महाराष्ट्र शासन

GOVERNMENT OF MAHARASHTRA

राष्ट्रीय नमुना पाहणीच्या ५० वी फेरी, पत्रक १.० राज्य नमुन्यावर आधारीत "पोषण क्षमता" या विषयावरील अहवाल (जुलै, १९९३ ते जून, १९९४)

A REPORT ON "NUTRITIONAL INTAKE" BASED ON NATIONAL SAMPLE SURVEY 50 TH ROUND – Sch. 1.0 (State Sample)

(JULY, 1993 – JUNE, 1994)

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प्रस्तावना

सदर अहवाल राष्ट्रीय नमुना पाहणीच्या ५० व्या फेरीतील (जुलै, १९९३ ते जून, १९९४) पत्रक १.० मध्ये "कुटुंबाचा उपभोग्य बाबींवरील खर्च" या विषयावर गोळा करण्यात आलेल्या माहितीवर आधारित आहे. या अहवालात राज्य, केंद्रातील राज्य व केंद्र एकत्रित नमुन्यावर आधारीत "पोषण क्षमता" या संबंधीच्या निष्कर्षांची माहिती दिली आहे. कुटुंबाने उपभोग घेतलेल्या अन्नपदार्थांच्या परिमाणास उर्जा, प्रथिने व मेद मध्ये त्या त्या प्रमाणात रुपांतरीत करुन कुटुंबाची पोषण क्षमता काढण्यात आली आहे.

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PREFACE

The present report is based on the data collected on consumer expenditure in the 50th round (June, 1993- July, 1994) of National Sample Survey. In this report, results regarding "Nutritional Intake" based on State, Central as well as pooled samples are discussed. The nutritional intake of a sample household has been measured by converting the quantities of the food items consumed by the household in to equivalent amount of energy, protein and fat.

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CONTENTS

Section - One

INTRODUCTION

1.0 The fifth quinquennial survey on consumer expenditure and employment-unemployment was conducted in the 50^{th} round of National Sample Survey (NSS). The Government of India through the NSS Organization (NSSO) regularly conducts nationwide surveys to collect data on socio-economic aspects of the population. Generally, these surveys are conducted in the form of consecutive rounds of six months or full year duration. The Directorate of Economics and Statistics on behalf of the Government of Maharashtra participates in these surveys on a matching sample basis. Thus, an independent sample is canvassed which is commonly known as the State sample. The present report is based on the data collected on consumer expenditure in the 50th round in the State sample as well as the Central sample. In this report results on nutritional intake based on the State sample and the Central sample along with the Pooled (i.e. State sample and Central sample combined) sample are discussed. These results relate to the population belonging to different monthly per capita expenditure classes. The nutritional intake of a sample household has been measured by converting the quantities of the items of food consumed by the household into equivalent amounts of energy, protein and fat.

1.1 Survey Period and Reference Period: The survey period of the 50th round was from July, 1993 to June, 1994. The reference period for collection of data was 30 days prior to the date of survey.

1.2 Geographical coverage: The geographical coverage of the 50th round for the State sample was the entire rural and urban areas of the Maharashtra State.

1.3 Sample size: In each selected village / urban block, 10 households were selected for survey. Thus, in all 12,775 households comprising of 4,406 households spread over 448 sample villages from the rural areas and 8,369 households spread over 840 sample urban blocks from the urban areas, respectively, were interviewed in the State sample. In case of the Central sample, 9,968 households comprising of 4,440 households spread over 445 sample villages from the rural areas and 5,528 households spread over 557 sample urban blocks from the urban areas, respectively, were interviewed.

1.4 Contents of the report: The second section gives concepts and definitions used for the survey. Sample design and estimation procedure is given in the third section. Fourth section is based on the State sample, Central sample and Pooled sample results on nutritional intake. Calorie, protein and fat content per unit quantity of food items listed in the consumer expenditure schedule may be seen in the Appendix I. Detailed tables for rural and urban areas separately are given in Appendix-II.

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Section - Two

CONCEPTS AND DEFINITIONS

2.0 Some of the concepts regarding nutritional intake are briefly given below.

2.1 House: Every structure, tent, shelter etc. is treated as a house irrespective of its use whether for residential or non-residential purpose or both or even vacant.

2.2 Household: A group of persons normally living together and taking food from a common kitchen constitutes a household. The word "normally" indicates that temporary visitors are excluded but temporary stay-aways are included. "Living together" is usually given more importance than "sharing food from a common kitchen" in drawing the boundaries of a household in case the two criteria are in conflict. Each inmate of a mess, hotel, boarding and lodging house, hostel etc. is considered as single member household except that a family living in a hotel (say) is considered as one household only; the same applies to the residential staff of such establishments.

2.3 Household size: The number of normal resident members of a household including temporary stay-aways and excluding temporary visitors is treated as its size.

2.4 Household consumer expenditure: The expenditure incurred by a household on domestic consumption during the reference period is the consumer expenditure of the household. It is the total of the monetary values of consumption of various groups of items viz. (i) food, pan (betel leaves), tobacco, intoxicants and fuel & light, (ii) clothing and footwear and (iii) miscellaneous goods and services and durable articles. For the items food, pan, tobacco, intoxicants, fuel and light, clothing and footwear, the total value of consumption is derived by aggregating the monetary value of goods actually consumed during the reference period. An item of clothing and footwear, would be considered to have been consumed, if it is brought into maiden or first use during the reference period. The consumption may be out of (a) purchase made during the reference period or earlier; (b) home grown stock; (c) receipt in exchange of goods and services; (d) any other receipt like gift, charity, borrowing and (e) free collection. For evaluating the consumption of the items of miscellaneous goods and services and durable articles, a different approach is followed. In this case, the value of actual purchase i.e. the expenditure made during the reference period for the purchase of goods and services is considered as consumption. The consumer expenditure of a household on food items relate to the actual consumption made by the normal resident members of the household and also by the guests during ceremonies or otherwise. To avoid double counting, transfer payments like charity, loan, advance etc. made by the household are not considered as consumption for the items viz. food, pan, tobacco, intoxicants, fuel, light, clothing and foot-wear, since transfer receipt of these items have been taken into account. However, the item "cooked meals" is an exception to the rule. Meals prepared in the household kitchen and provided to the employee and/or others would automatically get included in domestic consumption of the employer (payer) household. There is a practical difficulty in estimating the quantities and values of individual items used for preparing the meals served to employees or to others. Thus, to avoid double counting, cooked meals received as requisites from employer household or as gift, or charity are not recorded in the recipient household. As a general principle, cooked meals purchased from the market for the consumption of the normal resident members or for the guests and employees would also be recorded in purchaser household. This procedure of recording cooked meals served to others in the expenditure of the serving households only leads to bias free estimates of average per capita consumption as well as total consumer expenditure. However, as the proportions of donors and recipients of free cooked meals are likely to vary in opposite directions over the expenditure classes, the nutritional intake derived from the consumer expenditure survey data may present a somewhat distorted picture. These derived nutrition intakes may get inflated for the rich (net donors) and somewhat understated for the poor (net recipients). This point has to be kept firmly in mind while using the NSS consumer expenditure data for any nutritional study.

2.5 Monthly per capita expenditure (MPCE): The total consumer expenditure of a household divided by the household size is taken as the monthly per capita expenditure (MPCE) of the household and its members.

2.6 Monthly per capita expenditure class: The households and persons are classified according to their monthly per capita expenditure. The expenditure classes (in Rs.) have been arranged in ascending order of their magnitude. The derived MPCE levels are grouped into 12 classes on the basis of the Central sample data for all India. The groups were formulated in such a way as to obtain approximately 5 per cent of the population each in the first two and the last two classes and 10 per cent each in the middle eight classes. As this is done on the basis of all India sample, these proportions may not hold good for any particular State. Such a formulation has led to different expenditure classes for rural and urban areas as given in the Table No.2.1.

Table No.2.1
Monthly per capita expenditure classes for rural and urban areas

Sr.No.	Monthly per capita expenditure class (Rs.)	
	Rural	Urban
1	Less than 120	Less than 160
2	120 – 140	160 – 190
3	140 – 165	190 – 230
4	165 – 190	230 – 265
5	190 – 210	265 – 310
6	210 – 235	310 – 355
7	235 – 265	355 – 410
8	265 – 300	410 – 490
9	300 – 355	490 – 605
10	355 – 455	605 – 825
11	455 – 560	825 – 1055
12	560 and above	1055 and above
13	All	All

2.7 Nutrients: A wide range nutrients are necessary to a person for performance of various bodily functions and also to lead a healthy life. These include proteins, fat, carbohydrate, vitamins and minerals. These are chemical ingredients, which are present in the food substances. The food containing these nutrients, which are consumed daily are classified as cereals, pulses, nuts and oilseeds, vegetables, fruits, milk and milk products and also foods, fleshy in nature (fish, meat and poultry).

2.8 Protein, fat and carbohydrate are some times referred to as proximate principles. They get oxidized in the body to yield energy, which the body needs. Although, proteins provide energy, their primary function is to provide amino acids for building body proteins. Fats, particularly the vegetable oils, besides being a concentrated source of energy, provide essential fatty acids, which perform function akin to vitamins in the body. Vitamins and minerals do not supply energy but they play an important role in the regulation of the metabolic activity in the body and help in the utilization of the proximate principles.

2.9 Proteins: Proteins are one of the most important nutrients required by the body and should be available in adequate amounts in the diet. The protein needed by the body has to be supplied through the diet we consume. All foods except refined sugar, oil and fats contain protein to varying degree. Some foods contain high amount of protein and can be classified as protein rich foods. Example of such foods are animal foods like meat, fish and egg and plant foods like pulses, oilseeds and nuts. Milk also can be classified under this category if due allowance is made for large amount of water in it. These foods contain over 20 per cent protein and soyabean is the richest source containing over 40 per cent of protein. Cereals are moderate source of protein as they contain about 10 per cent protein. Rice contains less protein (7 per cent) than wheat (approximately 10 per cent) and other cereals. Leafy vegetables, fruits, roots, tubers are generally poor sources of protein as they contain less than 2 per cent protein, The protein values were calculated from the nitrogen contents and the factor used was 6.25 for all the food stuffs.

2.10 Fats: Fat is an important component of diet and serves a number of functions in the body. Fat is a concentrated source of energy and per unit weight, it supplies, is more than twice the energy furnished by either of protein or carbohydrate. It also imparts palatability to a diet and retards the pace of emptying stomach. Presence of fat in the diet is important for the absorption of fat-soluble vitamins like vitamin A and carotene present in the diet. Apart from these functions, some fats, particularly those derived from vegetable sources provide what is known as "essential fatty acids" (EFA) which has vitamins like functions in body. Fats in the diet can be of two kinds, the visible and invisible fat. The visible fats are those derived from vegetable fats like ground nut, mustard, coconut, safflower, till which are liquid fats. The invisible fats are present in other food items like cereals, pulses, oilseeds, milk, egg, meat etc. This invisible fat is believed to contribute significantly to the total fat and essential fatty acid contents of diet depending upon the nature and quantity of foodstuff present in the diet. The values of fat relate to total ether extractives and measured in grams.

2.11 Carbohydrates: Carbohydrates are a class of energy yielding substances, which include starch, glucose, cane sugar, milk etc. Grain foods and roots and tubers are largely composed of starch, a complex carbohydrate. Food ingredients, like simple sugars namely cane sugar, glucose, are pure carbohydrate. Glucose derived from starch and other sugar present in the diet is the main source of energy in the body. Carbohydrates derived from cereals form a main source of energy in Indian diets.

2.12 Energy: Protein, fat and carbohydrates are mainly the energy yielding components of a diet. Proteins normally supply 10 to 12 per cent of energy in most diets; energy that carbohydrate and fat contribute may vary from diet to diet. It is desirable that the energy from fat should not exceed 30 per cent and the rest may be derived from carbohydrate. Quantitative food requirements are usually estimated in terms of energy.

2.13 Calorie: The unit of measuring energy is calories, which is the amount of heat necessary to raise the temperature of one kg of water by 1^{o}C from 14.5^{o}C to 15.5^{o}C. The calorie unit of measurement of food items is thousand times the conventional calorie unit of energy. Hence, in some studies the unit of energy-nutrient notations likes "kcal" (i.e. kilocalories or thousand calories) or simple "cal" are used. In this chapter, only "calories" has been used to represent the unit of energy for nutrition, which is one thousand times of a conventional calorie unit.

2.14 Food commodities by major groups: A classification of food commodities into 10 major food groups as in the Table No.2.2 has been framed. Energy intake is presented as a break-up over these 10 groups, which usually contribute towards generation of energy in the body when consumed.

Table No.2.2
Classification of food commodities

Food group No.	Name of the group
I	Cereals
II	Roots and tubers
III	Sugars and honey
IV	Pulses, nuts and oil seeds
V	Vegetables and fruits
VI	Meat, eggs and fish
VII	Milk and milk products
VIII	Oils and fats
IX	Miscellaneous food, food products and beverages
X	Alcoholic beverages

2.15 Consumer unit: A person of a particular sex and age group is represented by an index i.e. consumer unit number, according to the requirement of energy in terms of standard applicable to a "reference man". A male in the age group 20-39 years is considered as a standard known as the "reference man" and his per diem energy requirement forms a single consumer unit. The indices representing the energy requirement levels per diem of the different members of a household irrespective of age and sex are added together to derive the total number of consumer units in that household with the help of the Table No.2.3 showing age-sexwise indices.

Table No.2.3
Consumer units by age and sex

Age group (in completed years)	Sex: Male	Sex: Female
Less than 1	0.43	0.43
1-3	0.54	0.54
4-6	0.72	0.72
7-9	0.87	0.87
10-12	1.03	0.93
13-15	0.97	0.80
16-19	1.02	0.75
20-39	1.00	0.71
40-49	0.95	0.68
50-59	0.90	0.64
60-69	0.80	0.51
70 and above	0.70	0.50

2.16 "Norm" level of calorie intake: The "norm" level of calorie intake is taken as 2700 calories per consumer unit per day. In reality, the energy requirement of individuals depend on 4 variables, inter related in a complex way. These variables are (a) physical activity, (b) body size and composition, (c) age and (d) climate and other ecological factors. The "norm" level is simplification of the real situation in terms of age and/or sex of a person.

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Section - Three

SAMPLE DESIGN AND ESTIMATION PROCEDURE

3.0 Sample design: A two-stage stratified design was adopted for the 50th round survey. The first stage units (fsu`s) were census villages in the rural areas and Urban Frame Survey (UFS) blocks in the urban areas (however, for some newly declared towns of 1991 census for which UFS frames were not available, census Enumeration Blocks (EB's) were the first stage units). The second stage units were households in both the areas.

3.1 Sampling frame for fsu`s: The rural sample of first sub-round was drawn from the frame of 1981 census villages and those of second to fourth sub-rounds were drawn from the frame of 1991 census villages to incorporate the latest available information. For the urban areas, the lists of NSS UFS blocks were considered as the sampling frame. However, 1991 census EB's were considered as the sampling frame for some of the new towns of 1991 census for which UFS records were not available.

3.2 Formation of NSS regions: The Maharashtra State has been divided into six regions by grouping contiguous districts similar in respect of population density and crop pattern.

3.3 Stratification for rural areas: In the rural areas, each district was treated as a separate stratum. However, for the districts whose census population was greater than or equal to 1.8 million or 2 million (depending on the use of 1981 or 1991 census frame), the district had been split into two or more strata by grouping contiguous tehsils.

3.4 Stratification for urban areas: In the urban areas, strata were formed within each NSS region, on the basis of the population size class of towns according to 1991 census. In order to net more households of the upper income bracket, each city with population 4 lakh or more (including the cities with 10 lakh or more population) was divided into two parts (a) blocks located in the areas inhabited by the affluent section of the population (i.e. affluent areas) and (b) the remaining blocks (i.e. other areas). The stratum numbers and their composition within each NSS region are given in the Table No.3.1.

Table No.3.1
Composition of urban strata within each NSS region

Stratum Number	Composition of stratum
(1)	(2)
1	All towns with population less than 50,000
2	All towns with population 50,000 - 1,99,999
3	All towns with population 2,00,000 - 3,99,999
4	Affluent areas of all towns with population 4,00,000 - 9,99,999
5	Other areas of all towns with population 4,00,000 - 9,99,999
6	Affluent areas of a single city with population 10,00,000 or more
7	Other areas of a single city with population 10,00,000 or more
8	Affluent areas of another city (if any) with population 10,00,000 or more
9	Other areas of another city (if any) with population 10,00,000 or more
Note:	The information on blocks located in affluent areas was taken from FOD, NSSO.

3.5 Participation of the State: The Maharashtra State participates in the NSS surveys on a matching sample basis with respect to the Central sample for the State. This matching pattern is equal sized sample for the rural areas and one and half times sized sample for the urban areas.

3.6 Allocation of first stage units:

(a) Rural: The total sample size of the first stage units (rural and urban combined) for the Central sample for a state/u.t. was determined on the basis of investigator strength and the expected workload per investigator. This was then allocated to its rural and urban areas considering the relative sizes of the rural and urban population with double weightage to the urban areas. The State level rural sample size was allocated to the rural strata in proportion to rural population as per 1981 census. For Maharashtra, fresh sample villages were selected for survey during sub-rounds 2 to 4. The samples of the sub-round 1 (1/4th of the total allocation at the State level and also at the stratum level for strata for which sample allocations were multiples of 8) were drawn from the frame of 1981 census villages. The remaining 3/4th of the samples of the original allocation of the State left for sub-rounds 2 to 4 were reallocated to the strata in proportion to rural population as per 1991 census adjusting in stratum level allocations to multiples of 6 to the extent possible in order to allocate them equally to each sub-sample x sub-round combination (2 sub-samples x 3 sub-rounds). In the cases where 6 samples could not be allocated to a stratum because of small sample size, sub-sample x sub-round allocation was finalized by considering allocations already made in the first sub-round with the restriction that equal number of samples were allocated for each sub-round at the State level.

(b) Urban: The urban sample size was allocated to the urban strata in proportion to urban population with double weightage to the affluent strata (viz. stratum 4, 6 and 8). Here also the stratum level allocations were adjusted to multiples of 8 to the extent possible to further allocate them equally to each sub-sample x sub-round combination.

(c) For the State sample for Maharashtra, 448 villages were allocated for survey in the rural areas while in the urban areas 840 blocks were allocated for survey. For the Central sample for Maharashtra, 448 villages in the rural areas and 560 blocks in the urban areas were allocated for survey.

3.7 Selection of first stage units:

(a) Rural: The sample villages were selected circular systematically with probability proportional to population for all the sub-rounds in the form of two or more independent sub-samples from the frame of 1981 census villages for the samples of sub-round 1 and from the frame of 1991 census villages for the samples of sub-rounds 2 to 4.

(b) Urban: The sample blocks were selected circular systematically with equal probability in the form of two or more independent sub-samples.

3.8 Selection of hamlet groups/sub-blocks: Large villages/blocks were divided into a suitable number of hamlet groups/sub-blocks having more or less equal population content. Two hamlet groups were selected circular systematically with a random start from large villages whereas only one sub-block was selected at random from a large block. The two hamlet groups selected from large villages were considered together as one unit for combined listing and selection of households. The number of hamlet groups to be formed (D) was decided on the basis of the present (i.e. at the time of survey) population of the sample village. The criterion for determining the actual value of D is given in the Table No.3.2.

Table No.3.2
Number of hamlet groups to be formed in large villages

Approximate present population of sample village	Number of hamlet groups to be formed (D)
Less than 1200	1 (i.e. no hamlet group formation)
1200 to 1799	4
1800 to 2199	5
2200 to 2599	6
2600 to 2999	7
And so on	(i.e. for every additional population of less than or equal to 400, one more hamlet group was required to be formed).

The criterion of determining the actual value of D (i.e. number of sub-blocks to be formed) for large blocks is given in the Table No.3.3.

Table No.3.3
Number of sub-blocks to be formed in large blocks

Approximate present population of sample block	Number of sub-blocks to be formed (D)
less than 1200	1 (i.e. no sub-block formation)
1200 to 1999	2
2000 to 2799	3
2800 to 3599	4
3600 to 4399	5
and so on	(i.e. for every additional population of less than or equal to 800, one more sub-block was required to be formed).

3.9 Selection of households for rural samples: In order to have adequate number of sample households from the affluent section of the society, households listed in the selected village/hamlet groups were classified into two groups namely second stage stratum 1 and second stage stratum 2. Second stage stratum 1 had at most 10 'affluent households' and the remaining households constituted the second stage stratum 2. In case of lack of affluent households in the village/hamlet groups, all the households constituted the second stage stratum 2. In extreme cases where the total number of households listed was less than or equal to 10, all those households were included in the second stage stratum 2. A household was classified as 'affluent' if it owned any of the items motor car/ jeep/ moped/ scooter/ tractor/ truck/ van/ bus etc., large business, television, refrigerator, spacious pucca house or if it owned cultivable/ irrigated land in excess of 20/10 acres or if the household had at least one member with a good salaried job or in a profession with considerable income like doctor, advocate etc. If the number of affluent households identified with the above guidelines was between 1 and 10, all of them formed the second stage stratum 1. But if the number exceeded 10, the top 10 were selected to form second stage stratum 1 and all the remaining households (including those affluent households not considered under the second stage stratum 1) were considered under the second stage stratum 2. At the time of listing, information relating to each household's major source of income was collected on the basis of which the household's means of livelihood were identified as one of the following: 'self-employed in non-agriculture', 'rural labour' and 'others'. Also the area of land possessed as on the date of survey was ascertained from all households while listing. The relatively affluent households were included in the second stage stratum 1 and the remaining households were included in the second stage stratum 2. These remaining households were arranged in the order : (1) self-employed in non-agriculture, (2) rural labour and (3) other households with land possessed (in acres) : (3a) less than 1.00; (3b) 1.00 - 2.49; (3c) 2.50 - 4.99; (3d) 5.00 - 9.99 and (3e) 10.00 or more. Two sample households were selected from the second stage stratum 1 circular systematically with a random start. From the second stage stratum 2, eight households were selected, from the arranged frame, circular systematically with a random start.

3.10 Selection of households for urban samples: At the time of listing, information on major sources of income was ascertained from each household based on its means of livelihood class identified as one of the following: (a) self-employed, (b) regular wage/ salary earner, (c) casual labour and (d) others. Further, the average total monthly consumer expenditure and the household size were also ascertained from each household from which its average monthly per capita consumer expenditure (MPCE) was obtained. In all towns except those with population 10 lakh or more, all households with Rs.1200 or more MPCE formed the second stage stratum 1 (i.e. the stratum of relatively affluent households) and the rest formed the second stage stratum 2. In towns with population 10 lakh or more, households with Rs.1500 or more MPCE constituted the second stage stratum 1 and the remaining formed the second stage stratum 2. The households of second stage stratum 2 belonging to means of livelihood classes (a) and (b) above were assigned to one of the three MPCE classes: (1) less than 'A', (2) 'A' to 'B' and (3) above 'B'. The values of 'A' and 'B' were determined at State level such that the above three MPCE classes roughly included respectively, the lowest 30 per cent, the middle 60 per cent and the top 10 per cent of the population. The values of A and B for Maharashtra were Rs.265 and Rs.822 respectively. These were based on the 43rd round Central sample data. The NSS estimates were adjusted by correction factor (CF) given by

$$CF = \frac{\text{Projected CPI at mid point of 1993-94 for all India}}{\text{CPI at mid point of 1987-88 for all India}}$$

The households of the second stage stratum 2 were arranged by the means of livelihood x MPCE class: a-1, a-2, a-3, b-3, b-2, b-1, c, d where a, b, c and d stand for the means of livelihood classes and 1, 2 and 3 for the MPCE classes stated above. In the affluent strata of towns with population 4 lakh or more (i.e. stratum 4, 6 and 8), four households were selected from the second stage stratum 1 and six households from the second stage stratum 2. In the remaining strata, two households were selected from the second stage stratum 1 and eight households from the second stage stratum 2. The required numbers of sample households were selected independently from each second stage stratum circular systematically with a random start. The shortfall in the required number of households in any second stage stratum was made up by increasing the quota for the other second stage stratum.

3.11 Survey period and sub-round formation: The survey commenced from 1st July 1993 and continued up to 30th June 1994. The entire survey period of 12 months was divided into four sub-rounds each of three months' duration as given in the Table No.3.4. The sample units were distributed over the four sub-rounds in a manner so as to provide equally valid estimates for each of the sub-round period separately.

Table No.3.4
Sub-round wise survey period

Sub-round	Period of survey
1	July, 1993 to September, 1993
2	October, 1993 to December, 1993
3	January, 1994 to March, 1994
4	April, 1994 to June, 1994

3.12 Estimation Procedure:

(a) Notations: The following notations are used in the estimation procedure.

s : Subscript for the s-th stratum
i : Subscript for the i-th sample village/block
j : Subscript for the j-th second stage stratum of a sample village/block, j = 1, 2
k : Subscript for the k-th sample household
b : Subscript for the b-th sub-sample; b = 1, 2, ..., l (l = 2 or 3)
P : Population of sample village as per frame used for sampling
Z_s : Total population of s-th stratum as per frame (for rural areas only)
N_s : Total number of blocks in the frame of s-th stratum for urban areas in an NSS region
n_s : Number of villages/blocks surveyed (including uninhabited and zero cases but excluding casualty and other not received cases) in s-th stratum
D : Total number of hamlet groups/sub-blocks formed in the sample village/block (D = 1, 4, 5, ... for rural areas and D = 1, 2, 3, ... for urban areas)
H : Total number of households listed
h : Number of households surveyed and used for tabulation
x, y : Values of characters x and y
Y : Estimate of aggregate of the character y
R : Ratio of the form Y/X

3.13 The formulae used for estimation are given separately for the rural and the urban areas.

(i) Rural areas:

$$Y_{sb.1} = \frac{Z_s}{n_{sb.1}} \sum_{i=1}^{n_{sb.1}} \frac{D_{si}^*}{P_{si}} \sum_{j=1}^{2} \frac{H_{sij}}{h_{sij}} \sum_{k=1}^{h_{sij}} y_{sijk}$$

$$Y_{sb.234} = \frac{Z_s}{n_{sb.234}} \sum_{i=1}^{n_{sb.234}} \frac{D_{si}^*}{P_{si}} \sum_{j=1}^{2} \frac{H_{sij}}{h_{sij}} \sum_{k=1}^{h_{sij}} y_{sijk}$$

$$\hat{Y}_{sb} = \frac{n_{sb.1}\, Y_{sb.1} + n_{sb.234}\, Y_{sb.234}}{n_{sb.1} + n_{sb.234}}$$

Here,
$n_{sb.1}$ = number of samples available for tabulation in the s-th stratum for sub-sample b of sub-round 1

$n_{sb.234}$ = number of samples available for tabulation in the s-th stratum for sub-sample b of sub-rounds 2 to 4

(ii) Urban areas:

$$\hat{Y}_{sb} = \frac{N_s}{n_{sb}} \sum_{i=1}^{n_{sb}} D_{si} \sum_{j=1}^{2} \frac{H_{sij}}{h_{sij}} \sum_{k=1}^{h_{sij}} y_{sijk}$$

3.14 Estimates of ratios: Let Y and X be the totals of two characteristics y and x. Then the estimate of the ratio R = Y/X is given by $R_b = \hat{Y}_b/X_b$ for b=1, 2, ... or $R_c = \hat{Y}_c/X_c$ based on the whole sample.

3.15 Procedure of pooling: In pursuance of the recommendation of the Governing Council of the NSSO, a technical group was set up by the Department of Statistics in November 1981 under the Chairmanship of Shri S.C.Chaudhari, ex-Chief Executive Officer of NSSO, to look into the problem and to suggest measures for the pooling of results based on Central and State samples. The Group, in its report submitted in July 1983, recommended that the estimates based on Central and State samples may be combined as a weighted average with the number of primary sampling units as weights at the stratum level.

3.16 Before calculating the multipliers for the pooled data (Central and State samples), the multipliers for Central and State samples were calculated separately by using the following formulae:

(a) Multiplier for Central sample: Rural areas: The multiplier for all the sample households of i^{th} village in the Central sample of k^{th} stratum is calculated by the formula:

$$M_{ki(c)} = P_k \text{ X } \frac{H_{ki} \text{ X } D_{ki}}{n_{kv(c)} \text{ X } p_{ki} \text{ X } C_{ki} \text{ X } h_{ki}}$$

where

$M_{ki(c)}$ = Multiplier for i^{th} village of k^{th} stratum of the Central sample

P_k = Total population in the frame of k^{th} stratum in the rural stratum

H_{ki} = Total number of households listed in i^{th} village of k^{th} stratum

D_{ki} = Number of hamlet groups in the i^{th} village of k^{th} stratum

$n_{kv(c)}$ = Number of sample villages in k^{th} stratum in the Central sample

p_{ki} = sample population of i^{th} village of k^{th} stratum

C_{ki} = Number of census villages in i^{th} village of k^{th} stratum

h_{ki} = Number of sample households in i_{th} village of k_{th} stratum

Urban areas: The multiplier for all the sample households of j^{th} block of Central sample of k^{th} stratum is calculated by the formula:

$$M_{kj(c)} = \frac{N_{ku} \text{ X } H_{kj} \text{ X } D_{kj}}{n_{ku(c)} \text{ X } h_{kj}}$$

where $M_{kj(c)}$, D_{kj}, H_{kj}, h_{kj} have the same meaning as above and

N_{ku} = Total number of urban blocks in the frame of k^{th} stratum

$N_{ku(c)}$ = Number of sample urban blocks in k^{th} stratum

(b) Multiplier for State sample: Rural areas: The multiplier for all the sample households of l^{th} village of State sample in k^{th} stratum was calculated by the formula:

$$M_{kl(s)} = \frac{P_k \text{ X } H_{kl} \text{ X } D_{kl}}{n_{kv(s)} \text{ X } P_{kl} \text{ X } C_{kl} \text{ X } h_{kl}}$$

Urban areas: The multiplier for all the sample households of m^{th} block of State sample in k^{th} stratum was calculated by the formula:

$$M_{km(s)} = \frac{N_{ku} \text{ X } H_{km} \text{ X } D_{km}}{n_{ku(s)} \text{ X } h_{km}}$$

where these terms have the same meaning as above and 's' stands for State sample.

The pooled multiplier is calculated using the following formulae:

Pooled multiplier for Central sample data

$$M'_{ki(c)} = M_{ki(c)} \text{ X } \frac{n_{kv(c)}}{n_{kv(c)} + n_{kv(s)}}$$

$$M'_{kj(c)} = M_{kj(c)} \text{ X } \frac{n_{ku(c)}}{n_{ku(c)} + n_{ku(s)}}$$

Pooled multiplier for State sample data

$$M'_{kl(s)} = M_{kl(s)} \text{ X } \frac{n_{kv(s)}}{n_{kv(c)} + n_{kv(s)}}$$

$$M'_{km(s)} = M_{km(s)} \text{ X } \frac{n_{ku(s)}}{n_{ku(c)} + n_{ku(s)}}$$

****

Section - Four

SUMMARY OF FINDINGS

4.0 The survey results of nutritional intake are discussed briefly for the State sample, the Central sample and the Pooled sample. The household level Central sample data were made available by the NSSO along with the respective multipliers. These data were used to generate the Central sample results. The State sample and the Central sample data were merged to generate the Pooled sample results. Therefore, the Central sample estimates published in the reports of NSSO may differ slightly, as compared to the estimates given in this chapter.

4.1 The Table No.4.1 gives per capita and per consumer unit intake of calories, protein and fat per diem, percentage of expenditure on food to total expenditure and average monthly per capita expenditure by monthly per capita expenditure class for the State sample, Central sample and Pooled sample respectively.

4.2 It is observed that as per the State sample per capita per diem intake of calories, proteins and fats were 2,178 kcal, 62 gm. and 42 gm. respectively in the rural areas. As per the Central sample, these figures were 1,939 kcal, 55 gm. and 34 gm. respectively. The pooled sample i.e. the State and the Central combined gives these estimates to be 2,059 kcal, 58 gm. and 38 gm. respectively. Similarly, in the urban areas of the State, the per capita per diem intake of calories, proteins and fats were 2,228 kcal, 62 gm. and 57 gm. respectively as per the State sample. According to the Central sample these figures were 1,983 kcal, 56 gm. and 48 gm. respectively and as per the pooled sample these were 2,086 kcal, 58 gm. and 53 gm. respectively. For both the rural and urban areas the State sample estimates are higher than the Central sample estimates.

4.3 In the rural areas, per consumer unit per diem intake of calories, proteins and fats were 2,703 kcal, 76 gm. and 53 gm. respectively as per the State sample. In the urban areas, these figures as per the State sample were 2,718 kcal, 76 gm. and 70 gm. respectively. When compared with the Central sample, it is observed that Central sample estimates are lower than the State sample estimates. The pooled sample figures for rural areas were 2,566 kcal, 73 gm. and 47 gm. while for urban areas, these figures were 2,544 kcal, 71 gm. and 64 gm.

4.4 It is also observed that in both the rural and urban areas the per capita and per consumer unit intake of calories, proteins and fats per diem showed increasing trend over increasing monthly per capita expenditure class. This trend is observed for both the samples viz. State and Central sample.

4.5 The Table No.4.2 gives the percentage of total intake of calories and proteins from different groups of food items by monthly per capita expenditure class for the State sample, Central sample and Pooled sample respectively.

4.6 It is observed that as per the State sample results, the percentage of total intake of calories from cereals was 63 per cent in the rural areas, while in the urban areas, it was 51 per cent. The Central sample figures are slightly higher i.e. 67 per cent in rural areas and 54 per cent in urban areas. The pooled sample results give these figures to be 65 per cent and 52 per cent respectively. It is also observed that the percentage intake of calories from cereals goes on reducing as the MPCE level goes on improving in both the areas. But the percentage intake of calories from cereal substitutes shows increasing trend over the MPCE level in both the areas.

तक्ता क्रमांक/Table No.4.1

दरडोई मासिक खर्चाच्या वर्गानूसार प्रति व्यक्ती आणि प्रति उपभोक्ता घटकांचे प्रति दिन कॅलरीज, प्रथिने व मेद यांचे अंतर्ग्रहन, अन्न पदार्थावरील खर्चाची एकूण खर्चाशी टक्केवारी आणि दरडोई मासिक सरासरी खर्च

Per capita and per consumer unit intake of calories, proteins and fats per diem, percentage of expenditure on food to total expenditure and average monthly per capita expenditure by monthly per capita expenditure class

दरडोई मासिक खर्चाचे वर्ग Monthly per capita expenditure class (Rs.)	अन्नपदार्थावरील खर्चाची एकूण खर्चाशी टक्केवारी Percentage of expenditure on food to total expenditure	प्रति व्यक्ती प्रति दिन अंतर्ग्रहण Per capita per diem intake of			प्रति उपभोक्ता घटक प्रति दिन अंतर्ग्रहण Per consumer unit per diem intake of			दरडोई मासिक सरासरी खर्च Average monthly per capita expenditure (Rs.0.00)
		कॅलरी Calories (kcal)	प्रथिने Proteins (gm)	मेद Fats (gm)	कॅलरी Calories (kcal)	प्रथिने Proteins (gm)	मेद Fats (gm)	
राज्य नमुना / State Sample ग्रामीण / Rural								
पेक्षा कमी Less than 120	70.6	1275	36.6	15.7	1631	46.8	20.1	105.23
120 – 140	73.1	1469	43.1	23.1	1880	55.2	29.5	129.97
140 – 165	70.1	1722	52.4	33.8	2138	65.1	42.0	152.78
165 – 190	69.4	1673	48.7	28.1	2118	61.6	35.6	178.31
190 – 210	68.9	1868	52.6	31.8	2337	65.8	39.7	201.08
210 – 235	67.1	1895	54.4	31.6	2345	67.3	39.1	222.70
235 – 265	65.2	1988	55.6	38.3	2471	69.1	47.7	249.99
265 – 300	63.3	2097	59.7	39.0	2596	73.8	48.2	283.21
300 – 355	62.8	2227	63.3	42.8	2756	78.3	53.0	325.85
355 – 455	58.8	2476	68.8	52.9	3064	85.1	65.4	398.78
455 – 560	54.0	2659	74.7	53.1	3277	92.1	65.5	501.38
560 आणि अधिक / & above	45.1	3014	83.1	68.7	3706	102.2	84.5	812.31
सर्व / All	59.0	2178	61.6	42.4	2703	76.4	52.7	332.92
राज्य नमुना / State Sample नागरी / Urban								
पेक्षा कमी Less than 160	70.4	1269	37.1	21.7	1594	46.6	27.2	139.00
160 – 190	68.5	1544	63.0	26.4	1966	80.2	33.6	176.55
190 – 230	68.0	1675	49.0	30.3	2071	60.6	37.4	213.04
230 – 265	66.5	1861	54.7	39.2	2305	67.8	48.6	248.57
265 – 310	65.5	1874	55.3	38.3	2320	68.4	47.4	287.69
310 – 355	63.6	2079	55.7	54.4	2565	68.7	67.1	331.80
355 – 410	61.6	2078	58.6	45.2	2531	71.3	55.0	380.47
410 – 490	59.9	2231	63.0	58.1	2722	76.9	70.8	446.62
490 – 605	58.3	2277	64.8	58.3	2763	78.6	70.8	543.66
605 – 825	54.0	2491	68.6	70.5	2999	82.7	84.9	700.12
825 – 1055	50.1	2635	70.4	78.7	3147	84.1	94.0	925.43
1055 आणि अधिक & above	41.1	3039	78.1	98.9	3656	94.0	119.0	1502.96
सर्व / All	54.8	2228	62.4	57.4	2718	76.1	70.0	542.71
केंद्र नमुना / **Central Sample** ग्रामीण / **Rural**								
पेक्षा कमी / Less than 120	69.0	1297	40.5	15.9	1670	52.1	20.4	96.25
120 – 140	67.4	1458	42.1	20.2	1841	53.2	25.5	130.05
140 – 165	68.7	1572	45.0	22.8	1992	57.0	28.9	152.58
165 – 190	68.7	1731	49.7	26.2	2173	62.4	32.9	176.99
190 – 210	69.0	1817	51.2	28.9	2265	63.8	36.0	200.00
210 – 235	66.3	1878	53.2	32.2	2355	66.8	40.4	222.15
235 – 265	66.4	1943	54.4	33.8	2424	67.9	42.1	249.29
265 – 300	63.7	2071	58.1	37.0	2559	71.7	45.7	281.46
300 – 355	61.3	2121	59.1	38.7	2637	73.5	48.1	323.97
355 – 455	57.8	2352	65.7	45.7	2910	81.5	56.5	398.79
455 – 560	53.0	2524	69.3	51.7	3103	85.2	63.5	504.90
560 आणि अधिक / & above	40.1	3227	88.0	72.6	3972	108.4	89.4	898.64
सर्व / All	59.5	1939	54.8	33.6	2426	68.6	42.0	272.74

तक्ता क्रमांक/Table No.4.1 (Cont.)

दरडोई मासिक खर्चाच्या वर्गानुसार प्रति व्यक्ती आणि प्रति उपभोक्ता घटकांचे प्रति दिन कॅलरीज, प्रथिने व मेद यांचे अंतर्ग्रहण, अन्न पदार्थावरील खर्चाची एकूण खर्चाशी टक्केवारी आणि दरडोई मासिक सरासरी खर्च

Per capita and per consumer unit intake of calories, proteins and fats per diem, percentage of expenditure on food to total expenditure and average monthly per capita expenditure by monthly per capita expenditure class

दरडोई मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	अन्नपदार्थावरील खर्चाची एकूण खर्चाशी टक्केवारी Percentage of expenditure on food to total expenditure	प्रति व्यक्ती प्रति दिन अंतर्ग्रहण Per capita per diem intake of			प्रति उपभोक्ता घटक प्रति दिन अंतर्ग्रहण Per consumer unit per diem intake of			दरडोई मासिक सरासरी खर्च Average monthly per capita expenditure (Rs.0.00)
		कॅलरी Calories (kcal)	प्रथिने Proteins (gm)	मेद Fats (gm)	कॅलरी Calories (kcal)	प्रथिने Proteins (gm)	मेद Fats (gm)	
केंद्र नमुना / Central Sample नागरी / Urban								
पेक्षा कमी / Less than 160	68.4	1383	40.5	19.6	1736	50.8	24.6	133.44
160 – 190	68.9	1556	45.1	23.5	1932	56.0	29.2	175.35
190 – 230	67.5	1612	46.6	28.2	1997	57.7	34.9	210.66
230 – 265	67.8	1682	47.7	32.5	2084	59.1	40.3	247.92
265 – 310	65.9	1784	50.5	35.6	2189	61.9	43.6	288.15
310 – 355	63.1	1858	52.3	39.5	2289	64.5	48.7	332.75
355 – 410	62.3	1873	52.7	43.0	2258	63.5	51.8	381.84
410 – 490	59.8	1938	53.8	47.3	2358	65.5	57.6	448.24
490 – 605	56.8	2083	58.8	53.6	2523	71.2	65.0	544.71
605 – 825	52.8	2237	61.4	61.3	2713	74.5	74.4	703.75
825 – 1055	50.0	2503	69.1	73.6	3028	83.6	89.0	928.98
1055 आणि अधिक / & above	37.3	2660	72.9	84.5	3237	88.7	102.8	1570.25
सर्व / All	53.0	1983	55.5	48.0	2423	67.9	58.6	529.62
एकत्रित नमुना / Pooled Sample ग्रामीण / **Rural**								
पेक्षा कमी / Less than 120	69.2	1297	40.5	15.9	1670	52.1	20.4	96.87
120 – 140	68.8	1458	42.3	20.9	1848	53.6	26.5	130.04
140 – 165	69.1	1617	47.3	26.2	2037	59.5	33.0	152.65
165 – 190	69.0	1709	49.3	26.9	2153	62.1	33.9	177.48
190 – 210	69.0	1839	51.8	30.2	2296	64.7	37.7	200.49
210 – 235	66.7	1887	53.8	31.9	2350	67.0	39.7	222.44
235 – 265	65.8	1968	55.1	36.3	2451	68.6	45.3	249.70
265 – 300	63.5	2087	59.0	38.2	2581	73.0	47.3	282.50
300 – 355	62.2	2184	61.6	41.2	2709	76.4	51.1	325.09
355 – 455	58.5	2432	67.7	50.4	3009	83.8	62.4	398.73
455 – 560	53.6	2610	72.8	52.7	3215	89.6	64.9	502.71
560 आणि अधिक/ & above	43.2	3093	84.9	70.2	3804	104.4	86.4	843.19
सर्व / All	59.2	2059	58.2	38.1	2566	72.6	47.4	302.90
एकत्रित नमुना / **Pooled Sample नागरी / Urban**								
पेक्षा कमी / Less than 160	68.6	1377	40.3	19.8	1724	50.5	24.8	133.95
160 – 190	68.9	1541	45.0	24.2	1921	56.0	30.1	175.15
190 – 230	68.0	1637	47.8	28.9	2032	59.3	35.8	211.39
230 – 265	67.4	1780	51.5	36.6	2201	63.7	45.3	248.18
265 – 310	65.5	1804	51.8	35.8	2214	63.5	44.0	287.75
310 – 355	63.2	1962	53.5	47.8	2412	65.8	58.7	332.23
355 – 410	61.9	1948	55.2	44.4	2355	66.7	53.7	381.64
410 – 490	59.6	2079	58.3	54.3	2533	71.0	66.1	447.94
490 – 605	57.2	2157	61.2	55.5	2615	74.3	67.3	544.11
605 – 825	53.2	2347	64.7	65.8	2837	78.3	79.6	702.08
825 – 1055	49.9	2558	69.6	75.4	3076	83.7	90.7	927.10
1055 आणि अधिक and above	39.0	2826	75.1	91.9	3424	91.0	111.3	1546.82
सर्व / All	53.6	2086	58.3	52.6	2544	71.1	64.1	538.73

तक्ता क्रमांक /Table No.4.2

दरडोई मासिक खर्चाच्या वर्गानूसार अन्न पदार्थाच्या निरनिराळया बाबींपासून अंतर्ग्रहण केलेल्या कॅलरीज व प्रथिनांची टक्केवारी
Percentage of total intake of calories and proteins from different groups of food items by monthly per capita expenditure class

दरडोई खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरीजची टक्केवारी Percentage of total intake of calories from		प्रथिनांची टक्केवारी Percentage of total intake of proteins from			
	तृणधान्य Cereals	पर्यायी तृणधान्ये Cereal substitutes	तृणधान्ये Cereals	कडधान्ये Pulses	दुध आणि दुग्ध पदार्थ Milk and milk products	मांस, मासे आणि अंडी Meat, fish and eggs
			राज्य नमुना/ State Sample ग्रामीण/Rural			
पेक्षा कमी / less than 120	80.65	0.19	81.40	8.44	0.51	3.23
120 – 140	75.85	0.31	77.68	10.10	2.82	2.22
140 – 165	67.87	0.49	66.67	9.76	2.57	2.81
165 – 190	70.83	0.51	72.86	11.66	3.95	2.60
190 – 210	68.87	0.53	71.50	12.00	4.32	2.86
210 – 235	68.43	0.59	70.00	11.65	4.18	4.30
235 – 265	65.39	0.69	68.66	12.23	5.27	3.79
265 – 300	63.73	0.65	65.17	11.95	5.79	4.12
300 – 355	62.66	0.82	64.38	11.89	6.64	4.51
355 – 455	59.74	0.77	62.38	12.73	8.11	4.30
455 – 560	60.82	0.82	62.19	12.69	8.37	4.88
560 आणि अधिक & above	53.83	0.91	55.13	14.42	9.19	7.06
सर्व /All	63.10	0.71	65.04	12.27	6.35	4.34
			राज्य नमुना/ State Sample नागरी/Urban			
पेक्षा कमी /less than 160	71.44	0.28	74.37	9.76	3.19	4.50
160 – 190	65.22	0.26	47.89	7.34	2.19	36.19
190 – 230	66.05	0.35	67.89	11.11	5.18	6.32
230 – 265	62.81	0.39	64.91	11.52	4.55	5.30
265 – 310	60.81	0.57	61.87	12.30	9.28	6.05
310 – 355	56.01	0.54	62.21	13.09	7.18	5.80
355 – 410	57.32	0.64	60.40	12.95	7.93	6.40
410 – 490	51.59	0.57	53.91	12.48	14.69	6.39
490 – 605	50.46	0.64	52.29	13.86	13.14	6.51
605 – 825	45.86	0.65	48.99	13.90	14.45	6.76
825 – 1055	39.67	0.60	43.74	13.95	14.39	5.80
1055 आणि अधिक/ & above	34.34	0.50	38.85	14.33	16.29	6.33
सर्व /All	50.86	0.57	53.83	13.08	11.58	6.81
			केंद्र नमुना/**Central Sample ग्रामीण/Rural**			
पेक्षा कमी /less than 120	77.87	0.19	74.31	10.80	1.88	7.34
120 – 140	75.29	0.21	76.16	11.66	2.84	2.20
140 – 165	72.95	0.26	73.77	12.67	3.47	2.51
165 – 190	71.93	0.31	72.82	12.67	4.08	2.49
190 – 210	70.30	0.42	71.42	12.92	4.42	3.00
210 – 235	68.23	0.55	69.70	12.79	5.75	2.78
235 – 265	66.94	0.52	67.98	12.77	6.63	3.50
265 – 300	65.88	0.61	67.44	12.31	7.50	3.05
300 – 355	64.07	0.63	64.56	12.85	7.46	4.56
355 – 455	62.00	0.72	63.70	12.21	7.97	5.13
455 – 560	60.31	0.72	61.80	12.35	10.32	4.73
560 आणि अधिक/ & above	53.53	0.65	56.84	16.90	9.29	5.22
सर्व /All	66.83	0.50	68.03	12.83	6.12	3.81

तक्ता क्रमांक /Table No.4.2 (Cont.)

दरडोई मासिक खर्चाच्या वर्गानूसार अन्न पदार्थाच्या निरनिराळया बाबींपासून अंतर्ग्रहण केलेल्या कॅलरीज व प्रथिनांची टक्केवारी Percentage of total intake of calories and proteins from different groups of food items by monthly per capita expenditure class

दरडोई खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरीची टक्केवारी Percentage of total intake of calories from		प्रथिनांची टक्केवारी Percentage of total intake of proteins from			
	तृणधान्य Cereals	पर्यायी तृणधान्ये Cereal substitutes	तृणधान्ये Cereals	कडधान्ये Pulses	दुध आणि दुग्ध पदार्थ Milk and milk products	मांस, मासे आणि अंडी Meat, fish and eggs
			केंद्र नमुना/Central Sample नागरी/Urban			
पेक्षा कमी /less than 160	75.08	0.17	76.94	9.95	3.18	3.42
160 – 190	71.94	0.29	73.97	11.44	3.49	3.98
190 – 230	67.97	0.29	70.07	11.63	5.44	4.48
230 – 265	64.14	0.45	67.18	12.36	6.46	4.59
265 – 310	62.63	0.47	65.65	12.67	7.10	4.63
310 – 355	59.98	0.55	63.42	12.90	8.16	5.02
355 – 410	57.14	0.45	59.57	13.24	9.68	6.01
410 – 490	53.54	0.66	56.62	13.11	11.36	6.25
490 – 605	51.89	0.45	54.56	12.58	12.46	7.38
605 – 825	47.37	0.51	50.67	12.99	14.47	6.41
825 – 1055	41.02	0.47	43.90	12.09	17.78	7.21
1055 आणि अधिक/ & above	35.76	0.43	38.15	13.53	19.74	7.43
सर्व /All	53.71	0.47	56.69	12.64	11.46	5.99
			एकत्रित नमुना/**Pooled Sample ग्रामीण/Rural**			
पेक्षा कमी / Less than 120	78.00	0.19	74.30	10.60	1.79	7.64
120 – 140	75.37	0.23	76.48	11.29	2.85	2.21
140 – 165	71.24	0.34	71.30	11.69	3.17	2.60
165 – 190	71.52	0.38	72.83	12.31	4.03	2.53
190 – 210	69.63	0.47	71.43	12.52	4.38	2.94
210 – 235	68.36	0.57	69.89	12.20	4.91	3.57
235 – 265	66.04	0.62	68.35	12.47	5.88	3.65
265 – 300	64.55	0.64	66.04	12.08	6.46	3.69
300 – 355	63.19	0.75	64.46	12.25	6.95	4.53
355 – 455	60.48	0.76	62.84	12.57	8.07	4.58
455 – 560	60.62	0.79	62.07	12.55	9.09	4.81
560 आणि अधिक/ & above	53.63	0.81	55.73	15.44	9.26	6.32
सर्व /All	64.82	0.62	66.41	12.54	6.25	4.11
			एकत्रित नमुना/**Pooled Sample नागरी/Urban**			
पेक्षा कमी / Less than 160	74.84	0.17	76.73	9.92	3.17	3.58
160 – 190	71.43	0.30	73.32	11.25	3.64	4.30
190 – 230	67.62	0.30	69.10	11.58	5.65	5.06
230 – 265	62.96	0.41	65.20	12.07	5.86	4.80
265 – 310	62.40	0.50	64.64	12.66	6.84	5.49
310 – 355	57.68	0.55	63.10	12.99	7.85	5.12
355 – 410	57.53	0.54	60.14	13.10	9.06	6.22
410 – 490	51.77	0.62	54.57	12.74	14.20	6.12
490 – 605	51.35	0.53	53.56	13.09	12.30	7.14
605 – 825	46.50	0.58	49.55	13.35	14.80	6.74
825 – 1055	40.36	0.52	43.78	12.77	16.39	6.40
1055 आणि अधिक/ & above	34.86	0.46	38.16	14.05	18.43	7.08
सर्व /All	52.25	0.51	55.36	12.87	11.67	6.12

4.7 The State sample estimates of percentage intake of protein from cereals, pulses, milk and milk products and meat, fish and eggs were 64 per cent, 12 per cent, 6 per cent and 4 per cent, respectively, in the rural areas, while in the urban areas, these were 54 per cent, 13 per cent, 12 per cent and 7 per cent, respectively. The corresponding Central sample estimates, in the rural areas were 68 per cent, 13 per cent, 6 per cent and 4 per cent respectively and in the urban areas, these were 57 per cent, 13 per cent, 11 per cent and 6 per cent respectively. The pooled sample estimates, these percentages as 66 per cent, 13 per cent, 6 per cent and 4 per cent in the rural areas and 55 per cent, 13 per cent, 12 per cent and 6 per cent in the urban areas. The Central sample estimates are on lower side as compared to State sample estimates.

4.8 The percentage intake of protein from cereals, pulses, milk & milk products and meat, fish & eggs taken together shows decreasing trend over increasing MPCE level in both the areas. In general, the percentage intake of protein from cereals and that from pulses, milk and milk products, and meat, fish and eggs show opposite trend over the MPCE level in both the areas.

4.9 The Table No.4.3 gives per thousand distribution of households and persons by calorie intake level for each monthly per capita expenditure class for the State sample, Central sample and Pooled sample respectively.

4.10 In the rural areas, 37 per cent of the households had their calorie intake level below 90 per cent of the "norm" level as per the State sample. This percentage was 52 per cent as per the Central sample and 44 per cent as per the pooled sample. In the urban areas, 36 per cent of the households had their calorie intake level below 90 per cent of the "norm" level as per the State sample. This percentage was 47 per cent as per the Central sample and 43 per cent as per the pooled sample. It is also observed that in both the rural and urban areas, the percentage of households having their calorie intake level below 90 per cent of the "norm" level was highest in the lowest MPCE class and lowest in the highest MPCE class. That is, in other words this shows decreasing trend over MPCE class. This phenomenon is seen for all the samples i.e. State, Central and pooled sample. It is seen that in both the rural and urban areas, the Central sample estimates are on higher side.

4.11 As per the State sample, 43 per cent of the persons in the rural areas had their calorie intake level below 90 per cent of the "norm" level. This percentage was 58 per cent as per the Central sample and 50 per cent as per the pooled sample. This percentage for the urban areas was 43 per cent as per the State sample, 56 per cent as per the Central sample and 51 per cent as per the pooled sample. In case of persons having calorie intake level below 90 per cent of "norm" level, similar trend is observed as that for the households. For this also, the Central sample estimates are on higher side than the State sample estimates.

4.12 The Table No.4.4 gives per thousand distribution of households by monthly per capita expenditure class for each calorie intake level for the State sample, Central sample and Pooled sample respectively.

4.13 It is observed that about 50 per cent of the households in the rural areas having calorie intake level below 70 per cent of the "norm" level had MPCE below Rs.210 as per the State sample, while in case of households with calorie intake level 150 per cent and more of the "norm" level, more than 60 per cent of the households had MPCE above Rs.455. Similarly, in the urban areas, more than 50 per cent of the households with calorie intake level below 70 per cent had MPCE below Rs.410; while for households with calorie intake level 150 per cent and more, about 50 per cent of the households had MPCE above Rs.825. The Central sample estimates show wide variation but the same inference is valid in this case also. This in turn, remains true for the pooled sample as well.

तक्ता क्रमांक /Table No.4.3

दरडोई मासिक खर्चाच्या वर्गानूसार कॅलरी अंतर्ग्रहण स्तराप्रमाणे कुटुंबे आणि व्यक्तींचे दर हजारात विभाजन
Percentage thousand distribution of houdeholds and persons by calorie intake level for each monthly per capita expenditure class

दरडोई मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रहण स्तर ('निकष' स्तराची टक्केवारी) Calorie intake level (percentage of 'norm' level) for							
	कुटूंबे / Households				व्यक्ती / Persons			
	पेक्षा कमी/ Less than 90	90 – 110	110 आणि अधिक/ & above	सर्व All	पेक्षा कमी/ Less than 90	90 – 110	110 आणि अधिक/ & above	सर्व All
राज्य नमुना/ State Sample ग्रामिण / Rural								
पेक्षा कमी/ Less than 120	881.96	118.04	0.00	1000.00	907.76	92.24	0.00	1000.00
120 – 140	935.60	47.62	16.78	1000.00	954.10	35.90	10.00	1000.00
140 – 165	848.48	97.69	53.83	1000.00	870.85	101.55	27.60	1000.00
165 – 190	768.10	184.20	47.70	1000.00	787.28	176.59	36.13	1000.00
190 – 210	603.52	274.17	122.31	1000.00	604.24	291.16	104.60	1000.00
210 – 235	567.29	312.35	120.36	1000.00	604.23	306.09	89.68	1000.00
235 – 265	508.28	305.50	186.22	1000.00	547.54	304.42	148.04	1000.00
265 – 300	426.53	357.23	216.24	1000.00	446.21	359.03	194.76	1000.00
300 – 355	270.75	378.05	351.20	1000.00	310.65	358.73	330.62	1000.00
355 – 455	171.70	293.21	535.09	1000.00	212.38	317.09	470.53	1000.00
455 – 560	99.39	244.61	656.00	1000.00	120.78	268.98	610.24	1000.00
560 आणि अधिक / & above	63.27	224.49	712.24	1000.00	71.94	236.69	691.37	1000.00
सर्व/All	372.44	287.93	339.63	1000.00	429.67	288.60	281.73	1000.00
राज्य नमुना/ State Sample नागरी / Urban								
पेक्षा कमी / Less than 160	979.63	20.37	0.00	1000.00	977.45	22.55	0.00	1000.00
160 – 190	902.19	66.67	31.14	1000.00	897.02	68.09	34.89	1000.00
190 – 230	810.41	135.91	53.68	1000.00	829.20	124.20	46.60	1000.00
230 – 265	687.96	264.75	47.29	1000.00	701.29	260.99	37.72	1000.00
265 – 310	663.78	242.01	94.21	1000.00	689.46	230.41	80.13	1000.00
310 – 355	528.34	321.88	149.78	1000.00	577.81	292.99	129.20	1000.00
355 – 410	447.26	372.60	180.14	1000.00	467.67	375.51	156.82	1000.00
410 – 490	398.91	385.78	215.31	1000.00	436.84	377.05	186.11	1000.00
490 – 605	323.81	369.37	306.82	1000.00	359.12	359.57	281.32	1000.01
605 – 825	193.19	373.90	432.91	1000.00	218.57	383.00	398.43	1000.00
825 – 1055	115.80	381.52	502.68	1000.00	143.97	375.50	480.53	1000.00
1055 आणि अधिक/ & above	58.01	263.42	678.57	1000.00	81.18	256.50	662.32	1000.00
सर्व /All	361.33	329.36	309.31	1000.00	434.28	317.70	248.02	1000.00
केंद्र नमुना / **Central Sample** ग्रामिण / **Rural**								
पेक्षा कमी / Less than 120	936.37	52.87	10.76	1000.00	934.46	54.29	11.25	1000.00
120 – 140	915.37	65.00	19.63	1000.00	925.61	60.14	14.25	1000.00
140 – 165	827.32	130.78	41.90	1000.00	849.71	124.64	25.65	1000.00
165 – 190	711.21	237.51	51.28	1000.00	742.00	218.47	39.53	1000.00
190 – 210	602.76	288.01	109.23	1000.00	650.74	255.18	94.08	1000.00
210 – 235	552.00	297.57	150.43	1000.00	586.48	293.57	119.95	1000.00
235 – 265	474.00	365.24	160.76	1000.00	520.79	350.75	128.46	1000.00
265 – 300	395.04	347.93	257.03	1000.00	410.63	351.66	237.71	1000.00
300 – 355	351.64	337.24	311.12	1000.00	392.32	355.88	251.80	1000.00
355 – 455	258.44	303.04	438.52	1000.00	297.93	341.77	360.30	1000.00
455 – 560	152.79	314.01	533.20	1000.00	178.93	347.51	473.56	1000.00
560 आणि अधिक/& above	85.78	236.81	677.41	1000.00	90.15	249.75	660.10	1000.00
सर्व/All	517.92	259.62	222.46	1000.00	575.73	252.73	171.54	1000.00

तक्ता क्रमांक /Table No.4.3 (Cont.)

दरडोई मासिक खर्चाच्या वर्गानूसार कॅलरी अंतर्ग्रहण स्तराप्रमाणे कुटुंबे आणि व्यक्तींचे दर हजारात विभाजन
Percentage thousand distribution of houdeholds and persons by calorie intake level for each monthly per capita expenditure class

दरडोई मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रहण स्तर ('निकष' स्तराची टक्केवारी) Calorie intake level (percentage of 'norm' level) for							
	कुटुंबे / Households				व्यक्ती / Persons			
	पेक्षा कमी/ Less than 90	90 – 110	110 आणि अधिक/ & above	सर्व All	पेक्षा कमी/ Less than 90	90 – 110	110 आणि अधिक/ & above	सर्व All
केंद्र नमुना / Central Sample नागरी / Urban								
पेक्षा कमी /Less than 160	944.72	38.44	16.84	1000.00	955.57	31.10	13.33	1000.00
160 – 190	867.07	115.02	17.91	1000.00	884.22	106.33	9.45	1000.00
190 – 230	847.11	114.38	38.51	1000.00	882.89	96.91	20.20	1000.00
230 – 265	794.45	158.31	47.24	1000.00	846.49	125.21	28.30	1000.00
265 – 310	678.62	250.94	70.44	1000.00	708.87	245.84	45.29	1000.00
310 – 355	594.94	313.47	91.59	1000.00	637.38	294.58	68.04	1000.00
355 – 410	599.44	313.62	86.94	1000.00	647.12	297.59	55.29	1000.00
410 – 490	546.32	318.12	135.56	1000.00	591.99	301.10	106.91	1000.00
490 – 605	417.75	366.99	215.26	1000.00	452.53	356.12	191.35	1000.00
605 – 825	255.69	435.43	308.88	1000.00	301.85	410.04	288.11	1000.00
825 – 1055	146.68	355.61	497.71	1000.00	173.87	363.63	462.50	1000.00
1055 आणि अधिक/ & above	89.74	269.03	641.23	1000.00	117.36	315.22	567.42	1000.00
सर्व /All	469.04	298.50	232.46	1000.00	555.34	275.30	169.36	1000.00
एकत्रित नमुना / Pooled Sample ग्रामिण / **Rural**								
पेक्षा कमी/ Less than 120	931.30	58.17	10.53	1000.00	931.75	57.14	11.11	1000.00
120 – 140	919.50	61.53	18.97	1000.00	932.28	54.57	13.15	1000.00
140 – 165	832.92	121.63	45.45	1000.00	855.95	117.98	26.07	1000.00
165 – 190	729.46	220.23	50.31	1000.00	757.35	203.94	38.71	1000.00
190 – 210	601.92	283.34	114.74	1000.00	629.15	272.69	98.16	1000.00
210 – 235	559.69	304.89	135.42	1000.00	596.51	299.46	104.03	1000.00
235 – 265	491.46	333.35	175.19	1000.00	534.91	325.45	139.64	1000.00
265 – 300	413.45	353.60	232.95	1000.00	431.84	356.70	211.46	1000.00
300 – 355	303.56	361.29	335.15	1000.00	343.63	356.89	299.48	1000.00
355 – 455	203.47	296.16	500.37	1000.00	243.61	324.22	432.17	1000.00
455 – 560	120.03	268.77	611.20	1000.00	143.11	295.69	561.20	1000.00
560 आणि अधिक/ & above	71.97	230.64	697.39	1000.00	78.57	243.26	678.17	1000.00
सर्व/All	444.46	274.00	281.54	1000.00	502.01	270.89	227.10	1000.00
एकत्रित नमुना / Pooled Sample नागरी / **Urban**								
पेक्षा कमी/ Less than 160	947.55	37.29	15.16	1000.00	956.82	31.05	12.13	1000.00
160 – 190	873.38	111.62	15.00	1000.00	887.37	104.96	7.67	1000.00
190 – 230	830.18	123.15	46.67	1000.00	857.02	111.89	31.09	1000.00
230 – 265	751.10	194.97	53.93	1000.00	786.87	174.91	38.22	1000.00
265 – 310	686.24	238.92	74.84	1000.00	710.65	234.13	55.22	1000.00
310 – 355	586.23	305.91	107.86	1000.00	627.53	288.36	84.11	1000.00
355 – 410	544.33	331.02	124.65	1000.00	578.81	324.34	96.85	1000.00
410 – 490	498.85	336.19	164.96	1000.00	540.23	323.57	136.20	1000.00
490 – 605	386.81	365.20	247.99	1000.00	419.50	354.61	225.89	1000.00
605 – 825	229.74	419.14	351.12	1000.00	267.16	409.69	323.15	1000.00
825 – 1055	130.24	371.47	498.29	1000.00	160.58	373.26	466.16	1000.00
1055 आणि अधिक/ & above	74.60	270.04	655.36	1000.00	101.98	294.09	603.93	1000.00
सर्व /All	428.67	310.10	261.23	1000.00	509.89	291.85	198.26	1000.00

तक्ता क्रमांक /Table No.4.4

दरडोई मासिक खर्चाच्या वर्गानूसार प्रत्येक कॅलरी अंतर्ग्रहण स्तराप्रमाणे कुटुंबांचे दर हजारात विभाजन
Per thousand distribution of households by monthly per capita expenditure class for each calorie intake level

दरडोइ मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रण स्तर ('निकष' स्तराची टक्केवारी)/ Calorie intake level (percentage of 'norm' level)								
	पेक्षा कमी/ Less than 70	70 – 80	80 – 90	90 – 100	100 – 110	110 – 120	120 – 150	150 आणि अधिक/ and above	सर्व All
				राज्य नमुना/ State Sample ग्रामीण/ Rural					
पेक्षा कमी / Less than 120	35.21	8.88	1.73	3.91	0.00	0.00	0.00	0.00	5.01
120 – 140	78.68	25.44	12.56	1.42	2.89	1.98	0.00	0.00	12.81
140 – 165	197.45	76.39	41.91	14.71	11.78	10.74	0.00	10.80	39.26
165 – 190	174.71	121.25	77.51	54.69	14.21	14.34	5.93	2.74	55.48
190 – 210	115.39	107.20	62.23	58.31	45.94	27.14	22.55	6.34	55.07
210 – 235	136.53	140.50	130.62	108.48	82.79	46.05	36.04	5.91	88.77
235 – 265	102.83	147.25	193.14	143.72	98.30	119.39	47.88	18.45	115.15
265 – 300	77.33	141.67	171.10	166.70	134.20	98.43	92.68	27.30	121.94
300 – 355	52.57	135.77	129.22	184.08	227.97	207.95	174.02	83.07	156.06
355 – 455	13.04	68.31	123.29	158.77	195.15	248.11	309.05	242.34	172.86
455 – 560	3.85	14.58	34.29	54.05	79.57	116.79	143.95	202.61	77.87
560 आणि अधिक / & above	12.41	12.76	22.40	51.16	107.20	109.08	167.90	400.44	99.72
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				राज्य नमुना/ State Sample नागरी/Urban					
पेक्षा कमी / Less than 160	57.66	7.05	1.63	0.71	0.00	0.00	0.00	0.00	6.14
160 – 190	85.91	18.85	13.22	4.87	0.00	0.00	1.80	2.36	12.92
190 – 230	139.35	81.24	45.23	18.25	10.20	11.15	3.56	3.37	35.20
230 – 265	126.17	127.64	65.17	58.97	22.20	10.95	6.36	6.62	52.19
265 – 310	154.73	140.94	130.14	72.55	36.24	28.22	24.37	11.92	75.88
310 – 355	115.80	100.54	133.38	86.51	71.21	59.90	24.45	38.10	81.27
355 – 410	114.21	116.02	105.55	102.75	99.75	72.90	48.65	25.77	89.60
410 – 490	78.90	154.61	133.76	143.02	125.81	90.96	84.97	52.32	115.30
490 – 605	68.87	131.84	162.10	147.29	181.63	149.60	149.48	124.36	145.50
605 – 825	31.73	80.16	143.10	184.58	229.72	246.33	268.00	232.60	180.99
825 – 1055	16.99	29.65	42.69	106.82	129.56	151.13	175.75	162.47	101.30
1055 आणि अधिक / & above	9.68	11.46	24.03	73.68	93.68	178.86	212.61	340.11	103.71
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				केंद्र नमुना/**Central Sample** ग्रामीण/**Rural**					
पेक्षा कमी/ Less than 120	228.82	60.05	35.05	20.53	3.12	3.87	4.19	0.00	63.38
120 – 140	131.00	75.37	46.09	14.97	8.81	10.91	2.02	0.00	49.02
140 – 165	196.49	163.12	105.31	48.03	51.41	18.69	25.66	5.44	98.31
165 – 190	127.68	183.39	147.08	115.14	82.12	41.98	26.01	2.79	110.08
190 – 210	72.45	112.27	75.27	92.17	68.22	48.59	32.97	25.86	73.65
210 – 235	80.05	92.94	116.54	102.71	103.11	79.20	60.48	37.29	89.78
235 – 265	46.44	125.34	115.56	154.47	128.08	98.23	86.20	18.43	101.61
265 – 300	46.54	54.30	108.74	116.51	126.38	155.29	101.00	44.06	90.18
300 – 355	41.63	73.01	110.10	146.82	131.33	149.31	169.68	118.86	107.83
355 – 455	15.78	38.27	94.27	95.55	132.64	135.47	193.04	250.26	95.79
455 – 560	9.19	11.52	23.88	40.46	84.74	84.61	113.89	171.12	49.49
560 आणि अधिक /& above	3.93	10.42	22.11	52.64	80.04	173.85	184.86	325.89	70.88
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00

तक्ता क्रमांक /Table No.4.4 (Cont.)

दरडोई मासिक खर्चाच्या वर्गानूसार प्रत्येक कॅलरी अंतर्ग्रहण स्तराप्रमाणे कुटुंबांचे दर हजारात विभाजन
Per thousand distribution of households by monthly per capita expenditure class for each calorie intake level

दरडोइ मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रहण स्तर ('निकष' स्तराची टक्केवारी)/Calorie intake level (percentage of 'norm' level)								
	पेक्षा कमी/ Less than 70	70 – 80	80 – 90	90 – 100	100 – 110	110 – 120	120 – 150	150 आणि अधिक/ and above	सर्व All
केंद्र नमुना/Central Sample नागरी/Urban									
पेक्षा कमी/ Less than 160	168.80	54.22	19.19	6.01	3.27	5.97	1.63	0.00	38.64
160 – 190	103.78	59.97	22.23	15.57	7.54	0.00	5.33	0.00	32.58
190 – 230	114.25	91.62	56.43	20.52	14.48	8.00	10.98	0.00	47.65
230 – 265	94.81	92.36	83.75	33.86	18.72	14.18	9.10	8.90	53.11
265 – 310	118.11	117.45	110.49	69.76	61.92	32.59	26.48	2.93	79.52
310 – 355	86.76	91.47	108.52	85.52	69.40	34.89	30.53	18.93	75.70
355 – 410	103.40	131.61	101.00	87.57	98.42	42.81	31.29	17.73	87.30
410 – 490	102.44	120.26	125.38	101.28	114.81	53.82	69.80	37.34	99.90
490 – 605	62.88	123.72	140.53	156.30	145.66	153.38	101.38	78.56	123.96
605 – 825	28.60	83.05	136.60	239.25	207.49	273.09	188.55	134.66	155.91
825 – 1055	5.33	16.55	61.34	104.57	120.80	180.16	210.35	203.97	92.98
1055 आणि अधिक /& above	10.84	17.72	34.54	79.79	137.49	201.11	314.58	496.98	112.75
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
एकत्रित नमुना /**Pooled Sample** ग्रामीण/**Rural**									
पेक्षा कमी/ Less than 120	166.63	60.05	18.07	11.89	1.38	1.48	1.66	0.00	33.57
120 – 140	114.19	75.37	29.00	7.93	5.52	5.40	0.80	0.00	30.53
140 – 165	196.80	163.12	73.00	30.71	29.36	13.79	10.14	8.80	68.15
165 – 190	142.78	183.39	111.62	83.72	44.34	24.91	13.87	2.76	82.19
190 – 210	86.24	112.27	68.62	74.57	55.82	35.35	26.67	13.62	64.16
210 – 235	98.19	92.94	123.72	105.71	91.81	58.73	45.70	17.61	89.26
235 – 265	64.55	125.34	155.10	148.88	111.51	111.29	63.03	18.44	108.52
265 – 300	56.43	54.30	140.52	142.59	130.73	120.18	95.97	33.54	106.40
300 – 355	45.14	73.01	119.85	166.19	185.10	185.51	172.31	96.41	132.46
355 – 455	14.90	38.27	109.06	128.41	167.42	205.01	263.19	245.29	135.15
455 – 560	7.48	11.52	29.19	47.52	81.86	104.48	132.06	190.88	63.98
560 आणि अधिक /& above	6.67	10.42	22.25	51.88	95.15	133.87	174.60	372.65	85.63
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
एकत्रित नमुना /**Pooled Sample** नागरी/**Urban**									
पेक्षा कमी / Less than 160	130.22	34.95	10.97	3.54	1.46	2.68	0.75	0.00	23.08
160 – 190	97.58	43.18	18.01	10.58	3.36	0.00	3.42	1.35	23.17
190 – 230	122.96	87.38	51.19	19.46	12.11	9.74	6.97	1.92	41.69
230 – 265	105.70	106.77	75.05	45.57	20.64	12.40	7.62	7.60	52.67
265 – 310	130.82	127.04	119.69	71.06	47.69	30.18	25.34	8.06	77.78
310 – 355	96.84	95.18	120.16	85.98	70.40	48.67	27.25	29.87	78.37
355 – 410	107.15	125.24	103.13	94.65	99.15	59.39	40.67	22.32	88.40
410 – 490	94.27	134.29	129.30	120.75	120.91	74.28	78.00	45.89	107.27
490 – 605	64.96	127.04	150.62	152.10	165.59	151.30	127.36	104.70	134.27
605 – 825	29.69	81.87	139.64	213.75	219.81	258.35	231.46	190.55	167.92
825 – 1055	9.37	21.90	52.61	105.62	125.65	164.17	191.66	180.28	96.96
1055 आणि अधिक /& above	10.44	15.16	29.63	76.94	113.23	188.84	259.50	407.46	108.42
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00

4.14 The Table No.4.5 gives per thousand distribution of persons by monthly per capita expenditure class for each calorie intake level for the State sample, Central sample and Pooled sample respectively.

तक्ता क्रमांक /Table No.4.5

दरडोई मासिक खर्चाच्या वर्गानुसार प्रत्येक कॅलरी अंतर्ग्रहण स्तराप्रमाणे व्यक्तींचे दर हजारात विभाजन
Per thousand distribution of persons by monthly per capita expenditure class for each calorie intake level

दरडोई मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रहण स्तर ('निकष' स्तराची टक्केवारी)/Calorie intake level (percentage of 'norm' level)								
	पेक्षा कमी/ Less than 70	70 – 80	80 – 90	90 – 100	100 – 110	110 – 120	120 – 150	150 आणि अधिक/ and above	सर्व All
				राज्य नमुना /State Sample ग्रामीण/Rural					
पेक्षा कमी/ Less than 120	34.07	6.97	1.98	3.18	0.00	0.00	0.00	0.00	5.43
120 – 140	92.49	34.51	15.06	2.02	2.55	1.74	0.00	0.00	18.19
140 – 165	206.83	78.28	47.40	17.49	15.87	9.39	0.00	6.04	47.63
165 – 190	171.30	134.36	87.63	60.94	17.56	14.76	6.88	0.92	67.42
190 – 210	101.86	101.95	59.94	63.82	56.12	22.09	24.50	17.31	59.80
210 – 235	141.64	141.09	136.89	117.74	90.04	43.02	33.74	4.99	99.16
235 – 265	101.44	150.47	189.15	154.36	96.82	111.52	42.52	20.79	121.58
265 – 300	79.15	131.87	164.24	172.61	142.69	112.51	94.61	28.72	127.83
300 – 355	47.90	132.88	120.49	160.63	211.59	218.29	177.79	78.97	147.84
355 – 455	13.27	64.49	123.80	152.92	193.97	234.57	291.72	242.05	156.14
455 – 560	3.74	11.47	34.63	49.20	82.67	113.00	155.99	205.21	69.09
560 आणि अधिक/& above	6.31	11.66	18.79	45.09	90.12	119.11	172.25	395.00	79.89
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				राज्य नमुना /State Sample नागरी/Urban					
पेक्षा कमी/ Less than 160	52.66	8.49	1.25	0.96	0.00	0.00	0.00	0.00	7.33
160 – 190	92.51	22.44	16.27	7.14	0.00	0.00	2.95	7.31	18.11
190 – 230	151.64	91.68	49.89	23.01	12.46	14.46	4.37	7.57	46.53
230 – 265	125.59	125.29	81.55	76.23	28.08	13.51	7.25	9.66	66.03
265 – 310	155.18	150.01	149.46	89.80	44.27	39.12	26.96	21.86	95.16
310 – 355	123.84	103.28	139.29	97.15	72.42	74.76	27.16	46.53	93.10
355 – 410	115.43	112.77	107.08	120.26	123.71	83.45	58.60	41.12	103.08
410 – 490	79.12	159.37	134.98	163.37	138.30	105.54	99.32	65.26	128.01
490 – 605	63.91	124.06	148.90	141.82	189.70	159.00	176.07	142.52	144.62
605 – 825	24.61	69.03	120.25	156.71	232.14	254.91	261.19	236.43	158.55
825 – 1055	10.42	25.25	30.96	80.35	91.53	122.59	154.02	142.07	72.30
1055 आणि अधिक/ & above	5.09	8.33	20.12	43.20	67.39	132.66	182.11	279.67	67.18
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				केंद्र नमुना /Central Sample ग्रामीण/**Rural**					
पेक्षा कमी/ Less than 120	239.50	67.48	41.79	24.99	5.11	5.34	7.05	0.00	77.17
120 – 140	137.51	83.61	45.07	14.95	11.92	12.00	0.57	0.00	57.43
140 – 165	197.02	167.92	109.26	49.78	59.28	14.71	20.67	9.60	109.09
165 – 190	124.87	173.03	156.65	111.00	85.86	41.70	25.06	1.00	116.10
190 – 210	74.05	118.47	74.32	86.35	67.92	58.71	40.50	15.85	77.80
210 – 235	77.01	91.04	127.30	110.01	111.05	91.99	55.98	39.93	95.09
235 – 265	47.64	119.35	115.91	153.03	121.08	89.09	87.57	20.01	100.52
265 – 300	43.67	55.21	97.02	124.84	123.41	158.52	119.94	63.54	89.29
300 – 355	37.00	69.62	105.34	148.87	129.98	147.46	162.32	110.78	100.04
355 – 455	11.57	33.49	91.68	89.37	143.94	127.21	180.29	256.53	83.16
455 – 560	7.41	12.12	21.18	38.57	84.53	92.91	119.14	157.52	42.20
560 आणि अधिक/& above	2.75	8.66	14.48	48.24	55.92	160.36	180.91	325.24	52.11
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00

तक्ता क्रमांक /Table No.4.5 (Cont.)

दरडोई मासिक खर्चाच्या वर्गानुसार प्रत्येक कॅलरी अंतर्ग्रहण स्तराप्रमाणे व्यक्तींचे दर हजारात विभाजन
Per thousand distribution of persons by monthly per capita expenditure class for each calorie intake level

दरडोइ मासिक खर्चाचे वर्ग (रु.) Monthly per capita expenditure class (Rs.)	कॅलरी अंतर्ग्रहण स्तर ('निकष' स्तराची टक्केवारी)/Calorie intake level (percentage of 'norm' level) पेक्षा कमी/ Less than 70	70 – 80	80 – 90	90 – 100	100 – 110	110 – 120	120 – 150	150 आणि अधिक / and above	सर्व All
				केंद्र नमुना /Central Sample नागरी/Urban					
पेक्षा कमी/ Less than 160	181.75	70.75	25.91	6.39	5.53	8.79	1.59	0.00	52.35
160 – 190	113.99	74.27	23.60	22.48	7.82	0.00	5.19	0.00	42.95
190 – 230	123.53	103.86	75.91	26.60	14.69	7.12	9.90	0.00	61.37
230 – 265	109.29	102.51	96.59	39.12	15.50	15.59	9.36	3.64	64.99
265 – 310	89.10	87.20	82.00	63.32	53.17	24.61	15.97	3.64	93.63
310 – 355	87.81	94.47	126.07	96.26	91.69	47.85	31.55	10.94	86.13
355 – 410	106.65	138.31	104.94	97.15	123.22	42.33	28.35	14.04	96.36
410 – 490	94.28	119.23	120.23	112.74	112.48	57.92	71.81	54.19	100.39
490 – 605	55.29	106.10	130.77	158.31	141.95	171.11	108.38	93.48	114.70
605 – 825	24.24	75.35	133.95	221.29	189.73	285.78	224.90	132.34	137.12
825 – 1055	5.07	12.91	52.03	84.63	116.72	176.45	197.94	241.92	71.27
1055 आणि अधिक/& above	9.00	15.04	28.00	71.71	127.50	162.45	295.06	445.81	78.74
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				एकत्रित नमुना /**Pooled Sample** ग्रामीण/**Rural**					
पेक्षा कमी/ Less than 120	171.25	40.02	21.17	13.43	2.24	1.99	2.59	0.00	40.54
120 – 140	122.55	61.33	29.53	8.10	6.66	5.56	0.21	0.00	37.40
140 – 165	200.28	127.25	77.23	32.67	34.93	11.37	7.61	7.33	77.71
165 – 190	140.29	155.49	120.91	84.47	47.55	24.79	13.57	0.95	91.25
190 – 210	83.29	110.97	66.87	74.41	61.30	35.73	30.39	16.78	68.61
210 – 235	98.48	113.75	132.27	114.11	99.26	61.26	41.93	17.63	97.16
235 – 265	65.51	133.47	153.83	153.73	107.47	103.17	59.10	20.51	111.27
265 – 300	55.45	90.00	131.83	150.16	134.22	129.65	103.93	41.33	108.97
300 – 355	40.62	98.32	113.19	155.10	175.76	191.91	172.09	90.48	124.44
355 – 455	12.13	47.55	108.31	123.05	172.01	194.59	250.70	247.29	120.42
455 – 560	6.19	11.83	28.15	44.20	83.49	105.52	142.43	187.95	55.93
560 आणि अधिक/& above	3.96	10.02	16.71	46.57	75.11	134.46	175.45	369.75	66.30
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00
				एकत्रित नमुना /**Pooled Sample** नागरी/**Urban**					
पेक्षा कमी/ Less than 160	134.62	44.08	13.55	3.70	2.32	3.69	0.67	0.00	30.37
160 – 190	106.15	52.07	19.93	14.89	3.28	0.00	3.89	4.48	30.82
190 – 230	133.79	98.64	62.87	24.82	13.40	11.38	6.70	4.64	54.12
230 – 265	115.24	112.27	89.05	57.48	22.80	14.38	8.14	7.33	65.50
265 – 310	113.22	114.11	115.82	76.41	48.01	33.03	22.33	14.82	94.38
310 – 355	100.97	98.24	132.69	96.70	80.50	63.46	29.01	32.78	89.53
355 – 410	109.85	127.37	106.01	108.58	123.51	66.19	45.85	30.66	99.64
410 – 490	88.75	136.42	127.62	137.78	127.47	85.55	87.72	60.96	113.88
490 – 605	58.44	113.80	139.86	150.16	169.68	164.08	147.53	123.57	129.31
605 – 825	24.38	72.64	127.08	189.35	214.35	267.87	245.89	196.22	147.59
825 – 1055	7.03	18.20	41.47	82.51	102.09	145.20	172.54	180.65	71.77
1055 आणि अधिक/& above	7.56	12.16	24.05	57.62	92.59	145.17	229.73	343.89	73.09
सर्व/All	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00

4.15 From all the samples, it is depicted that the per thousand distribution of persons by monthly per capita expenditure class shows shift from lower class to higher class over the calorie intake level. In other words, the skewness of the distribution changes its sign.

4.16 The Table No.4.6 gives the percentage distribution of calorie intake per consumer unit per diem by different food groups, average intake of calorie, protein and fat per consumer unit per diem for the State sample, Central sample and Pooled sample respectively.

तक्ता क्रमांक /Table No.4.6

निरनिराळया अन्नगटानूसार प्रति उपभोक्ता घटक प्रति दिन कॅजरीजचे प्रतिशत विभाजन
Percentage distribution of calorie intake per consumer unit per diem by different food groups, average intake of calorie, protein and fat per consumer unit per diem for State, Central and Pooled sample

बाब/Item		नमुना/Sample					
		राज्य/State		केंद्र/Central		एकत्रित/Pooled	
		ग्रामीण Rural	नागरी Urban	ग्रामीण Rural	नागरी Urban	ग्रामीण Rural	नागरी Urban
प्रति कुटुंब उपभोक्ता घटकांची संख्या Number of consumer units per household		3.81	3.73	3.78	3.58	3.79	3.63
अन्न पदार्थ गटापासून मिळणाऱ्या कॅलरीजची टक्केवारी Percentage of calories from food group	I तृणधान्ये/cereals	63.11	50.86	66.83	53.72	64.82	52.25
	II कंद आणि मूळे/ roots & tubers	2.06	2.16	1.71	1.94	1.89	2.03
	III साखर व मध/ sugar & honey	7.43	7.25	7.42	7.34	7.43	7.29
	IV डाळी,तेलबिया व शेंगदाणे/ pulses, nut & oilseeds	8.65	9.30	7.57	7.75	8.16	8.49
	V भाजिपाला व फळे/ Vegetables & fruits	2.60	3.48	1.87	3.22	2.26	3.31
	VI मास, अंडी व मासे/ meat, egg & fish	0.75	1.18	0.67	1.11	0.71	1.12
	VII दुध आणि दुग्ध पदार्थ / milk & milk products	5.10	9.42	4.36	8.27	4.76	9.05
	VIII तेल व सिग्धपदार्थ/ oils & fats	7.72	10.29	7.16	10.81	7.46	10.60
	IX किरकोळ अन्न पदार्थ/ miscellaneous foods & products	2.58	6.06	2.41	5.84	2.51	5.86
	सर्व गट/All groups	100.00	100.00	100.00	100.00	100.00	100.00
प्रति डायम प्रति उपभोक्ता घटक सरासरी क्षमता Per diem per consumer unit average intake of	कॅलरी/Calorie (किलो कॅलरी/kcal)	2703.44	2717.52	2425.54	2423.07	2566.04	2544.42
	प्रथिने/Protein (ग्रॅम/gm)	76.43	76.14	68.59	67.88	72.56	71.12
	सिग्धपदार्थ /Fat (ग्रॅम/gm)	52.66	69.96	41.99	58.60	47.44	64.12

4.17 As per the State sample, 63 per cent of the calories came from cereals, 2 per cent from roots and tubers, 7 per cent from sugar and honey, 9 per cent from pulses, nuts and oilseeds, 3 per cent from vegetables and fruits, 1 per cent from meat, eggs and fish, 5 per cent from milk and milk products, 8 per cent from oils and fats and remaining 2 per cent came from miscellaneous foods and products, in the rural areas. In the urban areas, these percentages were 51 per cent, 2 per cent, 7 per cent, 9 per cent, 3 per cent, 1 per cent, 9 per cent, 10 per cent and 6 per cent respectively. Similar estimates of these percentages are given by the Central sample as well as the pooled sample. It is seen that the State sample estimates in rural areas are higher than the Central sample estimates except for cereals. For urban areas also the State sample estimates are on higher side than the Central sample estimates except for cereals, sugar & honey and oils & fats.

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APPENDIX - I

Chart Showing Calorie, Protein And Fat Content Per Unit Quantity Of Food Items Listed In The Consumer Expenditure Schedule Of NSS 50th Round (July 1993–June 1994)

Item Code	Description of food item	*Unit	No. of calories per unit (cal)	Protein per unit (gm)	Fat per unit (gm)	Food Group
(1)	(2)	(3)	(4)	(5)	(6)	(7)
cereal group						
102	rice – pds	kg	3460	75	5	I
103	rice-other sources	kg	3460	75	5	I
104	Chira	kg	3460	66	12	I
105	khoi/lawa	kg	3250	75	1	I
106	Muri	kg	3250	75	1	I
108	other rice product	kg	3460	75	5	I
110	wheat-pds	kg	3460	118	15	I
111	wheat other sources	kg	3460	118	15	I
112	Ata-pds	kg	3410	121	17	I
113	Ata-other sources	kg	3410	121	17	I
114	Maida	kg	3480	110	9	I
115	suji, rawa	kg	3480	104	8	I
116	sewai/noodles	kg	3520	87	4	I
117	bread (bakery)	kg	2450	78	7	I
118	other wheat products	kg	3460	118	15	I
120	jowar-pds	kg	3490	104	19	I
121	jowar-other sources	kg	3490	104	19	I
122	jowar products	kg	3490	104	19	I
130	bajra-pds	kg	3610	116	50	I
131	bajra- other sources	kg	3610	116	50	I
132	bajra products	kg	3032	97	42	I
140	maize-pds	kg	3420	111	36	I
141	maize-other sources	kg	3420	111	36	I
142	maize products	kg	3420	111	36	I
150	Barely	kg	3360	115	13	I
151	barely products	kg	3360	115	13	I
160	small millets	kg	2615	97	34	I
161	small millets products	kg	2615	97	34	I
170	Ragi	kg	3280	73	13	I
171	ragi products	kg	3280	73	13	I
gram group						
190	gram (whole grain)	kg	3600	171	53	IV
191	gram products	kg	3600	171	53	IV
cereal substitutes group						
200	tapioca /sago (dry)	kg	3380	13	3	II
201	tapioca (green)	kg	1570	7	2	II
202	Mahua	kg	1110	14	16	I
203	jackfruit seed	kg	1330	66	4	I
208	other cereal subs	kg	1100	16	2	I
pulses and pulse products group						
210	arhar (tur)-pds	kg	3350	223	17	IV
211	arhar-other sources	kg	3350	223	17	IV
212	gram (split)-pds	kg	3720	208	56	IV
213	gram(split)-other sour	kg	3720	208	56	IV
214	moong-pds	kg	3480	245	12	IV
215	moong-other sources	kg	3480	245	12	IV
216	masur-pds	kg	3430	251	7	IV
217	masur-other sources	kg	3470	251	7	IV
220	Urd- pds	kg	3470	240	14	IV
221	Urd-other sources	kg	3450	240	14	IV
222	khesari- pds	kg	3450	228	6	IV
223	khesari- other sources	kg	3150	228	6	IV
224	peas	kg	4320	197	11	IV

(Cont......)

(1)	(2)	(3)	(4)	(5)	(6)	(7)
225	Soyabean	kg	3400	432	195	IV
226	Other pulses	kg	3400	220	12	IV
227	Besan	kg	3400	220	12	IV
228	Other pulse products	kg	3400	220	12	IV
milk and milk products group						
230	milk: liquid	litre	1000	40	70	VII
231	Baby food	kg	3570	380	1	VII
232	milk: cond./powder	kg	4960	258	267	VII
233	Curd	kg	600	31	40	VII
234	Ghee	kg	9000	-	1000	VIII
235	Butter	kg	7290	-	810	VIII
236	Ice-cream	Re*	25	1.5	4	IX
238	Other milk products	Re*	126	4	9	VII
edible oil group						
240	vanaspati-pds	kg	9000	-	1000	VIII
241	vanspati-other sources	kg	9000	-	1000	VIII
242	margarine	kg	9000	-	1000	VIII
243	mustard oil – pds	kg	9000	-	1000	VIII
244	mustard oil-other sources	kg	9000	-	1000	VIII
245	groundnut oil-pds	kg	9000	-	1000	VIII
246	groundnut oil other sources	kg	9000	-	1000	VIII
247	coconut oil-pds	kg	9000	-	1000	VIII
250	coconut oil-other sources	kg	9000	-	1000	VIII
251	gingelly (til) oil-pds	kg	9000	-	1000	VIII
252	gingelly (til)-other sources	kg	9000	-	1000	VIII
253	linseed oil-pds	kg	9000	-	1000	VIII
254	linseed oil-other sources	kg	9000	-	1000	VIII
255	Refind oil-pds	kg	9000	-	1000	VIII
256	refind oil-other sources	kg	9000	-	1000	VIII
257	palm oil-pds	kg	9000	-	1000	VIII
260	palm oil-other sources.	kg	9000	-	1000	VIII
261	rapeseed oil-pds	kg	9000	-	1000	VIII
262	rapeseed oil-other sources	kg	9000	-	1000	
263	oil seeds	kg	5410	200	397	IV
268	Edible oil (others)	kg	9000	-	1000	VIII
meat, egg and fish group						
270	goat meat	kg	1180	214	36	VI
271	mutton	kg	1940	185	133	VI
272	Beef	kg	1140	226	26	VI
273	Pork	kg	1140	187	44	VI
274	buffalo meat	kg	860	194	9	VI
278	Other	kg	900	180	10	VI
280	chicken	kg	1090	259	6	VI
281	Other birds	no.	709	169	4	VI
282	Eggs	no.	100	8	8	VI
283	egg products	Re.*	80	3.2	3.2	VI
284	fish (fresh)	kg	1050	140	20	VI
285	fish (dry)	kg	3000	650	60	VI
286	fish (canned)	kg	2025	395	40	VI
288	others	kg	900	180	10	VI
vegetable group						
290	potato	kg	970	16	1	II
291	onion	kg	550	15	1	II
292	radish	kg	170	7	1	II
293	carrot	kg	480	9	2	II
294	turnip	kg	290	5	2	II
295	Beet	kg	430	17	1	II
296	sweet potato	kg	1200	12	3	II
297	Arum	kg	970	30	1	II
298	Other root vegs.	kg	600	25	2	II
300	pumpkin	kg	250	14	1	V
301	gourd	kg	120	2	1	V

(Cont......)

(1)	(2)	(3)	(4)	(5)	(6)	(7)
302	bitter gourd	kg	400	18	6	V
303	cucumber	kg	130	4	1	V
304	parwal/patal	kg	200	20	3	V
305	jhinga/toria	kg	170	5	1	V
306	snake gourd	kg	180	5	3	V
308	other gourd	kg	162	4	3	V
310	cauliflower	kg	300	26	4	V
311	cabbage	kg	270	18	1	V
312	brinjal	kg	240	14	3	V
313	Lady’s finger	kg	350	19	2	V
314	palak	kg	260	20	7	V
315	other leafy vegs.	kg	550	40	8	V
316	french beans & barbati	kg	244	16	1	V
317	tomato	kg	200	9	2	V
320	Peas	kg	930	72	1	V
321	chilli (green)	kg	290	29	6	V
322	capsicum	kg	240	13	3	V
323	plantain (green)	kg	640	14	2	V
324	jackfruit (green)	kg	510	26	3	V
325	lemon	no.	10	0.2	0.2	V
328	other vegetable.	Re.*	162	5	0.9	V
fresh fruits group						
340	banana	no.	116	1.2	0.3	V
341	jackfruit	kg	880	19	1.0	V
342	water melon	kg	160	2	2	V
343	pineapple	no.	460	4	1	V
344	coconut	no.	660	6.7	62.4	IV
345	guava	kg.	510	9	3	V
346	singara	kg	1150	47	3	V
347	orange, mausami	no.	50	1	1	V
350	mango	no.	740	6	4	V
351	kharbooza	no.	170	3	2	V
352	pears (naspati)	no.	520	6	2	V
353	berries	no.	530	18	2	V
354	leechi	no.	610	11	2	V
355	apple	no.	590	2	5	V
356	grapes	no.	710	5	3	V
358	other fresh fruits	Re.*	20	0.2	0.2	V
dry fruits and nuts group						
360	coconut (copra)	kg	6620	68	623	IV
361	groundnut	kg	5670	253	401	IV
362	dates	kg	3170	25	4	V
363	cashew nut	kg	5960	212	469	IV
364	Walnut	kg	6870	156	645	IV
365	other nuts	kg	4100	108	300	IV
366	raisin (kishmish, monnacca etc.)	kg	3080	18	3	V
368	other dry fruits	kg	3060	16	7	V
sugar group						
370	sugar (crystal)-pds	kg	3980	1	0	III
371	sugar (crystal)-other sources	kg	3980	1	0	III
372	khandsari sugar	kg	3940	2	1	III
373	gur (cane)	kg	3830	4	1	III
374	gur (others)	kg	3500	14	2	III
375	sugar candy (misri)	kg	3980	1	0	III
376	honey	kg	3190	3	0	III
378	sugar (others)	kg	3500	10	1	III
spices group						
390	turmeric	gm.	3.49	0.06	0.05	IX
391	black pepper	gm.	3.04	0.11	0.07	IX
392	dry chilli	gm.	2.46	0.16	0.06	IX
393	garlic	gm.	1.45	0.06	0	IX

(Cont......)

(1)	(2)	(3)	(4)	(5)	(6)	(7)
394	tamarind	gm.	2.83	0.03	0	IX
395	ginger	gm.	0.67	0.02	0.01	IX
396	curry powder	gm.	0.80	0.08	0.02	IX
398	other spices	gm.	3.60	0.14	0.19	IX
beverages, refreshments and processed food group						
400	tea: cups	no.	27	0.30	0.04	IX
401	tea: leaf	gm.	0	0	0	IX
402	coffee: cups	no.	40	0.80	0.08	IX
403	coffee: powder	gm.	0	0	0	IX
405	cold bevrg:botl./cand.	no.	80	0.5	0	V
406	fruit juice and shake	glass	50	3	0.80	V
407	coconut: green	no.	60	3.50	0.25	IX
408	other beverages (cocoa, chocolate, bournvita ovaltine, horlicks)	Re.*	44	2	1.6	IX
410	biscuits & confec.	Re.*	123	1.63	0.6	IX
411	salted refreshment	Re.*	105	3	4	IX
412	prepared sweets	Re.*	80	0.65	4	IX
413	cooked meals	no.	1200	25	20	IX
414	cake,pastry	kg	5000	65	24	IX
415	pickles	gm.	4	0.10	0.30	IX
416	sauce	gm.	0.60	0.03	0	IX
417	jam/jelly	gm.	2.50	0.01	0	IX
418	other processed food	Re.*	105	30.16	4	IX
pan group						
430	pan: leaf	no.	2.20	0.16	0.04	IX
431	pan: finished	no.	3.70	0.20	0.07	IX
432	supari	gm.	6.55	0.21	0.59	IX
intoxicants group						
451	toddy	ltr.	--	--	--	X
452	country liquor	ltr.	--	--	--	X
454	beer	ltr.	--	--	--	X
455	foreign/refined liquor	ltr.	--	--	--	X

The nutrient contents for each item per unit quantity (as specified in the schedules) are shown in the above table.

For some items having a heterogeneous food content, the value of consumption, rather than the quantity, has been preferred as an indicator of the nutrient contents. For such items the unit has been shown as 'Re'. That is, for the items against which the entry in col.3 is 'Re', the quantities of nutrients shown in cols.4, 5 and 6 for the items are available per rupee only and these, multiplied by the value of consumption, will provide the total quantities of nutrients derived from that item.

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APPENDIX - II
List of tables

SAMPLE : STATE

Table No.1

Per capita and per consumer unit intake of Calorie, Protein and Fat per diem, percentage of expenditure on food to total consumer expenditure and average monthly per capita expenditure by monthly per capita expenditure classes

Monthly per capita expenditure class	Percentage of expenditure on food to total consumer expenditure	Per capita per diem intake of			Per consumer unit per diem intake of			Average monthly per capita expenditure
		Calorie	Protein (0.0gm)	Fat (0.0 gm)	Calorie	Protein (0.0gm)	Fat (0.0 gm)	
1	2	3	4	5	6	7	8	9
RURAL								
Less than 120	70.59	1274.60	36.55	15.73	1630.70	46.77	20.13	105.23
120-140	73.14	1468.57	43.11	23.05	1880.16	55.19	29.52	129.97
140-165	70.14	1721.51	52.42	33.84	2138.42	65.11	42.04	152.78
165-190	69.44	1673.11	48.69	28.12	2118.14	61.64	35.60	178.31
190-210	68.91	1867.74	52.58	31.76	2336.53	65.78	39.73	201.08
210-235	67.14	1895.45	54.37	31.60	2345.11	67.26	39.09	222.70
235-265	65.21	1987.78	55.61	38.33	2471.04	69.13	47.65	249.99
265-300	63.33	2096.86	59.65	38.95	2595.93	73.84	48.22	283.21
300-355	62.77	2226.62	63.26	42.82	2756.44	78.31	53.01	325.85
355-455	58.84	2476.27	68.77	52.87	3064.47	85.11	65.43	298.78
455-560	54.02	2658.66	74.71	53.11	3276.68	92.08	65.45	501.38
560 and above	45.11	3014.09	83.13	68.73	3705.92	102.21	84.50	812.31
All classes	58.97	2178.12	61.58	42.43	2703.44	76.43	52.66	332.92
URBAN								
Less than 160	70.44	1269.03	37.11	21.67	1593.63	46.60	27.22	139.00
160-190	68.50	1544.00	62.97	26.36	1965.87	80.18	33.56	176.55
190-230	67.96	1674.90	49.03	30.28	2070.62	60.62	37.43	213.04
230-265	66.45	1860.80	54.71	39.22	2305.06	67.77	48.58	248.57
265-310	65.51	1874.13	55.26	38.32	2319.72	68.40	47.44	287.69
310-355	63.55	2078.95	55.67	54.38	2565.09	68.69	67.09	331.80
355-410	61.64	2077.68	58.57	45.18	2530.63	71.34	55.02	380.47
410-490	59.86	2230.79	63.02	58.05	2722.40	76.91	70.84	446.62
490-605	58.26	2276.54	64.75	58.34	2763.20	78.59	70.81	543.66
605-825	53.99	2490.57	68.64	70.45	2999.41	82.66	84.85	700.12
825-1055	50.12	2634.65	70.43	78.67	3147.28	84.13	93.97	925.43
1055 and above	41.09	3038.64	78.10	98.88	3656.01	93.96	118.97	1502.96
All classes	54.78	2228.43	62.44	57.37	2717.52	76.14	69.96	542.71

Table No.2
Percentage (0.00) of total intake of Calorie and protein from different groups of food items by MPCE classes

Monthly per capita expenditure class	Percentage of total intake of calorie from		Percentage of total intake of protein from				No. of sample Household
	Cereals	Cereal substitute	Cereals	Pulses	Milk and Milk product	Meat,fish,egg	
1	2	3	4	5	6	7	8
RURAL							
Less than 120	80.65	0.19	81.40	8.44	0.51	3.23	19
120-140	75.85	0.31	77.68	10.10	2.82	2.22	53
140-165	67.87	0.49	66.67	9.76	2.57	2.81	152
165-190	70.83	0.51	72.86	11.66	3.95	2.60	227
190-210	68.87	0.53	71.50	12.00	4.32	2.86	228
210-235	68.43	0.59	70.00	11.65	4.18	4.30	354
235-265	65.39	0.69	68.66	12.23	5.27	3.79	482
265-300	63.73	0.65	65.17	11.95	5.79	4.12	514
300-355	62.66	0.82	64.38	11.89	6.64	4.51	667
355-455	59.74	0.77	62.38	12.73	8.11	4.30	801
455-560	60.82	0.82	62.19	12.69	8.37	4.88	392
560 and above	53.83	0.91	55.13	14.42	9.19	7.06	517
All classes	63.10	0.71	65.04	12.27	6.35	4.34	4406
URBAN							
Less than 160	71.44	0.28	74.37	9.76	3.19	4.50	46
160-190	65.22	0.26	47.89	7.34	2.19	36.19	97
190-230	66.05	0.35	67.89	11.11	5.18	6.32	271
230-265	62.81	0.39	64.91	11.52	4.55	5.30	379
265-310	60.81	0.57	61.87	12.30	9.28	6.05	573
310-355	56.01	0.54	62.21	13.09	7.18	5.80	582
355-410	57.32	0.64	60.40	12.95	7.93	6.40	658
410-490	51.59	0.57	53.91	12.48	14.69	6.39	833
490-605	50.46	0.64	52.29	13.86	13.14	6.51	1136
605-825	45.86	0.65	48.99	13.90	14.45	6.76	1419
825-1055	39.67	0.60	43.74	13.95	14.39	5.80	874
1055 and above	34.34	0.50	38.85	14.33	16.29	6.33	1501
All classes	50.86	0.57	53.83	13.08	11.58	6.81	8369

Table No.3

Percentage (0.00) distribution of calorie intake per consumer unit per diem over different food groups, average intake of calorie, protein and fat per consumer unit per diem by per consumer unit per diem calorie intake classes

Per capita monthly expenditure class : All classes															
Calorie intake level	No. of consumer unit per household	Percentage of calorie from food group											Average intake per diem per consumer unit		
		I	II	III	IV	V	VI	VII	VIII	IX	X	Total	Calorie	Protein	Fat
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
RURAL															
Less than 70	4.73	66.87	2.19	7.95	7.87	2.07	0.97	2.54	7.37	2.13	0.05	100.00	1668.02	47.66	28.21
70 – 80	4.56	65.13	2.08	8.02	7.90	2.25	0.76	3.94	7.96	1.90	0.05	100.00	2034.56	57.93	37.71
80 – 90	4.27	64.44	2.16	7.80	8.14	2.26	0.74	4.29	8.03	2.12	0.03	100.00	2293.26	65.67	42.97
90 – 100	3.97	63.89	2.02	7.47	8.12	2.37	0.74	4.79	7.76	2.67	0.16	100.00	2552.85	72.43	47.94
100 – 110	3.63	63.59	2.07	7.50	8.19	2.33	0.77	4.76	7.97	2.76	0.05	100.00	2826.65	80.05	53.37
110 – 120	3.61	63.88	2.09	7.33	8.22	2.61	0.61	5.28	7.68	2.29	0.01	100.00	3094.75	87.28	58.65
120 – 150	3.17	63.48	2.02	7.17	8.40	2.66	0.77	5.35	7.64	1.96	0.54	100.00	3549.70	100.43	67.41
150 and above	2.28	53.76	1.85	6.32	12.77	4.30	0.73	9.36	7.02	2.24	1.64	100.00	5575.50	151.66	145.46
All classes	3.81	63.11	2.06	7.43	8.65	2.60	0.75	5.10	7.72	2.28	0.31	100.00	2703.44	76.43	52.66
URBAN															
Less than 70	4.83	57.23	2.47	7.75	8.63	3.35	1.52	5.48	10.65	2.80	0.13	100.00	1662.46	48.17	36.77
70 – 80	4.61	56.56	2.37	7.74	8.83	3.18	1.32	6.13	11.06	2.71	0.10	100.00	2035.78	58.20	46.87
80 – 90	4.34	55.62	2.22	7.75	8.83	3.11	1.13	6.70	10.81	3.72	0.10	100.00	2294.90	65.12	53.42
90 – 100	3.65	53.83	2.20	7.35	8.88	3.33	1.19	6.57	10.43	6.10	0.12	100.00	2564.83	72.57	59.34
100 – 110	3.52	51.86	2.28	7.54	9.01	3.51	1.03	7.98	10.67	5.99	0.12	100.00	2832.47	79.14	69.19
110 – 120	3.31	50.82	2.19	7.53	9.09	3.77	1.09	8.19	10.69	6.55	0.07	100.00	3091.21	87.00	76.87
120 – 150	2.92	50.26	2.21	7.31	9.22	3.88	1.07	9.10	10.60	5.90	0.46	100.00	3535.40	99.10	90.04
150 and above	2.28	28.56	1.34	4.76	12.27	3.84	1.36	27.63	6.87	10.25	3.12	100.00	7274.53	187.81	304.19
All classes	3.73	50.86	2.16	7.25	9.30	3.48	1.18	9.42	10.29	5.58	0.47	100.00	2717.52	76.14	69.96
	4.83	57.23	2.47	7.75	8.63	3.35	1.52	5.48	10.65	2.80	0.13	100.00	1662.46	48.17	36.77

Table No. 4
Per 1000 Distribution of households by Monthly Per Capita Expenditure class for each calorie intake level

Monthly per capita expenditure	Calorie intake level									Sample households
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
RURAL										
Less than 120	610.95	214.22	56.79	118.04	0.00	0.00	0.00	0.00	1000.00	19
120-140	534.15	240.10	161.35	16.78	30.84	16.78	0.00	0.00	1000.00	53
140-165	437.47	235.34	175.67	56.70	40.99	29.71	0.00	24.12	1000.00	152
165-190	273.91	264.31	229.88	149.21	34.99	28.05	15.32	4.33	1000.00	227
190-210	182.22	235.38	185.92	160.25	113.92	53.49	58.72	10.10	1000.00	228
210-235	133.77	191.41	242.11	184.96	127.39	56.31	58.22	5.84	1000.00	354
235-265	77.67	154.64	275.97	188.91	116.59	112.54	59.63	14.05	1000.00	482
265-300	55.16	140.50	230.87	206.91	150.32	87.62	108.99	19.63	1000.00	514
300-355	29.30	105.21	136.24	178.53	199.52	144.63	159.91	46.67	1000.00	667
355-455	6.56	47.79	117.35	139.02	154.19	155.79	256.38	122.92	1000.00	801
455-560	4.30	22.64	72.45	105.05	139.56	162.79	265.09	228.13	1000.00	392
560 and above	10.82	15.47	36.98	77.66	146.83	118.73	241.45	352.06	1000.00	517
All classes	86.57	120.93	164.54	151.35	136.58	108.54	143.40	87.68	1000.00	4406
URBAN										
Less than 160	805.89	130.81	42.93	20.37	0.00	0.00	0.00	0.00	1000.00	46
160-190	570.72	166.34	165.13	66.67	0.00	0.00	19.45	11.70	1000.00	97
190-230	339.84	263.14	207.43	91.74	44.17	33.39	14.16	6.12	1000.00	271
230-265	207.54	278.84	201.58	199.95	64.80	22.12	17.05	8.12	1000.00	379
265-310	175.08	211.80	276.90	169.22	72.79	39.20	44.95	10.05	1000.00	573
310-355	122.33	141.06	264.95	188.37	133.51	77.68	42.11	29.99	1000.00	582
355-410	109.44	147.65	190.17	202.96	169.64	85.75	75.99	18.40	1000.00	658
410-490	58.75	152.89	187.27	219.52	166.26	83.14	103.14	29.03	1000.00	833
490-605	40.64	103.32	179.85	179.15	190.22	108.36	143.78	54.68	1000.00	1136
605-825	15.05	50.50	127.64	180.49	193.41	143.44	207.24	82.22	1000.00	1419
825-1055	14.40	33.37	68.03	186.63	194.89	157.24	242.82	102.61	1000.00	874
1055 and above	8.01	12.60	37.40	125.74	137.68	181.76	286.97	209.84	1000.00	1501
All classes	85.86	114.03	161.44	176.98	152.38	105.39	139.95	63.98	1000.00	8369

Table No. 5
Per 1000 distribution of persons by monthly per capita expenditure class for each calorie intake level

Monthly per capita expenditure	Calorie intake level									Sample households
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
					RURAL					
Less than 120	658.17	182.96	66.63	92.25	0.00	0.00	0.00	0.00	100.00	102
120-140	533.01	270.04	151.05	17.51	18.39	10.00	0.00	0.00	100.00	362
140-165	455.26	234.00	181.59	57.89	43.66	20.62	0.00	6.99	100.00	875
165-190	266.38	283.73	237.17	142.47	34.12	22.90	12.46	0.75	100.00	1335
190-210	178.59	242.73	182.92	168.21	122.95	38.64	50.00	15.95	100.00	1210
210-235	149.75	202.57	251.91	187.14	118.95	45.38	41.53	2.77	100.00	1933
235-265	87.47	176.19	283.88	200.10	104.32	95.94	42.68	9.42	100.00	2564
265-300	64.91	146.86	234.44	212.81	146.22	92.06	90.32	12.38	100.00	2630
300-355	33.97	127.96	148.72	171.24	187.49	154.44	146.76	29.43	100.00	3215
355-455	8.91	58.80	144.67	154.35	162.74	157.13	228.00	85.41	100.00	3649
455-560	5.67	23.64	91.47	112.23	156.75	171.07	275.53	163.64	100.00	1808
560 and above	8.29	20.76	42.89	88.94	147.74	155.92	263.08	272.37	100.00	2176
All classes	104.84	142.36	182.47	157.60	131.00	104.60	122.04	55.10	100.00	21859
					URBAN					
Less than 160	784.50	161.26	31.69	22.55	0.00	0.00	0.00	0.00	1000.00	289
160-190	557.49	172.47	167.06	68.09	0.00	0.00	18.34	16.55	1000.00	662
190-230	355.58	274.24	199.38	85.36	38.84	29.36	10.56	6.67	1000.00	1637
230-265	207.53	264.11	229.65	199.32	61.67	19.33	12.38	6.00	1000.00	2255
265-310	177.95	219.44	292.07	162.93	67.48	38.84	31.88	9.42	1000.00	3321
310-355	145.16	154.43	278.22	180.17	112.82	75.87	32.83	20.50	1000.00	3127
355-410	122.20	152.29	193.18	201.44	174.07	76.49	63.97	16.36	1000.00	3457
410-490	67.45	173.30	196.09	220.35	156.70	77.90	87.31	20.91	1000.00	4216
490-605	48.22	119.43	191.47	169.32	190.25	103.88	137.00	40.42	1000.00	5162
605-825	16.94	60.60	141.03	170.65	212.35	151.90	185.37	61.16	1000.00	5700
825-1055	15.72	48.62	79.63	191.88	183.62	160.20	239.72	80.60	1000.00	2904
1055 and above	8.25	17.22	55.71	111.01	145.49	186.55	305.02	170.75	1000.00	4344
All classes	109.12	139.20	185.96	172.66	145.04	94.48	112.53	41.02	1000.00	37074

SAMPLE : CENTRAL

Table No.1
Per capita and per consumer unit intake of calorie, Protein and Fat per diem, percentage of expenditure on food to total consumer expenditure and average monthly per capita expenditure by monthly per capita expenditure classes

Monthly per capita expenditure class (Rs)	Percentage of expenditure on food to total consumer expenditure	Per capita per diem intake of			Per consumer unit per diem intake of			Average Monthly Per capita expenditure
		Calorie	Protein (0.0 gm)	Fat (0.0 gm)	Calorie	Protein (0.0 gm)	Fat (0.0 gm)	
1	2	3	4	5	6	7	8	9
RURAL								
Less than 120	69.00	1296.52	40.48	15.85	1670.08	52.14	20.42	96.25
120-140	67.43	1457.63	42.13	20.21	1840.93	53.21	25.52	130.05
140-165	68.65	1571.95	45.00	22.80	1991.69	57.01	28.89	152.58
165-190	68.68	1730.96	49.73	26.21	2172.73	62.42	32.90	176.99
190-210	69.01	1816.80	51.19	28.87	2265.45	63.83	36.00	200.00
210-235	66.30	1877.87	53.22	32.20	2355.30	66.76	40.39	222.15
235-265	66.37	1943.13	54.41	33.76	2424.15	67.88	42.12	249.29
265-300	63.68	2071.30	58.08	37.03	2558.65	71.74	45.74	281.46
300-355	61.30	2120.90	59.10	38.71	2637.03	73.49	48.14	323.97
355-455	57.78	2352.17	65.86	45.69	2909.56	81.47	56.52	398.79
455-560	52.97	2523.56	69.28	51.68	3102.86	85.18	63.54	504.90
560 and above	40.07	3226.50	88.02	72.62	3971.95	108.36	89.39	898.64
All classes	59.46	1938.93	54.83	33.56	2425.54	68.59	41.99	272.74
URBAN								
Less than 160	68.37	1383.06	40.46	19.58	1736.30	50.80	24.58	133.44
160-190	68.91	1556.34	45.11	23.51	1932.33	56.01	29.19	175.35
190-230	67.54	1611.92	46.60	28.19	1996.64	57.72	34.91	210.66
230-265	67.76	1682.08	47.72	32.51	2083.58	59.11	40.27	247.92
265-310	65.86	1784.27	50.46	35.57	2188.59	61.90	43.63	288.15
310-355	63.14	1858.23	52.32	39.54	2289.04	64.45	48.70	332.75
355-410	62.27	1873.33	52.67	42.98	2258.08	63.49	51.80	381.84
410-490	59.84	1937.57	53.82	47.33	2357.85	65.50	57.60	448.24
490-605	56.84	2082.54	58.80	53.63	2522.87	71.23	64.97	544.71
605-825	52.77	2236.54	61.40	61.34	2713.44	74.49	74.42	703.75
825-1055	49.96	2503.06	69.07	73.57	3028.42	83.56	89.01	928.98
1055 and above	37.26	2660.30	72.88	84.46	3237.20	88.68	102.77	1570.25
All classes	53.02	1982.81	55.54	47.95	2423.07	67.88	58.60	529.62

Table No.2
Percentage (0.00) of total intake of calorie and protein from different groups of food items by MPCE classes

Monthly per capita expenditure class (Rs)	Percentage of total intake of calorie from		Percentage of total intake of protein from				No. of sample Household
	Cereals	Cereal substitute	Cereals	Pulses	Milk and Milk product	Meat,fish,egg	
1	2	3	4	5	6	7	8
RURAL							
Less than 120	77.87	0.19	74.31	10.80	1.88	7.34	246
120-140	75.29	0.21	76.16	11.66	2.84	2.20	201
140-165	72.95	0.26	73.77	12.67	3.47	2.51	389
165-190	71.93	0.31	72.82	12.67	4.08	2.49	442
190-210	70.30	0.42	71.42	12.92	4.42	3.00	310
210-235	68.23	0.55	69.70	12.79	5.75	2.78	380
235-265	66.94	0.52	67.98	12.77	6.63	3.50	433
265-300	65.88	0.61	67.44	12.31	7.50	3.05	388
300-355	64.07	0.63	64.56	12.85	7.46	4.56	502
355-455	62.00	0.72	63.70	12.21	7.97	5.13	476
455-560	60.31	0.72	61.80	12.35	10.32	4.73	281
560 and above	53.53	0.65	56.84	16.90	9.29	5.22	394
All classes	66.83	0.50	68.03	12.83	6.12	3.81	4442
URBAN							
Less than 160	75.08	0.17	76.94	9.95	3.18	3.42	185
160-190	71.94	0.29	73.97	11.44	3.49	3.98	177
190-230	67.97	0.29	70.07	11.63	5.44	4.48	262
230-265	64.14	0.45	67.18	12.36	6.46	4.59	281
265-310	62.63	0.47	65.65	12.67	7.10	4.63	417
310-355	59.98	0.55	63.42	12.90	8.16	5.02	386
355-410	57.14	0.45	59.57	13.24	9.68	6.01	420
410-490	53.54	0.66	56.62	13.11	11.36	6.25	530
490-605	51.89	0.45	54.56	12.58	12.46	7.38	645
605-825	47.37	0.51	50.67	12.99	14.47	6.41	841
825-1055	41.02	0.47	43.90	12.09	17.78	7.21	518
1055 and above	35.76	0.43	38.15	13.53	19.74	7.43	868
All classes	53.71	0.47	56.69	12.64	11.46	5.99	5530

Table No.3

Percentage (0.00) distribution of calorie intake per consumer unit per diem over different food groups, average intake of calorie, protein and fat per consumer unit per diem by per consumer unit per diem calorie intake classes

Per capita monthly expenditure class: All classes															
Calorie intake level	No. of consumer unit per household	Percentage of calorie from food group											Average intake per diem per consumer unit		
		I	II	III	IV	V	VI	VII	VIII	IX	X	Total	Calorie	Protein	Fat
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
RURAL															
Less than 70	4.37	67.86	1.76	7.59	7.28	1.88	0.64	3.29	7.52	2.13	0.07	100.00	1554.73	44.52	27.14
70 – 80	4.25	69.14	1.65	7.11	7.20	1.74	0.64	3.66	6.89	1.90	0.07	100.00	2030.56	57.77	33.88
80 – 90	4.07	68.07	1.68	6.99	7.27	1.81	0.59	4.28	6.78	2.44	0.08	100.00	2292.95	65.06	38.80
90 – 100	3.78	67.26	1.77	7.26	7.45	1.87	0.71	4.40	7.06	2.15	0.08	100.00	2554.25	71.56	43.42
100 – 110	3.52	66.69	1.67	7.30	7.47	1.99	0.62	4.82	6.95	2.46	0.03	100.00	2823.33	78.97	48.20
110 – 120	3.45	65.58	1.79	7.39	7.53	1.91	0.59	5.16	6.99	3.02	0.02	100.00	3097.26	86.50	54.56
120 – 150	2.80	64.15	1.74	7.37	7.98	2.03	1.10	5.78	6.98	2.81	0.06	100.00	3547.60	102.98	64.69
150 and above	2.14	61.89	1.53	9.34	9.48	1.80	0.39	4.31	8.88	2.33	0.05	100.00	5756.89	157.63	107.02
All classes	3.78	66.83	1.71	7.42	7.57	1.87	0.67	4.36	7.16	2.35	0.06	100.00	2425.54	68.59	41.99
URBAN															
Less than 70	4.56	60.15	1.91	7.48	7.30	2.83	1.20	5.89	10.43	2.74	0.07	100.00	1625.96	46.59	34.83
70 – 80	4.38	60.03	1.87	7.39	7.20	2.65	1.15	6.42	10.56	2.67	0.06	100.00	2031.84	57.42	44.54
80 – 90	3.90	56.94	1.90	7.21	7.32	2.76	1.09	7.09	10.71	4.92	0.06	100.00	2290.01	64.33	52.54
90 – 100	3.36	51.77	1.90	7.20	7.50	3.18	1.00	8.44	10.62	8.34	0.06	100.00	2562.62	71.20	62.29
100 – 110	3.24	50.54	2.06	7.30	8.22	3.57	1.00	9.25	10.84	7.12	0.10	100.00	2823.61	78.16	71.14
110 – 120	2.96	49.48	1.99	7.43	8.05	3.69	1.02	9.74	11.35	7.15	0.09	100.00	3093.59	85.17	81.16
120 – 150	2.49	45.78	2.00	7.81	8.88	4.19	1.27	11.05	11.47	7.47	0.07	100.00	3523.29	98.10	97.56
150 and above	1.85	45.15	2.02	6.65	9.00	4.15	1.36	13.01	11.16	7.30	0.20	100.00	4850.61	136.71	140.25
All classes	3.58	53.72	1.94	7.34	7.75	3.22	1.11	8.27	10.81	5.76	0.08	100.00	2423.07	67.88	58.60

Table No. 4
Per 1000 distribution of household by monthly per capita expenditure class for each calorie intake level

Monthly per capita expenditure class (Rs.)	Calorie intake level									Sample households
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
RURAL										
Less than 120	692.62	152.40	91.35	47.28	5.59	4.29	6.47	0.00	1000.00	246
120-140	512.73	247.33	155.31	44.57	20.43	15.62	4.03	0.00	1000.00	201
140-165	383.48	266.89	176.95	71.33	59.45	13.35	25.54	3.01	1000.00	389
165-190	222.53	267.98	220.70	152.70	84.81	26.77	23.12	1.38	1000.00	442
190-210	188.75	245.20	168.81	182.70	105.31	46.32	43.81	19.09	1000.00	310
210-235	171.07	166.52	214.41	167.01	130.56	61.93	65.92	22.58	1000.00	380
235-265	87.70	198.43	187.87	221.94	143.30	67.87	83.02	9.86	1000.00	433
265-300	99.01	96.86	199.17	188.62	159.31	120.89	109.59	26.56	1000.00	388
300-355	74.07	108.91	168.66	198.78	138.46	97.21	153.98	59.93	1000.00	502
355-455	31.61	64.27	162.56	145.62	157.42	99.29	197.20	142.04	1000.00	476
455-560	35.63	37.44	79.72	119.35	194.66	120.02	225.18	187.99	1000.00	281
560 and above	10.65	23.63	51.50	108.44	128.37	172.21	255.22	249.98	1000.00	394
All classes	191.97	160.82	165.13	145.96	113.66	70.21	97.86	54.40	1000.00	4442
URBAN										
Less than 160	648.18	212.86	83.68	28.93	9.52	12.20	4.62	0.00	1000.00	185
160-190	472.73	279.31	115.03	88.94	26.08	0.00	17.92	0.00	1000.00	177
190-230	355.80	291.72	199.59	80.14	34.24	13.26	25.24	0.00	1000.00	262
230-265	264.89	263.80	265.76	118.61	39.70	21.07	18.76	7.41	1000.00	281
265-310	220.40	224.06	234.16	163.23	87.71	32.35	36.46	1.63	1000.00	417
310-355	170.05	183.30	241.59	210.20	103.27	36.38	44.16	11.06	1000.00	386
355-410	175.75	228.71	194.98	186.63	126.99	38.71	39.25	8.98	1000.00	420
410-490	152.16	182.63	211.53	188.65	129.47	42.53	76.51	16.53	1000.00	530
490-605	75.27	151.42	191.06	232.62	132.37	97.68	89.55	28.03	1000.00	645
605-825	27.22	80.81	147.66	285.52	149.91	138.27	132.42	38.20	1000.00	841
825-1055	8.50	27.00	111.18	209.26	146.35	152.96	247.72	97.02	1000.00	518
1055 and above	14.27	23.85	51.62	131.66	137.37	140.80	305.48	194.95	1000.00	868
All classes	148.77	151.78	168.49	185.94	112.56	78.87	109.40	44.19	1000.00	5530

Table No. 5

Per 1000 distribution of persons by monthly per capita expenditure class for each calorie intake level

Monthly per capita expenditure class (Rs.)	Calorie intake level									Sample households
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
RURAL										
Less than 120	682.19	156.31	95.96	47.21	7.08	4.48	6.77	0.00	1000.00	1442
120-140	526.30	260.24	139.08	37.95	22.19	13.52	0.73	0.00	1000.00	1143
140-165	397.01	275.19	177.51	66.52	58.12	8.73	14.05	2.87	1000.00	2094
165-190	236.43	266.44	239.13	139.37	79.10	23.25	16.00	0.28	1000.00	2285
190-210	209.23	272.22	169.29	161.80	93.38	48.85	38.59	6.64	1000.00	1607
210-235	178.04	171.17	237.27	168.65	124.92	62.62	43.65	13.69	1000.00	2014
235-265	104.18	212.26	204.35	221.91	128.84	57.37	64.59	6.49	1000.00	2144
265-300	107.51	110.55	192.57	203.82	147.84	114.92	99.59	23.20	1000.00	1949
300-355	81.31	124.40	186.61	216.91	138.97	95.41	120.29	36.10	1000.00	2451
355-455	30.58	71.98	195.37	156.64	185.13	99.01	160.72	100.56	1000.00	2168
455-560	38.61	51.36	88.96	133.23	214.28	142.52	209.34	121.70	1000.00	1303
560 and above	11.16	29.72	49.27	134.96	114.79	199.19	257.42	203.50	1000.00	1478
All classes	219.79	178.75	177.19	145.77	106.96	64.74	74.17	32.62	1000.00	22078
URBAN										
Less than 160	628.63	239.59	87.35	20.54	10.56	10.95	2.37	0.00	1000.00	1123
160-190	480.64	306.58	97.00	88.13	18.20	0.00	9.45	0.00	1000.00	1016
190-230	364.50	300.06	218.32	72.98	23.93	7.57	12.63	0.00	1000.00	1485
230-265	304.52	279.66	262.31	101.37	23.84	15.65	11.27	1.38	1000.00	1524
265-310	248.26	237.90	222.71	164.06	81.78	24.70	19.23	1.38	1000.00	2214
310-355	184.61	194.45	258.32	188.18	106.40	36.24	28.67	3.13	1000.00	1961
355-410	200.42	254.49	192.21	169.77	127.82	28.66	23.03	3.59	1000.00	2100
410-490	170.06	210.56	211.37	189.11	111.99	37.64	55.98	13.30	1000.00	2444
490-605	87.29	164.01	201.23	232.42	123.70	97.32	73.95	20.08	1000.00	2697
605-825	32.01	97.43	172.41	271.74	138.30	135.96	128.36	23.78	1000.00	3288
825-1055	12.90	32.11	128.86	199.94	163.69	161.51	217.35	83.63	1000.00	1839
1055 and above	20.72	33.87	62.77	153.38	161.84	134.61	293.29	139.51	1000.00	2555
All classes	188.32	184.15	182.87	173.04	102.26	65.91	78.77	24.66	1000.00	24246

SAMPLE: POOLED

Table No.1
Per capita and per consumer unit intake of Calorie, Protein and Fat per diem, percentage of expenditure on food to total consumer expenditure and average monthly per capita expenditure by monthly per capita expenditure classes

Monthly per capita expenditure class (Rs)	Percentage of expenditure on food to total consumer expenditure	Per capita per diem intake of			Per consumer unit per diem intake of			Average monthly per capita expenditure
		Calorie	Protein (0.0 gm)	Fat (0.0 gm)	Calorie	Protein (0.0 gm)	Fat (0.0 gm)	
1	2	3	4	5	6	7	8	9
RURAL								
Less than 120	69.15	1297.26	40.49	15.86	1669.91	52.13	20.42	96.87
120-140	68.82	1458.20	42.29	20.93	1847.89	53.59	26.52	130.04
140-165	69.13	1617.47	47.26	26.24	2036.71	59.51	33.04	152.65
165-190	68.96	1709.35	49.34	26.93	2152.98	62.14	33.92	177.48
190-210	68.95	1838.87	51.78	30.16	2296.13	64.65	37.67	200.49
210-235	66.73	1887.05	53.81	31.88	2350.05	67.01	39.70	222.44
235-265	65.75	1968.33	55.09	36.34	2450.78	68.59	45.25	249.70
265-300	63.49	2086.86	59.02	38.23	2581.49	73.00	47.30	282.50
300-355	62.19	2184.21	61.60	41.21	2708.79	76.39	51.10	325.09
355-455	58.49	2432.28	67.72	50.43	3009.34	83.78	62.40	398.73
455-560	53.64	2610.43	72.77	52.69	3214.80	89.61	64.89	502.71
560 and above	43.21	3092.88	84.91	70.24	3804.24	104.44	86.39	843.19
All classes	59.24	2059.38	58.23	38.07	2566.04	72.56	47.44	302.90
URBAN								
Less than 160	68.64	1376.52	40.29	19.83	1724.47	50.48	24.84	133.95
160-190	68.93	1541.46	44.96	24.17	1921.39	56.04	30.12	175.15
190-230	67.97	1636.91	47.77	28.86	2032.41	59.31	35.83	211.39
230-265	67.42	1779.52	51.54	36.64	2200.93	63.74	45.32	248.18
265-310	65.49	1804.01	51.76	35.80	2214.42	63.54	43.95	287.75
310-355	63.18	1961.98	53.52	47.77	2411.79	65.79	58.73	332.23
355-410	61.91	1948.38	55.15	44.39	2355.01	66.66	53.66	381.64
410-490	59.62	2078.98	58.27	54.25	2532.96	71.00	66.09	447.94
490-605	57.19	2156.66	61.25	55.46	2615.17	74.27	67.26	544.11
605-825	53.15	2346.60	64.74	65.82	2837.44	78.28	79.59	702.08
825-1055	49.94	2557.69	69.58	75.38	3075.77	83.67	90.65	927.10
1055 and above	39.00	2825.83	75.12	91.86	3424.04	91.03	111.31	1546.82
All classes	53.59	2085.75	58.30	52.56	2544.42	71.12	64.12	538.73

Table No.2
Percentage (0.00) of total intake of calorie and protein from different groups of food items by MPCE classes

Monthly per capita expenditure class (Rs)	Percentage of total intake of calorie from		Percentage of total intake of protein from				No. of sample households
	Cereals	Cereal substitute	Cereals	Pulses	Milk and Milk product	Meat,fish,egg	
1	2	3	4	5	6	7	8
RURAL							
Less than 120	78.00	0.19	74.30	10.60	1.79	7.64	265
120-140	75.37	0.23	76.48	11.29	2.85	2.21	254
140-165	71.24	0.34	71.30	11.69	3.17	2.60	541
165-190	71.52	0.38	72.83	12.31	4.03	2.53	669
190-210	69.63	0.47	71.43	12.52	4.38	2.94	538
210-235	68.36	0.57	69.89	12.20	4.91	3.57	734
235-265	66.04	0.62	68.35	12.47	5.88	3.65	915
265-300	64.55	0.64	66.04	12.08	6.46	3.69	902
300-355	63.19	0.75	64.46	12.25	6.95	4.53	1169
355-455	60.48	0.76	62.84	12.57	8.07	4.58	1277
455-560	60.62	0.79	62.07	12.55	9.09	4.81	673
560 and above	53.63	0.81	55.73	15.44	9.26	6.32	911
All classes	64.82	0.62	66.41	12.54	6.25	4.11	8848
URBAN							
Less than 160	74.84	0.17	76.73	9.92	3.17	3.58	219
160-190	71.43	0.30	73.32	11.25	3.64	4.30	241
190-230	67.62	0.30	69.10	11.58	5.65	5.06	436
230-265	62.96	0.41	65.20	12.07	5.86	4.80	526
265-310	62.40	0.50	64.64	12.66	6.84	5.49	792
310-355	57.68	0.55	63.10	12.99	7.85	5.12	774
355-410	57.53	0.54	60.14	13.10	9.06	6.22	857
410-490	51.77	0.62	54.57	12.74	14.20	6.12	1106
490-605	51.35	0.53	53.56	13.09	12.30	7.14	1394
605-825	46.50	0.58	49.55	13.35	14.80	6.74	1786
825-1055	40.36	0.52	43.78	12.77	16.39	6.40	1115
1055 and above	34.86	0.46	38.16	14.05	18.43	7.08	1862
All classes	52.25	0.51	55.36	12.87	11.67	6.12	11108

Table No.3

Percentage (0.00) distribution of calorie intake per consumer unit per diem over different food groups, average intake of calorie, protein and fat per consumer unit per diem by per consumer unit per diem calorie intake classes

Per capita monthly expenditure class : All classes															
Calorie intake level	No. of consumer unit per household	Percentage of calorie from food group											Average intake per diem per consumer unit		
		I	II	III	IV	V	VI	VII	VIII	IX	X	Total	Calorie	Protein	Fat
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
RURAL															
Less than 70	4.48	67.50	1.91	7.72	7.48	1.94	0.75	3.03	7.48	2.13	0.06	100.00	1592.47	45.55	27.51
70 – 80	4.38	67.29	1.85	7.53	7.53	1.98	0.69	3.79	7.39	1.90	0.06	100.00	2032.30	57.82	35.63
80 – 90	4.17	66.15	1.93	7.42	7.74	2.04	0.67	4.29	7.44	2.27	0.05	100.00	2293.11	65.36	41.00
90 – 100	3.87	65.49	1.91	7.38	7.81	2.13	0.72	4.60	7.43	2.41	0.12	100.00	2553.46	72.01	45.82
100 – 110	3.58	64.95	1.89	7.42	7.88	2.19	0.70	4.78	7.53	2.62	0.04	100.00	2825.18	79.58	51.11
110 – 120	3.55	64.50	1.98	7.36	7.98	2.35	0.60	5.24	7.42	2.56	0.02	100.00	3095.86	86.99	57.16
120 – 150	3.02	63.68	1.92	7.25	8.25	2.42	0.91	5.52	7.40	2.28	0.37	100.00	3548.69	101.48	66.46
150 and above	2.23	56.75	1.73	7.42	11.61	3.34	0.61	7.53	7.69	2.28	1.04	100.00	5645.01	153.90	131.99
All classes	3.79	64.82	1.89	7.43	8.16	2.26	0.71	4.76	7.46	2.31	0.19	100.00	2566.04	72.56	47.44
URBAN															
Less than 70	4.61	59.17	2.06	7.58	7.67	2.93	1.27	5.90	10.55	2.79	0.08	100.00	1632.77	46.87	35.54
70 – 80	4.49	58.88	2.02	7.48	7.76	2.83	1.22	6.40	10.64	2.70	0.07	100.00	2033.41	57.75	45.27
80 – 90	4.05	56.42	2.03	7.45	7.96	2.91	1.09	6.98	10.73	4.34	0.08	100.00	2291.35	64.68	52.93
90 – 100	3.47	52.34	2.01	7.26	8.07	3.21	1.06	7.83	10.64	7.51	0.07	100.00	2561.42	71.61	61.65
100 – 110	3.36	50.67	2.20	7.37	8.67	3.53	1.05	8.77	10.89	6.77	0.09	100.00	2825.72	78.73	70.93
110 – 120	3.09	49.97	2.10	7.50	8.55	3.77	1.06	9.08	11.04	6.84	0.08	100.00	3091.35	86.09	79.31
120 – 150	2.67	47.97	2.09	7.55	8.99	4.04	1.22	10.04	11.01	6.85	0.25	100.00	3527.03	98.68	93.53
150 and above	2.00	33.44	1.55	5.43	11.98	3.76	0.91	24.89	8.42	8.25	1.38	100.00	6437.50	165.40	259.75
All classes	3.63	52.25	2.03	7.29	8.49	3.31	1.12	9.05	10.60	5.66	0.19	100.00	2544.42	71.12	64.12

Table No. 4
Per 1000 distribution of households by monthly per capita expenditure class for each calorie intake level

Monthly per capita expenditure class (Rs.)	Calorie intake level									Sample households
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
RURAL										
Less than 120	686.19	156.65	88.46	53.03	5.14	3.94	6.60	0.00	1000.00	265
120-140	519.49	243.78	156.23	38.70	22.83	15.84	3.13	0.00	1000.00	254
140-165	399.15	257.85	175.92	67.47	54.16	18.21	17.73	9.49	1000.00	541
165-190	240.44	266.64	222.38	151.83	68.40	27.52	20.50	2.29	1000.00	669
190-210	185.96	240.18	175.78	173.79	109.55	49.48	50.50	14.76	1000.00	538
210-235	151.75	179.07	228.37	175.19	129.70	58.75	62.63	14.05	1000.00	734
235-265	82.07	174.04	235.35	204.88	128.47	93.16	70.15	11.87	1000.00	915
265-300	73.06	122.53	217.86	199.69	153.91	101.44	108.95	22.54	1000.00	902
300-355	47.15	107.30	149.11	186.26	175.03	125.60	157.87	51.68	1000.00	1169
355-455	15.67	53.63	134.17	140.82	155.34	135.73	235.69	128.95	1000.00	1277
455-560	16.58	28.54	74.91	109.04	159.73	146.14	250.83	214.22	1000.00	673
560 and above	10.98	18.85	42.14	90.34	140.30	141.74	246.27	309.37	1000.00	911
All classes	138.98	140.68	164.80	148.65	125.35	89.73	120.84	70.98	1000.00	8848
URBAN										
Less than 160	659.32	207.07	81.16	28.71	8.58	11.00	4.17	0.00	1000.00	219
160-190	470.28	271.20	131.90	89.79	21.83	0.00	15.00	0.00	1000.00	241
190-230	338.53	280.87	210.78	85.51	37.64	20.98	24.52	1.16	1000.00	436
230-265	233.16	256.91	261.03	149.46	45.51	26.41	19.73	7.78	1000.00	526
265-310	215.27	226.26	244.71	153.99	84.93	32.67	36.92	5.26	1000.00	792
310-355	152.96	164.68	268.59	198.97	106.94	46.38	40.42	21.07	1000.00	774
355-410	146.58	207.65	190.10	196.67	134.35	55.30	57.50	11.86	1000.00	857
410-490	113.80	172.14	212.91	200.46	135.73	59.29	81.62	24.06	1000.00	1106
490-605	57.85	135.50	193.46	211.64	153.56	102.03	111.20	34.74	1000.00	1394
605-825	22.40	71.73	135.61	242.75	176.39	139.24	156.30	55.58	1000.00	1786
825-1055	11.49	28.35	90.40	196.95	174.52	155.12	247.11	96.07	1000.00	1115
1055 and above	11.31	17.99	45.30	131.71	138.33	154.60	294.85	205.91	1000.00	1862
All classes	122.42	138.07	168.18	182.25	127.85	88.91	120.03	52.28	1000.00	11108

Table No. 5
Per 1000 distribution of persons by monthly per capita expenditure class for each calorie intake level

Monthly per capita expenditure class (Rs.)	Calorie intake level									Sample persons
	Less than 70	70-80	80-90	90-100	100-110	110-120	120-150	150 and above	All classes	
1	2	3	4	5	6	7	8	9	10	11
RURAL										
Less than 120	680.05	158.10	93.60	50.58	6.56	4.15	6.96	0.00	1000.00	1544
120-140	530.42	260.40	141.46	33.25	21.32	12.62	0.54	0.00	1000.00	1505
140-165	415.87	262.64	177.44	64.04	53.94	12.49	9.40	4.19	1000.00	2969
165-190	248.42	272.39	236.54	141.01	62.93	23.56	14.71	0.44	1000.00	3620
190-210	195.69	258.73	174.73	165.62	107.07	44.54	43.45	10.16	1000.00	2817
210-235	162.73	187.77	246.01	177.09	122.37	53.20	42.93	7.91	1000.00	3947
235-265	94.56	191.48	248.87	210.36	115.09	79.68	52.00	7.96	1000.00	4708
265-300	81.96	132.05	217.83	209.72	146.98	101.29	93.46	16.72	1000.00	4579
300-355	52.69	127.37	163.57	188.53	168.36	131.19	136.24	32.06	1000.00	5666
355-455	16.73	63.71	163.47	154.39	169.83	137.05	205.14	89.97	1000.00	5817
455-560	18.40	34.44	90.27	118.39	177.30	159.49	252.40	149.31	1000.00	3111
560 and above	9.74	24.35	44.48	106.69	136.57	173.50	260.19	244.48	1000.00	3654
All classes	161.85	160.33	179.83	151.61	119.28	84.99	98.30	43.80	1000.00	43937
URBAN										
Less than 160	637.42	235.93	83.47	21.43	9.62	9.97	2.16	0.00	1000.00	1339
160-190	481.40	289.89	116.08	90.19	14.77	0.00	7.67	0.00	1000.00	1474
190-230	344.26	290.05	222.71	81.84	30.05	15.37	13.91	1.82	1000.00	2552
230-265	256.80	264.61	265.46	142.50	32.41	21.19	13.41	3.62	1000.00	2978
265-310	228.75	242.98	238.92	154.79	79.34	28.71	22.80	3.71	1000.00	4397
310-355	168.19	174.25	285.09	183.69	104.67	44.97	27.72	11.40	1000.00	4026
355-410	163.48	226.11	189.22	189.99	134.35	45.86	44.04	6.95	1000.00	4391
410-490	125.58	199.66	214.99	197.08	126.49	56.79	62.30	17.10	1000.00	5365
490-605	67.10	148.91	203.49	207.72	146.89	99.97	100.74	25.18	1000.00	6094
605-825	25.88	86.60	154.68	226.94	182.75	139.52	144.76	38.86	1000.00	7086
825-1055	16.05	36.40	108.13	195.99	177.27	160.66	225.98	79.53	1000.00	3786
1055 and above	15.51	25.15	61.32	136.90	157.19	153.74	295.07	155.12	1000.00	5475
All classes	154.30	168.92	186.67	172.94	118.91	76.69	90.81	30.77	1000.00	48963

राष्ट्रीय नमुना पाहणीच्या ५० व्या फेरीतील (जुलै, १९९३ - जुन, १९९४) पत्रक १.० मधील "पोषणक्षमता" या विषयावरील राज्य नमुन्यात गोळा केलेल्या आकडेवारीवर आधारित अहवालाचा मराठीत गोषवारा

अ) प्रस्तावनाः

केंद्र शासनाच्या राष्ट्रीय नमुना पाहणी संघटनेमार्फत विविध क्षेत्रामधील सामाजिक व आर्थिक माहिती राष्ट्रव्यापी नमुना पाहण्यांद्वारे गोळा केली जाते. महाराष्ट्र शासन या पाहण्यांमध्ये नियमितपणे अनुरुप नमुना तत्वावर सहभागी होत असते. "कुटुंबाचा उपभोग्य बाबींवरील खर्च" आणि "रोजगार व बेरोजगार" या विषयावर पंचवार्षिक पाहणी घेण्यात येते. राष्ट्रीय नमुना पाहणी ५० वी फेरी (जुलै, १९९३ ते जुन, १९९४) ही अशा प्रकारची पाचवी पंचवार्षिक पाहणी होती.

या फेरीतील पत्रक १.० मध्ये "कुटुंबांचा उपभोग्य बाबीवरील खर्च " या विषयावर राज्य नमुन्यामध्ये गोळा केलेल्या आकडेवारीवर आधारित "पोषणक्षमता " या विषयावरील निष्कर्ष सदर अहवालात देण्यात आले आहेत.

सदर अहवालात राज्य नमुना, केंद्र नमुना आणि राज्य व केंद्र एकत्रित नमुना विचारात घेऊन निष्कर्ष देण्यात आले आहेत.

केंद्र नमुन्यांची कुटुंब स्तरावरील आकडेवारी प्राप्त करुन अहवालासाठी तक्ते तयार करण्यात आले. तसेच, राज्य व केंद्र नमुन्याचे एकत्रिकरण करुन तक्ते तयार करण्यात आले. त्यामुळे या अहवालातील केंद्र नमुन्याच्या आकडेवारीमध्ये रा.न.पा. संघटनेने प्रसिध्द केलेल्या आकडेवारीच्या तुलनेत थोडाफार बदल संभवतो.

ब) नमुना आकार :

या पाहणीत राज्याच्या ४४८ गावामधील ४,४०६ कुटुंबाकडून तर ८४० नागरी गटातील ८,३६९ कुटुंबाकडून राज्य नमुन्यामध्ये आकडेवारी गोळा करण्यात आली. केंद्र नमुन्यासाठी राज्यातील ४४५ खेडयामधील ४४४० कुटुंबाकडून तर ५५७ नागरी गटामधील ५,५२८ कुटुंबाकडून माहिती गोळा करण्यात आली.

क) सदर अहवालामध्ये वापरलेल्या संज्ञा व संकल्पनांची माहिती खालीलप्रमाणे आहेः

१) पोषकद्रव्ये :

निरोगी जीवन राहण्यासाठी तसेच शरीराच्या क्रिया होण्यासाठी प्रत्येक व्यक्तीस वेगवेगळया प्रकारच्या पोषकद्रव्यांची आवश्यकता असते. या पोषण द्रव्यांमध्ये क्षार प्रथिने, जीवनसत्वे, मेद, पिष्टमय पदार्थ व खनिजे यांचा समावेश होतो. ही सर्व रासायनिक द्रव्ये असून ती आहारामधील पदार्थामध्ये उपलब्ध असतात. आहारात दररोज घेतल्या जाणाऱ्या व ही पोषक द्रव्ये असणाऱ्या पदार्थामध्ये तृणधान्य, डाळी, शेंगदाणे व तेलबिया, भाजीपाला, फळफळावळे, दुध व दुग्धजन्य पदार्थ आणि मांसहारी पदार्थ (मांस, मासे व अंडी) यांचा समावेश होतो.

या सर्व पोषण द्रव्यांमधून मानवी शरीरास उर्जेचा पुरवठा होतो. ही उर्जा मोजण्याचे परिमाण कॅलरी हे आहे.

२) कॅलरी :

एक किलोग्रॅम पाण्याचे तापमान १४ डिग्री सेल्सियस पासून १५ डिग्री संल्सियस म्हणजेच 1^0c ने वाढविण्यासाठी जेवढी उष्णता लागते तेवढया उर्जेस एक एकक कॅलरी असे म्हणतात.

तथापि, आकडेवारीच्या सुलभतेसाठी एक हजार कॅलरी म्हणजे १ किलो कॅलरी (Kcal) हे परिमाण विचारात घेतले जाते व सामान्यतः १ किलो कॅलरी असे न म्हणता त्यास कॅलरी असे संबोधण्यात येते.

अन्न घटकनिहाय प्रति एकक कॅलरी, प्रथिने व मेदाचे प्रमाण दर्शवणारा तक्ता ॲपेंडिक्स - I मध्ये दिला आहे.

३) उपभोक्ता घटक :

पोषण अभ्यासामध्ये उपभोक्ता घटक या संज्ञेस अतिशय महत्व आहे. विशिष्ट वयोगटाच्या स्त्री पुरुषास ठराविक निकषाप्रमाणे लागणारे उर्जेचे मापक (निर्देशांक) म्हणजे उपभोक्ता घटक आहे.

२०-३९ वर्षे या वयोगटातील पुरुषांस संदर्भ मनुष्य म्हणुन ओळखले जाते आणि त्यास लागणाऱ्या प्रतिदिन उर्जेस एक उपभोक्ता घटक मानले जाते.

सरासरी प्रति उपभोक्ता घटकास प्रतिदिन २७०० कॅलरीज ची आवश्यकता असते. वयोगटनिहाय व स्त्री पुरुषनिहाय उपभोक्ता घटकांची माहिती प्रकरण - २ मधील तक्ता क्र. २.३ मध्ये देण्यात आली आहे.

ड) पाहणीचे निष्कर्ष :

१) राज्य नमुन्याच्या आकडेवारीनुसार राज्याच्या ग्रामीण भागात प्रति व्यक्ती प्रतिदिन कॅलरी, प्रथिने व मेद यांचे अंतर्ग्रहण अनुक्रमे २१७८ किलो कॅलरी, ६२ ग्रॅम व ४२ ग्रॅम इतके होते. केंद्र व राज्य नमुन्याच्या एकत्रित आकडेवारीनुसार ग्रामीण भागात प्रतिव्यक्ती प्रतिदिन कॅलरी, प्रथिने व मेद यांचे अंतर्ग्रहण अनुक्रमे २०५९ कॅलरी, ५८ ग्रॅम व ३८ ग्रॅम इतके होते.

राज्य नमुन्याच्या एकत्रित आकडेवारीनुसार नागरी भागात प्रतिव्यक्ती प्रतिदिन कॅलरी, प्रथिने व मेद

यांचे अतंर्ग्रहण अनुक्रमे २,२२८ किलो कॅलरी, ६२ ग्रॅम व ५७ ग्रॅम होते

केंद्र व राज्य नमुन्यांच्या एकत्रित आकडेवारीनुसार नागरी भागात प्रतिव्यक्ती प्रतिदिन कॅलरी, प्रथिने व मेद यांचे अंतर्ग्रहण अनुक्रमे २०८६ किलो कॅलरी, ५८ ग्रॅम व ५३ ग्रॅम इतके होते.

२) राज्य नमुन्यानुसार ग्रामीण भागात प्रति उपभोक्ता घटक प्रतिदिन कॅलरी प्रथिने व मेद यांचे अंतर्ग्रहण अनुक्रमे २,७०३ किलो कॅलरी, ७६ ग्रॅम व ५३ ग्रॅम इतके तर नागरी भागात ते अनुक्रमे २७१८ किलो कॅलरी, ७६ ग्रॅम व ७० ग्रॅम इतके होते.

३) प्रति व्यक्ती व प्रति उपभोक्ता घटक प्रतिदिन कॅलरी, प्रथिने व मेद यांचे अंतर्ग्रहण वाढत्या दरडोई मासिक खर्च वर्गानुसार वाढताना आढळून आले.

४) राज्य नमुन्यानुसार तृणधान्यांमधुन अंतर्ग्रहित केलेल्या कॅलरीजचे प्रमाण ग्रामीण भागात ६३ टक्के तर नागरी भागात ५१ टक्के होते. राज्य व केंद्र नमुन्याच्या एकत्रित आकडेवारीनुसार हे प्रमाण ग्रामीण भागात ६५ टक्के तर नागरी भागात ५२ टक्के इतके होते.

५) तृणधान्यामधुन अंतर्ग्रहित केलेल्या कॅलरीजचे प्रमाण वाढत्या दरडोई मासिक खर्च वर्गानुसार कमी कमी होत असल्याचे दिसून आले. या उलट तृणधान्याच्या पर्यायात आहारात वापरल्या जाणाऱ्या पदार्थापासुन अंतर्ग्रहित केलेल्या कॅलरीजचे प्रमाण मात्र वाढत्या दरडोई खर्च वर्गानुसार वाढताना आढळून आले.

६) राज्य नमुन्यानुसार तृणधान्ये, डाळी, दुध, व दुग्धजन्य पदार्थ आणि मांस, मासे व अंडी या मधुन अंतर्ग्रहित केलेल्या प्रथिनांचे प्रमाण ग्रामीण भागात एकूण प्रथिनांच्या अंतर्ग्रहणाच्या अनुक्रमे ६५ टक्के, १२ टक्के, ६ टक्के व ४ टक्के होते. तर नागरी भागात हे प्रमाण अनुक्रमे ५५ टक्के, १३ टक्के, १२ टक्के व ७ टक्के होते.

७) राज्य नमुन्यानुसार ग्रामीण भागात ३७ टक्के कुटुंबांचा कॅलरी अंतर्ग्रहण स्तर ठराविक निकषाच्या (सरासरी प्रति उपभोक्ता घटक २७०० कॅलरीज प्रतिदिन) ९० टक्क्यांपेक्षा कमी होता. राज्य व केंद्र नमुन्याच्या एकत्रित आकडेवारीनुसार सदर टक्केवारी ४४ होती. नागरी भागात राज्या नमुन्यानुसार सदर आकडेवारी ३६ टक्के तर राज्य व केंद्र नमुन्याच्या एकत्रित आकडेवारीनुसार ती ४३ टक्के होती. वाढत्या दरडोई मासिक खर्चाच्या वर्गानुसार कॅलरी अंतर्ग्रहण स्तर कमी होत असल्याचे दिसून आले.

८) वाढत्या दरडोई मासिक खर्च वर्गानुसार तृणधान्यामधुन अंतर्ग्रहित केल्या जाणाऱ्या प्रथिनांचे प्रमाण घटताना आढळते तर याउलट डाळी, दुध व दुग्ध जन्य पदार्थ आणि मांस, मासे व अंडी यामधुन अंतर्ग्रहित केलेल्या प्रथिनांचे प्रमाण वाढताना आढळले.

९) राज्य नमुना पाहणीच्या आकडेवारीनुसार ग्रामीण भागात एकुण कॅलरीज पैकी तृणधान्यांमधुन ६३ टक्के, कंदमुळांपासून २ टक्के, साखर व मधातुन ७ टक्के, डाळी तेलबिया व शेंगदाणे या पासून ९ टक्के, भाज्या व फळांमधून ३ टक्के, मांस, मासे व अंडी यापासून १ टक्का, दुध व दुग्धजन्य पदार्थामधून ५ टक्के, तेल व स्निग्धपदार्थापासुन ८ टक्के, व उर्वरित किरकोळ अन्न पदार्थापासुन ३ टक्के कॅलरीजचे अंतर्ग्रहण केले जात होते.

नागरी भागात ही आकडेवारी अनुक्रमे ५१ टक्के, ३ टक्के, ७ टक्के, ९ टक्के, ३ टक्के, १ टक्का, ९ टक्के, १० टक्के व ६ टक्के अशी होती.

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