-	41.7	49.3	-	29.3	43.2
	Artisan	32.2	41.3	44.2	21.8	36.2	-	35.0
	Service	36.8	33.7	56.2	27.1	41.9	32.8	36.3
	Professional	62.7	31.4	35.6	28.7	46.5	8.6	37.3
	Business	43.7	31.3	51.5	31.1	44.3	39.5	39.7
	Auto/Taxi driver	34.9	32.3	59.5	26.1	36.9	33.0	33.7
	Housewife	32.9	31.3	47.2	27.3	38.3	29.4	34.0
Type of Activity	Other Occupations	33.7	31.2	40.4	25.5	36.7	31.2	30.8
	Dependents (Students, Children, Elderly)	25.9	27.9	39.4	22.7	33.2	23.5	27.9
	Sedentary	31.3	30.2	44.6	25.3	37.0	26.9	31.8
	Moderate	31.5	33.0	56.5	24.2	38.4	34.9	34.0
	Low Income	29.6	29.4	41.7	24.5	35.1	25.5	30.1
Income Groups	Middle Income	28.4	28.9	51.9	24.1	36.3	32.2	33.3
	High Income	36.8	33.1	54.1	27.1	46.1	33.0	36.2
	Vegetarian	34.2	35.5	46.1	27.5	32.6	27.3	40.7
Type of Diet	32.8	30.1	44.9	25.2	37.1	28.8	30.2	
Non-Vegetarian								

Table 2: Frequency (%) Distribution of Individuals Consuming Different Recipes (Groups) in Metropolitan Cities

Groups of Recipes	Ahmedabad		Bangalore		Chennai		Delhi		Hyderabad		Kolkata		Mumbai		pooled	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Cereals & Millet Based Recipes	646	97.1	693	97.9	647	98.6	727	100.0	1059	100.0	726	100.0	590	99.7	5115	99.8
Cereals with Flesh Foods	6	0.9	25	3.5	41	6.3	6	0.8	59	5.6	26	3.6	15	2.5	178	3.5
Pulse Based Recipes	299	45.0	423	59.7	372	56.7	478	65.7	586	55.3	522	71.9	469	79.2	3163	61.7
Leafy Vegetables Based Recipes	121	18.2	86	12.1	109	16.6	32	4.4	181	17.1	159	21.9	147	24.8	836	16.3
Roots and Tubers Based Recipes	179	26.9	83	11.7	191	29.1	208	28.6	244	23.0	500	68.9	77	13.0	1486	29.0
Other Vegetables Based Recipes	349	52.5	270	38.1	357	54.4	394	54.2	662	62.5	436	60.1	328	55.4	2814	54.9
Salads	-	-	14	2.0	-	-	207	28.5	17	1.6	51	7.0	30	5.1	383	7.5
Nuts & Oils Seeds Based Recipes	31	4.7	135	19.1	155	23.6	10	1.4	204	19.3	15	2.1	15	2.5	565	11.0
Condiments & Spices Based Recipes	13	2.0	14	2.0	15	2.3	-	-	26	2.5	5	0.7	-	-	73	1.4
Fruits Based Recipes	154	23.2	193	27.3	454	69.2	327	45.0	486	45.9	251	34.6	337	56.9	2212	43.1
Soups	-	-	5	0.7	18	2.7	-	-	13	1.2	7	1.0	-	-	44	0.9
Flesh Food Based Recipes	82	12.3	198	28.0	337	51.4	73	10.0	404	38.1	520	71.6	220	37.2	1834	35.8
Milk Based Recipes	645	97.0	609	86.0	644	98.2	727	100.0	1042	98.4	720	99.2	592	100.0	5010	97.7
Processed Fruit Juices	-	-	2	0.3	4	0.6	6	0.8	15	1.4	17	2.3	-	-	43	0.8
Carbonated Beverages	-	-	32	4.5	236	36.0	16	2.2	16	1.5	7	1.0	3	0.5	78	1.5
Biscuits	66	9.9	174	24.6	15	2.3	272	37.4	301	28.4	583	80.3	303	51.2	1950	38.0
Infant Food	-	-	1	0.1	43	6.6	8	1.1	22	2.1	39	5.4	-	-	90	1.8
Chaat Foods	45	6.8	40	5.6	-	-	49	6.7	76	7.2	236	32.5	18	3.0	507	9.9
Tiffins and Snacks	115	17.3	221	31.2	540	82.3	18	2.5	402	38.0	161	22.2	42	7.1	1499	29.2
Bakery Foods	84	12.6	77	10.9	70	10.7	338	46.5	163	15.4	183	25.2	187	31.6	1111	21.7
Sweets	93	14.0	69	9.7	37	5.6	29	4.0	52	4.9	176	24.2	21	3.5	477	9.3
Namkeen	131	19.7	117	16.5	170	25.9	141	19.4	265	25.0	180	24.8	109	18.4	1119	21.8
Chocolates	3	0.5	32	4.5	22	3.4	28	3.9	30	2.8	18	2.5	7	1.2	140	2.7
Glucose Powder	-	-	13	1.8	36	5.5	-	-	26	2.5	34	4.7	-	-	111	2.2
Fats and Oils	37	5.6	16	2.3	3	0.5	9	1.2	16	1.5	70	9.6	8	1.4	159	3.1

Table 3: Average Consumption of Visible Fat from Different Recipes in Metropolitan Cities (g/day)

Recipe Groups	Ahmadabad	Bangalore	Chennai	Delhi	Hyderabad	Kolkata	Mumbai	Cities Pooled
Cereals & Millet Based Recipes	7.7	12.4	8.6	13.8	8.6	10.0	6.9	9.4
Cereals with Non Veg Foods	26.2	20.1	15.6	33.4	17.2	27.5	17.9	20.4
Pulses based Recipes	7.6	5.6	5.2	13.0	6.0	3.8	6.3	6.5
Leafy Vegetables Based Recipes	10.3	8.3	3.4	5.4	6.1	6.2	8.8	6.7
Roots and Tubers Based Recipes	9.6	8.5	5.6	13.5	7.0	6.1	10.0	7.8
Other Vegetables Based Recipes	11.6	6.3	6.4	13.1	6.9	7.8	9.2	8.4
Nuts & Oils Seeds Based Recipes	5.6	2.7	1.3	-	3.3	16.9	-	2.5
Condiments & Spices Based Recipes	8.9	1.3	4.0	-	1.5	0.7	-	4.8
Non Vegetarian Based Recipes	17.7	9.8	9.4	17.0	7.8	14	15.2	11.6
Chats Recipes	3.7	11.4	-	12.2	4.7	9.5	-	9.2
Tiffins and Snacks	19.4	15.4	8.4	14.1	13.4	17.0	18.2	12.7
Sweets	18.1	3.8	8.2	7.9	8.3	4.2	11.8	9.3
Namkeen	12.4	8.9	8.1	5.6	11.6	7.8	-	9.3
Bakery Foods	-	1.9	3.3	1.6	2.8	10.2	-	2.6
Fats and Oils (Direct)	11.9	11.1	3.0	27.0	6.3	4.5	2.3	8.7

(Cities Pooled)

Table 4: Average Intake of Visible Fat from Different Recipes (g/day)

Name of the Recipe	No. of Individuals Consumed the Recipe	Per Capita Consumption of the Recipe (g)	Average Quantity of Visible Fat Consumed from the Recipe (g)
4.1 Cereals & Millet Based Recipes			
Wheat Bread (White)	56	30.3	5.7
Bisibele Bath	7	189.9	13.2
Coconut Rice	14	102.5	6.3
Curd Rice	38	122.9	3.5
Fenugreek Leaves Rice	4	321.2	12.0
Fried Rice	165	122.1	10.4
Ghee Rice	19	96.6	6.6
Jeera Rice	72	86.6	5.7
Kichidi /Pongal/ Pulagam	519	108.0	8.0
Lemon Rice	74	141.5	11.6
Mango Rice (Pulihora)	13	129.2	15.8
Masala Rice	50	145.3	13.1
Mint Rice	3	235.0	10.3
Rice Bath/Rice Bath	3923	429.0	2.3
Dal Fry + Rice	4	120.2	25.2
Rice Dosa	36	207.2	11.0
Rice Porridge/Gruel	27	120.2	1.0
Tamarind Pulihora Rice	89	140.3	12.2
Tomato Rice	56	196.7	12.2
Vegetable Biryani	140	219.5	12.9
Rice Puttu	5	43.8	5.1
Rice Flakes Poha/Upma	86	132.7	11.6
Rice Flakes with Milk and Sugar	22	96.0	1.0
Rice Flakes Chudva (Deep Fried)	32	85.5	11.9
Rice Flakes Chudva	42	55.1	13.7
Puffed Rice Upma/Uggani	72	62.0	7.3
Puffed Rice Chudva	26	49.8	6.5
Puffed Rice	365	42.7	4.4
Broken Wheat Upma	42	51.6	7.2

Contd.

Wheat Chapati	2393	131.4	9.9
Wheat Dhal Bati	8	120.7	8.2
Nan Roti	12	35.4	3.9
Parota	458	112.2	10.1
Phulka/Roti	847	107.6	5.6
Rumali Roti	2	45.0	0.1
Stuffed Parota	49	155.9	17.4
Wheat Porridge/Gruel	17	158.4	14.8
Wheat Flakes	3	68.3	1.0
Wheat Dosa	5	129.0	8.0
Semolina Upma	139	123.8	10.9
Vermicelli Upma	18	118.4	9.7
Other Preparation with Jowar	31	69.5	2.6
Ragi Chapathi	49	121.5	7.5
Ragi Dosa	2	156.5	2.5
Ragi Java/Porridge/Sari/Kodu	32	48.3	2.1
Oats with Milk	10	39.9	1.2
Oats Upma	8	51.7	0.6
Corn Boiled	19	48.3	0.4
Maize Roti	7	192.7	5.6
Maize Upma	9	161.0	16.3
Bajra Roti	38	144.4	10.3
Other Preparation with Bajra	1	55.0	7.0
Sago Kichidi	5	110.5	11.9
Sago Upma	4	39.5	2.9
Other Preparation with Sago	4	20.0	25.0
Other Preparation with Cereals	10	70.8	20.7
4.2 Cereals With Non Veg Based			
Chicken Biryani	101	280.2	17.9
Egg Rice	24	105.3	13.8
Mutton Biryani	46	329.0	26.1
Prawns Biryani	8	153.5	16.3
4.3 Pulse Based Recipes			
Bengal Gram Whole Dhal Curry (Gravy)	110	113.8	9.9
Bengal Gram Whole Dhal Boiled & Seasoned	19	39.0	0.8
Bengal Gram Whole Dhal Deep Fry	10	78.9	11.8

Contd.

Bengal Gram Whole Dhal Sprouts	3	48.2	1.9
Bengal Gram Whole Dhal Sambar Type	19	147.9	5.8
Bengal Gram Whole Dhal with Vegetables	4	171.9	9.1
Bengal Gram Whole Dhal Chutney	26	28.3	2.4
Black Gram Dhal with Vegetables	17	66.1	9.7
Black Gram Dhal Chutney	4	53.6	1.2
Black Gram Dhal with Vegetables	12	85.0	14.6
Black Gram Dhal Chutney	8	80.2	4.1
Black Gram Dhal with Vegetables	4	32.5	0.3
Cow Pea Dhal Chutney	13	87.5	9.0
Cow Pea Dhal Sambar Type	29	139.9	5.1
Field Bean Curry (Gravy)	17	94.9	7.2
Field Bean Sambar Type	13	175.0	6.8
Green Gram Whole Curry (Gravy)	26	73.7	7.3
Green Gram Whole Sambar Type	9	77.0	3.0
Green Gram Whole with Vegetables	4	210.2	7.4
Green Gram Dhal Curry (Gravy)	256	59.5	6.5
Green Gram Dhal Boiled & Seasoned	9	43.1	2.4
Green Gram Dhal Deep Fry	6	141.2	16.4
Green Gram Dhal Sambar Type	43	83.5	5.7
Green Gram Dhal Green Leafy Dhal	4	32.9	2.0
Green Gram Dhal with Vegetables	18	84.8	2.9
Horse Gram Whole Curry (Gravy)	8	82.0	6.6
Horse Gram Whole Sambar Type	5	137.9	10.4
Horse Gram Whole Chutney	5	17.4	0.6
Lentil Dhal Curry (Gravy)	407	51.1	5.5

Contd.

Lentil Dhal Sambar Type	17	91.8	6.9
Lentil Dhal Green Leafy Dhal	39	50.3	4.1
Lentil Dhal with Vegetables	9	148.6	7.6
Moth Beans Curry (Gravy)	12	55.4	2.4
Moth Beans Sambar Type	4	221.7	15.3
Peas Green Curry (Gravy)	56	73.2	6.2
Peas Green Deep Fry	12	56.2	11.9
Peas Green Sambar type	9	87.4	3.9
Rajmah, Curry (Gravy)	45	121.1	13.8
Rajmah with Vegetables	2	229.1	9.6
Red Gram Dhal Curry (gravy)	730	53.9	5.7
Red Gram Dhal Boiled & Deasoned	55	24.5	3.1
Red Gram Dhal Deep Fry	42	55.4	6.0
Red Gram Dhal Sprouts	8	22.3	1.9
Red Gram Dhal Sambar Type	795	102.7	5.3
Red Gram Dhal Green Leafy Dhal	66	88.8	4.4
Red Gram Dhal with Vegetables	94	70.2	4.6
Red Gram Dhal, Chutney	6	17.0	1.0
Soya Bean Curry (Gravy)	67	74.3	8.4
Soya Bean Chutney	1	30.0	6.9
Soya Bean Meal Maker	9	56.4	6.5
Other Dhals Curry (Gravy)	143	68.6	10.4
Other Dhals Sambar Type	13	77.8	4.0
Other Dhals Leafy Dhal	1	200.0	5.6
Other Dhals with Vegetables	3	266.6	7.4
Other Dhals Chutney	5	92.0	4.6
Other Dhals Chutney Powder Dry	7	5.9	3.0
Other Dhals Curry (Gravy)	22	113.0	7.3
Other Dhals Boiled & Seasoned	6	13.7	0.8
Other Specify Deep Fry	7	26.9	9.0
Other Specify Sambar Type	9	34.4	1.8
Other Specify with Vegetables	5	103.0	5.4
Bengal Gram Dhal Curry (Gravy)	140	92.8	12.5
Bengal Gram Dhal Sambar Type	10	20.5	4.9
Bengal Gram Dhal Leafy Dhal	13	26.8	4.8

Contd.

Bengal Gram Dhal with Vegetables	30	158.7	17.6
Bengal Gram Dhal Chutney	2	31.5	0.5
Bengal Gram Dhal Chutney Powder Dry	14	11.0	4.4
Bengal Gram Roasted with Vegetables	4	115.6	19.4
Bengal Gram Roasted Chutney	18	23.7	0.9
4.4 Leafy Vegetables Based Recipes			
Amaranth Curry/Fry	105	105.5	6.5
Cabbage Curry/Fry	210	124.9	7.3
Colocasia Leaves Curry/Fry	12	108.8	9.4
Coriander Leaves Curry/Fry	46	26.1	2.1
Curry Leaves Chutney	6	52.0	1.2
Drum Stick Leaves Curry/Fry	25	128.7	7.2
Drum Stick Leaves Chutney	5	117.7	11.4
Fenugreek Leaves Curry/Fry	109	151.2	7.6
Gogu Leaves Curry/Fry	14	40.4	2.2
Gogu Leaves Chutney	45	27.5	3.2
Mint Leaves Curry/Fry	7	48.4	14.7
Mint Leaves Chutney	33	18.9	2.3
Radish Leaves Curry	7	138.9	13.3
Soya Curry/Fry	5	33.8	19.0
Soya Boiled& Seasoned	4	39.8	6.1
Spinach Curry/Fry	93	170.1	7.7
Spinach Boiled& Seasoned	2	104.5	12.7
Tamarind Leaves Curry/Fry	3	84.8	6.3
Mixed Green Leafy Vegetable Curry/Fry	36	167.4	6.0
Mixed Green Leafy Vegetable Boiled & Seasoned	3	352.5	5.4
Others Specify Chutney	1	140.0	11.2
Knol-Khol Leaves Curry/Fry	6	102.3	5.0
Mayalu Leaves Curry/Fry	6	80.4	7.8
Shepu Leaves Curry/Fry	5	127.0	12.9
Others Leafy Vegetable Curry/Fry	44	119.9	4.9
Others Leafy Vegetable Chutney	5	37.5	0.6
4.5 Roots and Tubers Based Recipes			
Beet Root Curry	29	105.7	6.5

Contd.

Beet Root Boiled & Seasoned	3	74.2	2.6
Beet Root Fry	15	79.9	3.3
Carrot Curry	41	108.8	6.1
Carrot Boiled & Seasoned	2	44.2	1.6
Carrot Fry	4	142.4	3.3
Carrot Chutney	4	68.8	1.6
Carrot Masala Curry	4	202.0	3.8
Colocasia Curry	26	73.0	10.3
Colocasia Boiled & Seasoned	13	16.5	2.4
Colocasia Fry	13	112.7	8.1
Onion Fry	5	43.6	8.1
Onion Curry	13	132.6	13.6
Onion Chutney	44	70.3	3.4
Potato Curry	842	110.1	8.6
Potato Boiled & Seasoned	244	76.3	4.9
Potato Fry	325	88.6	8.4
Potato Chutney	9	46.7	4.9
Potato Masala Curry	13	71.4	3.7
Radish Curry	18	101.7	13.2
Radish Boiled & Seasoned	13	125.9	2.3
Radish Fry	12	105.5	14.4
Sweet Potato Curry	4	101.2	9.6
Sweet Potato Boiled & Seasoned	9	109.8	5.8
Sweet Potato Fry	3	77.2	1.9
Yam Curry	4	95.0	3.8
Yam Boiled & Seasoned	3	74.2	1.8
Yam Fry	19	91.2	8.8
Mixed Roots Fry	5	29.6	9.0
Curry with Other Roots	4	73.0	11.2
4.6 Other Vegetable Recipes			
Beans Curry	82	93.5	5.4
Beans Boiled & seasoned	3	132.1	1.7
Beans Fry	31	94.9	6.9
Bitter Gourd Curry	122	104.5	10.1
Bitter Gourd Boiled & Seasoned	12	43.9	1.7
Bitter Gourd Fry	21	57.8	12.7
Bitter Gourd Chutney	3	3.3	0.3

Contd.

Bitter Gourd Masala Curry	2	137.2	21.0
Bottle Gourd Curry	193	133.0	9.7
Bottle Gourd Fry	12	154.3	10.1
Bottle Gourd Masala Curry	2	281.0	7.3
Brinjal Curry	259	110.6	10.6
Brinjal Boiled & Seasoned	78	77.8	11.8
Brinjal Chutney	5	38.4	1.4
Brinjal Masala Curry	11	91.7	7.6
Broad Beans Curry	42	102.0	7.1
Broad Beans Fry	6	61.3	13.3
Cauliflower Curry	155	160.9	9.4
Cauliflower Fry	23	153.3	11.8
Cauliflower Masala curry	7	55.9	0.9
Cucumber Curry	49	102.9	4.2
Cucumber Chutney	14	60.1	2.5
Cluster Beans Curry	93	76.9	7.9
Drum Stick Curry	26	106.2	9.6
Drum Stick Boiled & Seasoned	3	152.3	14.0
Drum Stick Fry	4	99.6	1.5
Drum Stick Chutney	4	172.4	15.1
Field Beans Curry	11	101.0	6.5
French Beans Curry	20	115.8	9.9
Giant Chillies Curry	62	99.0	7.1
Giant Chillies Fry	4	70.0	1.7
Green Chillies Curry	9	33.8	19.0
Green Chillies Fry	19	12.5	9.2
Green Chillies Chutney	24	17.5	1.2
Jack Fruit Curry	9	154.9	6.1
Kankoda Fry	4	57.0	3.2
Kovai Curry	67	109.8	8.2
Kovai Boiled & Seasoned	2	138.0	5.3
Kovai Fry	39	93.2	9.3
Kovai Chutney	4	8.5	0.9
Ladies Finger Curry	221	116.2	7.6
Ladies Finger Boiled& Seasoned	18	103.8	3.5
Ladies Finger Fry	107	111.6	12.3
Mango Green Curry	13	84.8	6.4
Mango Green Chutney/Pickle	279	5.1	1.4

Contd.

Papaya Green Curry	14	104.4	7.3
Parwar Curry	19	110.2	7.3
Parwar Fry	46	65.8	11.1
Plantain Curry	24	157.3	11.6
Plantain Boiled & Seasoned	2	176.2	4.9
Plantain Fry	26	91.6	8.7
Plantain Chutney	6	173.5	13.0
Pumpkin Curry	41	149.5	7.5
Pumpkin Boiled & Seasoned	3	44.3	0.9
Pumpkin Fry	9	71.6	6.9
Ridge Gourd Curry	156	120.9	8.4
Ridge Gourd Fry	3	111.0	7.9
Snake Gourd Curry	6	93.4	3.4
Snake Gourd Fry	3	123.7	14.6
Tomato Green Curry	127	76.5	7.2
Tomato Green Boiled & Seasoned	16	31.9	2.0
Tomato Green Chutney	251	68.8	5.2
Mixed Vegetables Curry	642	153.2	9.7
Mixed Vegetables Boiled & Seasoned	6	84.0	2.4
Mixed Vegetables Fry	34	136.8	12.2
Mixed Vegetables Chutney	14	6.2	0.5
Mixed Vegetables Masala Curry	16	108.0	4.1
Others Vegetable Curry	16	117.3	10.3
Others Vegetable Fry	2	86.4	9.0
Others Vegetable Chutney	12	18.8	2.2
Cho-Cho Marrow Curry	6	95.9	1.7
Cow Pea Pods Curry	9	83.5	8.2
Ghosala Curry	7	208.8	5.7
Kankoda Curry	4	126.7	10.9
Kheksa Fry	9	38.9	6.5
Knol-khol Curry	3	93.6	4.0
Leeks Curry	11	27.9	4.9
Lokoochraw Masala Curry	13	43.2	1.5
Mushrooms Curry	5	24.3	3.0
Mushrooms Fry	6	135.8	16.1
Plantain Stem Fry	10	40.6	10.8

Contd.

Sundakai Curry	5	23.5	11.3
Sundakai Fry	5	11.0	3.0
Tinda Curry	22	146.6	13.1
Tinda Fry	3	92.8	6.5
Vegetable Marrow Curry	25	247.8	13.5
Vegetable Marrow Fry	3	90.0	6.5
4.7 Nuts and Oil Seed Based Recipes			
Groundnuts Roasted	4	85.8	8.5
Coconut Deep Fry	2	75.0	25.0
Coconut Chutney	284	35.9	2.0
Groundnut Chutney	185	33.7	2.5
4.8 Condiments and Spices Based Recipes			
Chillies Green	5	4.0	0.5
Chilies Dry Deep Fry	4	17.5	3.3
Chilies Dry Chutney Powder Dry	10	6.6	0.1
Garlic Chutney	13	59.6	8.5
Ginger Chutney	20	4.7	1.9
Other Nuts and Oil Seeds Chutney	4	20.2	2.3
Other Nuts and Oil Seeds Chutney Powder Dry	4	5.0	5.0
4.9 Fruit Based Recipes			
Mango Ripe Chutney/Pickle	75	4.9	2.1
Tomato Ripe Chutney Powder	13	57.8	1.9
Tomato Ripe Chutney	106	63.4	5.2
Tomato Ripe Rasam	174	40.3	3.5
Tamarind Chutney/Pickle	16	12.2	1.9
Tamarind Rasam	285	26.8	2.6
Ambada Chutney/Pickle	4	3.8	0.1
Peach Chutney/Pickle	29	15.6	1.4
Peach Salted	12	60.8	2.0
4.10 Non Veg Based Recipes			
Fish Curry Gravy	471	155.6	15.0
Fish Fry/Deep Fry/ Snack	95	102.2	18.0
Fish Chutney/Pickle	4	45.7	3.9
Fish with Dhal	5	81.9	7.9
Fish with Vegetable	96	221.6	20.1

Contd.

Salted Fish Curry Gravy	5	192.2	22.2
Salted Fish Fry/Deep Fry/ Snack	4	144.7	15.0
Prawn Curry Gravy	18	123.3	14.2
Prawn Fry/Deep Fry/ Snack	18	125.8	11.8
Prawn Chutney/Pickle	12	182.6	9.0
Prawn with Green Leafy Vegetable	4	423.5	6.5
Prawn with Vegetable	16	159.8	5.9
Crab/Prawn with Vegetable	4	155.6	7.2
Other Fish Curry Gravy	16	102.2	11.4
Other Fish Fry/Deep Fry/ Snack	10	122.9	17.1
Other Fish Chutney/Pickle	7	90.5	3.2
Beef Curry Gravy	53	92.6	10.0
Beef Fry/Deep Fry/ Snack	11	20.6	6.5
Beef with Vegetable	17	155.1	10.3
Duck Curry Gravy	291	152.5	9.1
Duck Boiled & Seasoned	203	180.1	3.9
Duck Fry/Deep Fry/ Snack	69	101.1	8.3
Egg with Dhal	4	33.7	5.1
Egg with Green Leafy Vegetable	4	51.3	7.6
Egg with Vegetable	35	110.8	7.8
Egg Omlette	244	97.4	7.9
Egg Fry (Scrambled)	61	119.1	7.5
Chicken Curry	389	48.6	10.7
Chicken Boiled & Seasoned	2	45.4	23.8
Chicken Fry/Deep Fry/ Snack	65	171.8	9.3
Chicken Chutney/Pickle	4	256.2	23.5
Chicken with Vegetable	5	98.1	7.5
Goat Meat Curry Gravy	245	248.4	10.6
Goat Meat Boiled & Seasoned	5	87.1	5.3
Goat Meat Fry/Deep Fry/ Snack	16	88.2	8.4
Goat Meat with Dal	7	189.4	5.1
Liver Sheep ,Curry Gravy	9	48.9	1.2
Snail, Curry Gravy	2	51.6	4.5
Snail with Vegetable	2	103.3	4.5
Other Non-Veg Curry Gravy	10	83.5	5.9
Other Non-Veg Fry/Deep Fry/ Snack	4	229.0	7.5

Contd.

Other Non-Veg Chutney/Pickle	7	125.1	6.8
Other Non-Veg, with Vegetable	4	90.1	6.3
Other Non-Veg Curry Gravy	19	175.5	27.4
4.11 Chaat Based Recipes			
Bhel Puri	3	50.0	2.5
Cutlet Non-Veg	16	33.1	1.8
Kachori	85	30.2	6.3
Panipuri/Pushka	52	38.9	3.4
Pav Bajji	16	82.1	9.2
Ragada/Cutlet/Samosa/Chat	11	98.2	4.3
Samosa Big	92	37.6	3.5
Samosa Small	8	60.3	4.4
Veg Manchuria	2	150.0	23.1
Veg Noodles/Foodiles	178	80.1	14.4
Instant Noodles (Homemade)	44	66.1	14.8
4.12 Tiffin's and Namkeen Based			
Butter Dosa	7	165.2	11.2
Bonda	19	22.4	13.8
Dahi Vada	2		0.3
Dhokla	22	111.9	9.4
Dosa	590	98.4	8.9
Idly	560	87.0	3.0
Chocolate Flakes	7	104.6	2.5
Macaroni/Pasta	16	198.4	9.3
Mal Puri	5	26.0	0.1
Masala Dosa	10	91.8	0.8
Mysore Bajji	13	73.9	15.5
Onion Dosa	4	120.5	7.5
Pesarattu	14	91.3	2.6
Puri	302	70.4	26.1
Rawa Dosa	6	59.1	10.0
Rawa Idly	5	155.9	3.9
Set Dosa	4	37.5	1.1
Uttappam	3	85.0	5.5
Vada	65	61.4	18.8
Veg. Kofta	11	117.9	8.0
Wheat Dosa	4	39.0	5.0
Upma	117	84.0	7.0
Other Tiffins	33	37.6	6.1

4.13 Bakery Based Recipes			
Black Forest Cake/Pastry	9	5.9	0.6
Brown/Wheat Bread	234	25.0	2.0
Burger- Non Veg	10	40.1	3.4
Burger-Veg	4	25.0	0.9
Butter Biscuits	16	19.0	5.7
Cake with Fruits	5	55.4	2.7
Chocalate Cake/Pastry	8	50.0	8.9
Cholepaneer Puff	4	9.5	0.2
Cream Doughnuts	2	40.0	2.6
Cup Cake	24	20.6	2.2
Dilkhush	2	10.0	2.0
Dilpasand	4	35.0	6.2
Egg Puff	18	26.1	6.1
Fruit Cake Cake/Pastry	3	5.0	0.4
Jeera Khari	1	130.0	11.2
Masala Khari	2	30.0	2.6
Milk Bread	106	29.3	2.8
Non Veg Sandwich	4	60.8	10.0
Osmania Biscuits	15	18.3	3.1
Pizza-Non Veg	5	211.4	50.0
Pizza-Veg	9	117.3	41.8
Plain Khari	4	49.0	45.1
Plum Cake	4	25.0	1.4
Sandwich Bread	24	50.3	8.2
Toast/Rusk	514	11.6	1.3
Veg. Hot Dog	2	118.0	0.7
Veg. Sandwich	12	120.0	38.2
Veg. Puff	1	21.0	10.1
Sauce All Varieties	12	5.8	0.2
Bun / Butter Bun	97	36.9	5.0
4.14 Sweets Recipes			
Badhusa	9	36.1	1.8
Besan Laddu	11	36.1	12.6
Boondhi Laddu	15	27.9	9.2
Carrot Halwa	9	112.7	5.1
Coconut Laddu	9	50.2	2.5
Groundnut Chikki/Barfi	6	50.0	0.9

Contd.

Holigae (Bobattu)	15	95.8	5.6
Jalabi/Jelabi	7	74.3	9.8
Kajubarfee	3	36.7	0.1
Kheer (Dhal)	6	159.4	1.3
Kheer/Payasam/Wheat Flour(Sago, Vermicelli, Rice, Semolina)	70	140.5	17.6
Sweets with Mango/Apple	4	9.0	0.1
Mysorepak	8	34.8	2.0
Payasam-Poppy Seed	5	249.8	5.5
Peda	9	2.9	0.1
Rasmalai	4	87.5	4.5
Sheermall-Wheat Based Sweet	7	76.2	10.3
Sonpapidi	5	38.6	8.6
Suji ,Vermicelli-Halwa/Kesari	25	78.9	6.7
Til laddu	2	188.0	65.0
Other sweets	168	34.6	8.8
4.15 Namkeen based Recipes			
Bhoondhi	34	46.4	5.9
Chagodi-Small/Kodbela	4	15.0	7.9
Chakka/Vadappa	12	11.7	2.7
Chakli-Murukulu	40	18.0	5.0
Chips-(Banana/Potato All Varieties)	105	36.7	10.1
Chips-(Kurkure/Lays/Bingo...etc)	179	18.4	12.2
Mixture	213	22.1	6.0
Mirchibajji/Madurvada/Gobibajji/Golibajji/Plantain Bajji	109	61.0	22.3
Namkeen	74	39.6	5.4
Pakodi (All Varieties)	81	68.2	24.2
Pop Corn (All Varieties)	13	21.2	9.6
Sev	16	75.9	8.4
Papad/Vadiyalu in Oil	348	18.1	14.6
Others Namkeen	23	42.5	5.7

Contd.

4.16 Fats and Oils(Directly Added to the Meal)			
Butter	82	9.3	9.3
Ghee (Cow)	48	7.9	7.9
Ghee (Buffalo)	24	7.6	7.6
Groundnut Oil	1	5.0	5.0
Sunflower Oil	3	17.3	17.3
Mustard Oil	9	3.0	3.0

GLOSSARY

NNMB	: National Nutrition Monitoring Bureau
ICMR	: Indian Council of Medical Research
ILSI	: International Life Sciences Institute
NIN	: National Institute of Nutrition
Visible Fat	: Added Fat
Visible Fat	: Fat/Oil used during the process of cooking/preparation/eating.
HH	: House Hold
SC	: Scheduled Caste
ST	: Scheduled Tribe
BC	: Backward Classes
OC	: Other Caste (Forward Caste)
Artisan	: Skilled workers
Other Occupations	: Priest, Pensioners, Beedi Workers, etc.
Dependents	: Students, Children, Elderly (non earning people)
Sedentary Activity	: A sedentary activity is defined as one which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties (White Collar duties involving less physical activity).
Moderate Activity	: A moderate activity is defined as one which involves reasonable or limited activity without extreme or excessive, or intense moments.
Infant Foods	: Commercial Baby Foods
Breakfast/Tiffin Items	: Chaat Items/Foods are defined as savoury snacks, typically served at road-side outlets or from food stalls or food carts.
Chaat Items	: The Breakfast/Tiffin Foods are eaten primarily as the first meal of the day. (Examples: Idli, Dosa, Pongal, Kichidi, Vada, Bajji, Upma, Puri, Parata, Chapati etc...)
Namkeen	: Namkeen is the food which will give the savory flavor. Namkeen is used as a generic term to describe savory snack foods. (Chakodi, Boondi, Chakli/Muruku, Mixture, Sev, Pakodi)
Appadam	: Papad
Dilkush	: Bread with Sweet Stuffing
Dilpasand	: Bread with Dry Fruits and Sweet Stuffing



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