

# Unequal Plates: Dietary Diversity and Nutritional Inequality among Population with Limited Resources

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# Mizoram: India's border state with highest tribal population

- Distinct food habits, food preparation, and consumption
- Difficult sustenance: difficult terrain, climate, food insecurity, and poverty
- Study conducted in Mamit, an aspirational district (>95% Tribal Population)
  - 538 Children (aged 0-2 years & 2-6 years)
  - 268 Pregnant & Lactating women
  - 62 Anganwadi Centers

## Food insecurity and Women's nutritional status



**- One in every six households in Mamit suffers food insecurity**

- One third of HHs in the remotest block (West Phaileng)

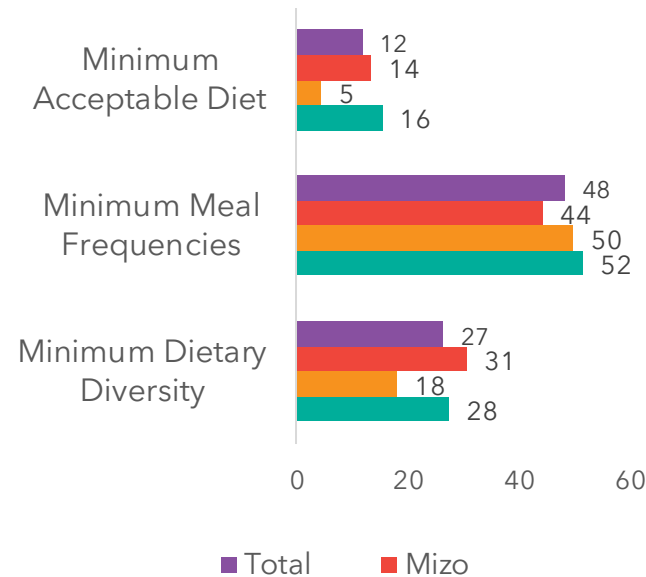


**- 18% of pregnant women had very low dietary diversity**

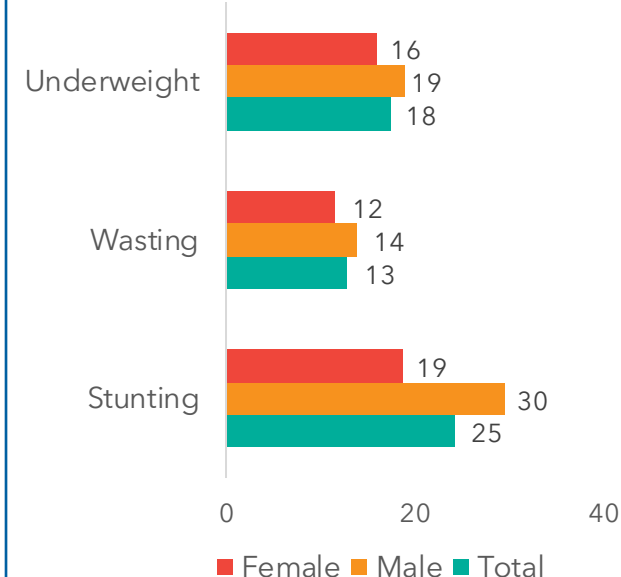


**- Around 17% of lactating women had low dietary diversity**

- One in seven lactating women are underweight**
  - Higher among women with low Dietary Diversity



**Dietary diversity among children aged 6-23 months (%)**



**Nutritional status of children (0-5y) by sex (%)**

## Children's nutritional status

**Minimum Dietary Diversity among children aged 2-6 years**

