

# FOOD SUBSIDIES, NUTRITION TRANSITION & DIETARY PATTERNS IN A REMOTE INDIAN DISTRICT

## Background:

- ✓ The Public Distribution System (PDS) is India's means-tested food security system
- ✓ It provides free/subsidized rice, pulses, oil & kerosene to poor families

## Research questions:

- Does PDS promote intake of polished rice over other grains?
- Does PDS equalize food intake between poor & non-poor families?

## Findings:

1. Consumption of items supplied through the PDS – rice & pulses – was more frequent than consumption of traditional grains
2. Poor people receiving PDS subsidies had intake of basic foods – grains, pulses, and local snacks & sweets – similar to non-poor people
3. Poor people receiving PDS subsidies less frequently consumed expensive healthy foods – fruits, vegetables, & dairy. They more frequently consumed meat & non-local & global snacks & sweets

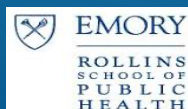
Solveig A. Cunningham, Nida Shaikh, Ashlesha Datar, Amanda Chernishkin & Shailaja Patil

Emory University, Georgia State University & University of Southern California, USA  
BLDE University, India

Drivers of Food Choice Program

#ANH2020

@SolveigACunnin1  
sargese@emory.edu



Times consumed per week	PDS eligible (poor)	Not PDS eligible (not poor)	Difference
<b>PDS-supported staples</b>			
Rice & rice-based dishes	8.4	8.7	-0.3
Pulses	10.1	9.9	0.2
<b>Traditional grains</b>			
Wheat, pearl millet & sorghum	7.8	7.8	0.0
<b>Produce</b>			
Fruits	12.9	<b>18.8</b>	-5.9***
Vegetables	9.2	<b>10.5</b>	-1.3***
<b>Snacks, sweets &amp; condiments</b>			
Savory foods & snacks	8.5	<b>9.2</b>	-0.7*
Nuts	3.6	<b>4.2</b>	-0.6**
Local sweets	1.2	1.2	0.0
Sweeteners	2.3	<b>3.1</b>	-0.8***
<b>ANIMAL-SOURCE FOODS</b>			
Red meat	<b>0.4</b>	0.2	0.2***
Lean meat	<b>0.9</b>	0.4	0.5***
Eggs	<b>2.1</b>	1.1	1.0***
Dairy	11.8	<b>17.4</b>	-5.6***
<b>GLOBAL &amp; INDIAN NON-LOCAL ENERGY-DENSE FOODS</b>			
Global breads & cereals	<b>2.2</b>	1.8	0.4*
Global savory foods & snacks	<b>1.6</b>	1.2	0.4**
Global sweets	2.8	<b>3.4</b>	-0.6**
Non-local savory snacks	<b>4.0</b>	3.1	0.9***
Non-local sweets	1.1	1.0	0.1
<b>DRINKS</b>			
Tea and coffee	6.5	6.3	0.2
Fruit juices	1.3	<b>1.8</b>	-0.5***
Soda and energy drinks	<b>0.4</b>	0.3	0.1*