**Methods for the India amino acid analysis**

**May 2024**

Food items from the National Survey and Sample Office Food List were matched to food composition lines using a two-stage ‘peer-review’ process. A researcher from the MIMI project at WFP with knowledge of dietary analysis made initial matches of foods from the NSSO food list to relevant food composition lines with the support of a WFP researcher with knowledge of the local food system. These were then sent to the team from the MAPS Project at the London School of Hygiene and Tropical Medicine where a researcher from who has knowledge of the Indian food system was asked to confirm or update the matches.

Food items were matched to food composition data from the 2017 National Institute of Nutrition Indian Food Composition Table (FCT) where possible. If no matches were found, the Indian 1989 FCT (2004 reprint) was used. Where items or individual micronutrients could not be directly matched, international FCTs like the UKFCT and USDA FCT were used. The USDA FCT was mainly used for composite food items and pre-processed foods that were not included in the Indian FCT. All amino acids values were matched to the 2017 National Institute of Nutrition FCT.

Neither of the two Indian FCTs used contained nutrient values for vitamin B12. Instead, a combination of the UKFCT, FAO/INFOODS for animal-sourced food products was used. Vitamin B12 content was assumed to be 0 for all non-animal source foods.

In some cases, food items in the NSSO food list were less specific than foods in the FCT. For example one food item from the NSSO food list was ‘chicken meat’ however within the FCT, nutrient composition data were available for chicken breast, chicken leg, chicken thigh etc. For Items such as these where there was no single FCT food item to match the NSSO food item, an average value of the most relevant FCT food items was used. As another example, ‘tomato’ on the NSSO list was matched to the two closest and most common types of tomato in the FCT – ‘tomato local’ and ‘tomato hybrid’.

Total intake of amino acid per household

Afe using NIN energy requirements

Protein intake fromNIN

Amino acid requirements from WHO sources

Assumption of non-lactating, non-pregnant woman, 55kg, moderate work activity

**Data sources**

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