Nutrient intake disparities among public distribution system beneficiaries in the Bundelkhand region

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There is a consistent association between dietary diversity, both in terms of quantity and pattern of food consumption, and inadequate growth, development and long-term health outcomes. A total of 16 villages in the Bundelkhand region were chosen to evaluate calorie and nutrition intake using a 24-hour recall time. Caloric and nutrient intake in Chitrakoot district deviated from the recommended dietary allowance, with insufficient dietary diversity. This deficiency, excluding protein and phosphorus consumption, adversely affected the under-nutrition status among beneficiaries of the public distribution system.

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influence children's food and feeding habits. Fresh produce, legumes, nuts, meat and milk are out of reach for many families. Parents are usually unaware of age-appropriate foods and feeding practices, proper care and health-seeking behaviours. Diet quality, or how well nutritional needs are met, can be indirectly measured by how people's diets are varied. An increase in both energy and nutrients is seen in those who consume a wider variety of foods[8]. Therefore, assessing food security at the household level may be more practical and expedient when understanding dietary diversity. The use of dietary diversity scores to quantify dietary diversity and its relationship to various well-being outcomes, such as nutritional and health outcomes, has increased in recent years[9,10]. The nutritional effects of PDS are undocumented, but it has helped reduce