



Union Minister Dr. Jitendra Singh calls for caution against diet-related misinformation and disinformation; stresses individualized approach to nutrition

Dr Jitendra Singh releases the book “Smart Calories and Common Sense: An Evidence-Based Guide to Indian Diets”, authored by Dr. Anoop Misra

Science Yet to Arrive at a Final Word on Ideal Diet; Personal Metabolism and Lifestyle Should Guide Food Choices: Dr. Jitendra Singh

Changing Dietary Narratives Highlight Gaps in Scientific Consensus; Emphasise Need for Accurate Health Communication in Nutrition Space: Dr. Jitendra Singh

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Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh today cautioned that while awareness about diet and lifestyle diseases such as diabetes and obesity is essential, equal attention must be given to checking the spread of misinformation and disinformation in this domain.

The Minister said diet cannot be reduced to generalized prescriptions or uniform charts, and each individual must understand and adapt according to their own body, lifestyle, and metabolic needs. He remarked that diet is too important a subject to be left to any one group alone, underlining that individuals must actively observe and learn from their own dietary responses over time.

Dr Jitendra Singh was speaking at the launch of the book “Smart Calories and Common Sense: An Evidence-Based Guide to Indian Diets” authored by Dr. Anoop Misra, held at India International Centre, Lodhi Estate, New Delhi. Dr. Narottam Puri, Advisor (Medical), Fortis Healthcare and Advisor (Health Services and MVT), FICCI, was present as Guest of Honour. The event brought together leading members of the medical and scientific community, including senior clinicians and experts in diabetes and nutrition.

Reflecting on evolving dietary trends, Dr. Jitendra Singh referred to changing scientific views over the years, from refined oils to traditional fats, and from sugar substitutes to natural alternatives, indicating that scientific understanding in nutrition continues to evolve. He said that conclusions in dietary science are often based on population-level evidence and may not apply uniformly to every individual.

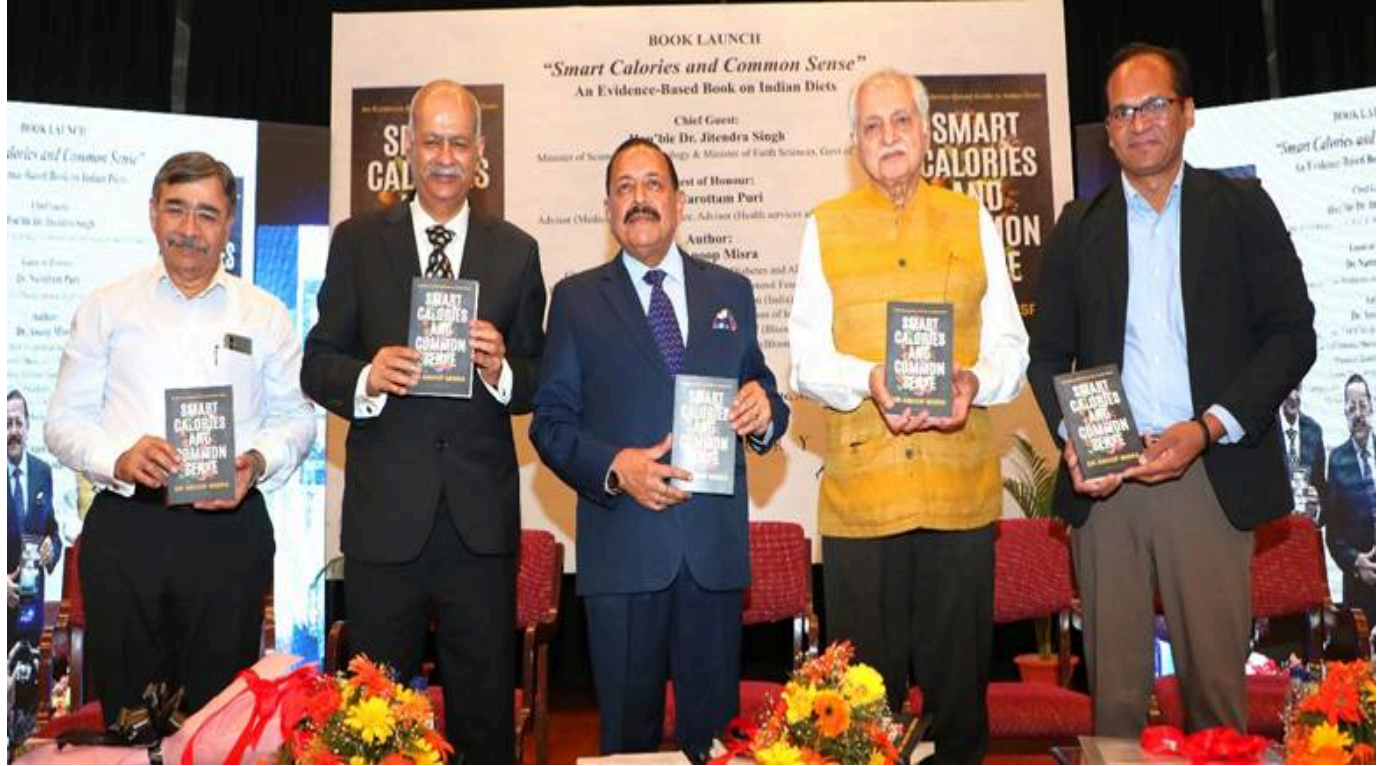
Drawing from his medical experience, the Minister highlighted the importance of clinical judgement and patient interaction, recalling an earlier era where diagnosis depended significantly on detailed history-taking and observation. He noted that excessive reliance on reports and standardized prescriptions may sometimes overlook individual variations.

The Minister also said to the growing commercialization in healthcare and diet advisory practices, cautioning that attractive or overly complex diet plans often gain popularity despite lacking practical relevance. In this context, he reiterated the need for balanced, informed, and evidence-based guidance.

Dr. Jitendra Singh further spoke about the importance of meal distribution alongside quality and quantity, noting that dietary timing and portioning remain underemphasized in common practice. He shared examples to illustrate how lifestyle, habits, and individual body responses play a decisive role in determining suitable dietary patterns.

The Minister concluded by stating that there is no single “ideal diet” applicable to all, and individuals must develop awareness through observation, moderation, and informed choices, while remaining cautious of unverified claims and trends.





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