

Healthy no more

Down To Earth compares the latest report of the National Institute of Nutrition with its previous report published in 1989 for the values of seven nutrients in 10 types of food. The snapshot analysis shows that most cereals, pulses and vegetables now have less carbohydrate, protein and micronutrients, but more fat. Micronutrients have significantly reduced in fruits, while protein is now low in milk and eggs

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Data source: National Institute of Nutrition, Hyderabad
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www.downtoearth.org.in/infographics

Note: Values cannot be compared for certain ingredients as they are not mentioned in the 1989 report

MACRONUTRIENTS (in g/100g)

MICRONUTRIENTS (in µg/100g)

Protein		Carbohydrate		Fat		Thiamine (vitamin B1)		Iron		Magnesium		Zinc	
2017	% change from 1989 level	2017	% change	2017	% change	2017	% change	2017	% change	2017	% change	2017	% change
7.94	16.76	78.24	0.05	0.52	4	0.05	-16.66	0.65	-7.14	19.30	-78.55	1.21	-13.57
10.59	-17.26	64.72	-9.10	1.47	-2	0.46	2.22	3.97	-25	125	-9.42	2.85	5.55
22.53	-6.12	46.13	-18.64	1.14	-12.30	0.45	-4.25	4.89	11.13	198	55.90	2.67	-11
0.76	-15.55	3.20	-11.11	0.25	25	0.04	-66	0.22	-65.62	11.86	NA	0.11	-73.17
1.54	-3.75	14.89	-34.11	0.23	130	0.06	-40	0.57	18.75	24.07	-19.76	0.28	-47.17
0.29	45	13.11	-2.16	0.64	28	0.03	NA	0.26	-60	8.09	15.57	0.09	50
1.23	2.50	23.63	-13.12	0.33	10	0.01	-80	0.28	-22	34.98	-14.68	0.14	-6.66
19.51	-2.45	16.80	-29.41	40.19	1.23	0.55	-15.38	13.49	70.76	266	NA	4.03	-16.04
3.68	-14.41	8.39	67.80	6.58	1.23	0.05	25	0.16	-20	10.05	NA	0.30	NA
13.28	-0.15	NA	NA	9.15	-31.20	0.06	-40	1.82	-13.33	12.01	-7.61	1.23	NA

Rice (raw milled)

Wheat (whole)

Whole green gram

Tomato (ripe, hybrid)

Potato (brown skin, big)

Apple

Banana (ripe, robusta variety)

Mustard seeds

Buffalo milk

Eggs (poultry, whole)