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Food and Nutrient Intake Pattern of Three Generations Living Together in Middle Income Urban Households of Delhi, India

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ABSTRACT The aim of the study was to assess the inter-generational differences in food and nutrient intake of three generations (grandparents, parents and children) living together. A cross-sectional survey assessed the food group and nutrient intake, changes in the intake over the years by using 24-hour dietary recall repeated over three days and focus group discussions. A total of 226 middle income families including 1,038 participants, grandparents (n=302), parents (n=423) and children (n=313) completed the diet survey. Focus group discussions with different generations explored the dietary transition over a period of time and the generation(s) responsible for menu related decisions. Children had significantly higher intake of cereals, other vegetables, sugars and fats as compared to their parents and grandparents ($p<0.001$) and highest mean percent adequacy of energy, protein and calcium ($p<0.001$). Information generated can be used to understand dynamics of food selection within a household and improve diet quality of all generations.