

## Minimum Dietary Diversity

### Why in News?

*A new indicator on Minimum Dietary Diversity has been adopted by the United Nations Statistical Commission.*

- **Minimum Dietary Diversity (MDD)** - It is a **yes/no indicator** that measures whether individuals consume at least 5 out of 10 defined food groups within a 24-hour period.
- The 10 food groups include:
  - Grains
  - White roots, tubers, and plantains
  - Pulses (beans, peas, lentils)
  - Nuts and seeds
  - Milk and milk products
  - Meat, poultry, and fish
  - Eggs
  - Dark green leafy vegetables
  - Vitamin A-rich fruits and vegetables
  - Other vegetables and fruits
- **Adopted as** - A new indicator on Minimum Dietary Diversity (MDD) to track progress toward Sustainable Development Goal 2 (Zero Hunger).
- **Global indicator framework** - This indicator adds to the nearly 250 indicators that are already monitored under the global indicator framework for the SDGs adopted in 2017.
- **Managed by** - The indicator would be managed jointly by FAO and UNICEF.
- **Target Groups** - Children and women of reproductive age.
  - **MDD-W** (Women aged 15-49) - **FAO** is the custodian agency.
  - **MDD-C** (Children) - **UNICEF** is the custodian agency.
- **Significance for Global Nutrition** - The MDD indicator addresses a critical gap in SDG monitoring by:
  - Shifting focus from mere calorie intake to nutritional quality.
- Recognizing that no single food group provides all essential nutrients.
- Highlighting the importance of dietary diversity in preventing micronutrient deficiencies.
- Particularly targeting vulnerable populations: children and women of reproductive age.
- **Relevance for India** - For India, with its dual challenges of undernutrition and rising non-communicable diseases, the MDD indicator offers:
  - A tool to evaluate the effectiveness of nutrition schemes like POSHAN Abhiyaan.
  - Metrics to address regional and socioeconomic disparities in diet quality.

- Framework for designing targeted dietary interventions.
- Alignment with India's commitment to achieving the *SDGs by 2030*.

## Reference

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