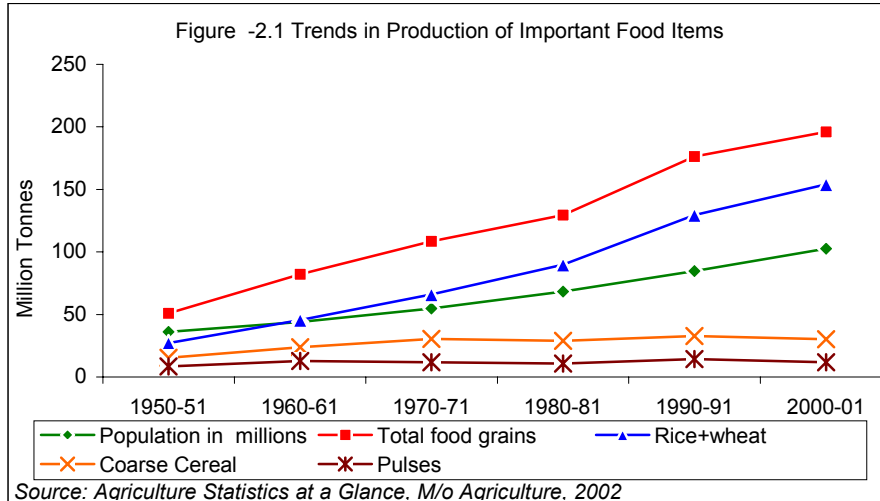
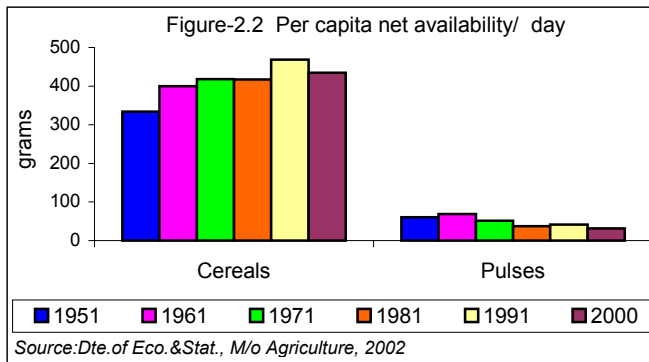


2. Sustainable Food Production to meet Nutritional Needs



Nutritionists view agricultural as input for dietary intake while farmers look for returns for their investment. The green revolution in showed that food grain production could be increased four fold if farmers are assured of returns for their investment (Figure 2.1). However pulse and coarse grain production has stagnated. ([Ministry of Agriculture, 2002a](#)).

2.1 Cereals and Pulses



Over the last five decades per capita net availability of cereals has been showing improvement and by 1991 it was sufficient to meet the RDA (Figure-2.2). However, the per capita pulse availability and consumption, has declined. Pulses are major source of protein among the poorer segments of the population and so this trend has to be reversed ([Ministry of Agriculture, 2002b](#)).

2.2 Horticulture

Vast areas of India are sub-tropical and agro-climatic conditions are well suited for cultivation of vegetables, fruits and plantation crops. Horticultural products provide higher yield per hectare and the sale price is higher and in addition they can sustain agro-industries. As a result greater area being brought under horticulture and there is increase in production of fruits and vegetables. In 2000, India has produced 46.6 million tones of fruits and 96.5 million tones of vegetables per year.. Less than 1percent of these are processed. Loses during packaging and transport are about 30percent. Per capita vegetable and food consumption continues to be low except among the urban affluent segments of population because of problem in access and affordability. Investment for creation of essential infrastructure for preservation, cold storage, refrigerated transportation, rapid transit, grading, processing, packaging and quality control will enable the horticultural sector to achieve full economic potential and also provide vegetables and fruits at affordable cost through out the year and

enable the micro-nutrient needs of the population to be met through a sustainable food-based approach.

2.3 National Agricultural Policy

The National Agricultural Policy ([Ministry of Agriculture, 2000](#)) has emphasized on crop diversification, horticulture and food processing for sustainable agriculture growth. NAP and Tenth Five-Year Plan ([Planning Commission, 2002](#)) have set a target of a 3.97 percent growth for agriculture. This is to be achieved through:

- Growth that is based on efficient use of resources and conserves soil, water and bio-diversity;
- Growth with equity, i.e., growth which is widespread across regions and covers all farmers;
- Growth that is demand driven and caters to domestic markets as well as maximizes benefits from exports of agricultural products in the face of the challenges arising from economic liberalisation and globalisation;
- Growth that is sustainable technologically, environmentally and economically

With the increasing economic growth and improved access it is expected that there will be dietary diversification and increase in consumption of pulses, vegetables, fruits and dairy products. Once dietary diversification at affordable cost is possible for the majority of the population to have balanced diet, it will be possible to achieve nutrition security.

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