

## **A Study of Food and Nutrient Intakes among the Dimasa of North Cachar Hills**

**R. Khongsdier<sup>1</sup> and D. Basu<sup>2</sup>**

*<sup>1</sup>Department of Anthropology, North-Eastern Hill University Mayurbhanj Complex, Nongthmmai, Shillong 793 014, Meghalaya India*

*<sup>2</sup>Anthropological Survey of India, North East Regional Centre, Upper Lachumiere, Shillong 793 001, Meghalaya India*

**KEYWORDS** Nutritional Status. Homeostasis. Dimasa

**ABSTRACT** This paper attempts to describe the food and nutrients intakes among the Dimasa of North Cachar Hills in Assam. The findings indicate that the overall dietary intake among the Dimasa is more or less according to the Recommended Allowances given by the Indian Council of Medical Research, though the consumption of nutrients like iron, carotene and vitamin B<sub>2</sub> is far below the recommended requirements. The problems concerning the practical method for measuring undernutrition in a population were pointed out taking into consideration the use of Recommended Allowance, for any given nutrient, as a cut-off point and the hypothesis of homeostatic variation in dietary requirements.