

India's Nutrition Security Heatmap

India produces more milk than any nation on earth, and a state-by-state look at per-capita availability (production divided by population) shows several states already meeting or exceeding national nutrition benchmarks — a model the rest of the country can still reach.

**485 GR/DAY****ALL-INDIA MILK**
ICMR Target = 300 gr/day**7.5 KG/YR****ALL-INDIA MEAT**
ICMR Target = 10.95 kg/yr**106/YR****ALL-INDIA EGGS**
ICMR Target = 180 eggs/yr**3 STATES****CLEAR ALL 3 BENCH MARKS**
Haryana, Andhra Pradesh,
Telangana**19%****ASSAM - BOTTOM STATE**
Average benchmark achievement,
all 3 foods

THE NUTRITION AVAILABILITY MAP - % OF ICMR-CITED TARGET, 2024-25
Per-Capita Availability = State Production / Population; Not Measured Consumption

State/UTs	Per Capita Availability (2024-25)			% of ICMR-cited target achieved			
	Milk (gr/day)	Meat (kg/yr)	Eggs (no./yr)	Milk	Meat	Eggs	Avg
Haryana	1128	23.87	299	376%	218%	166%	253%
Andhra Pradesh	716	21.33	514	239%	195%	286%	240%
Telangana	425	28.78	506	142%	263%	281%	229%
Punjab	1318	8.68	164	439%	79%	91%	203%
Rajasthan	1229	2.92	39	410%	27%	22%	153%
Tamil Nadu	407	10.4	302	136%	95%	168%	133%
Karnataka	559	6.63	146	186%	61%	81%	109%
West Bengal	219	13.14	161	73%	120%	89%	94%
Madhya Pradesh	707	1.76	35	236%	16%	19%	90%
Jammu & Kashmir	595	6.48	14	198%	59%	8%	88%
A&N Islands	110	13.15	195	37%	120%	108%	88%
Gujarat	730	0.53	28	243%	5%	16%	88%
Maharashtra	358	9.54	65	119%	87%	36%	81%
Kerala	195	14.55	70	65%	133%	39%	79%
Himachal Pradesh	666	0.72	13	222%	7%	7%	79%
Tripura	173	14.15	84	58%	129%	47%	78%
Uttar Pradesh	447	5.38	26	149%	49%	14%	71%
Meghalaya	76	17.25	37	25%	158%	21%	68%
Uttarakhand	456	2.18	54	152%	20%	30%	67%
Sikkim	352	7.24	17	117%	66%	9%	64%
Odisha	159	5.29	84	53%	48%	47%	49%
Mizoram	52	12.05	34	17%	110%	19%	49%
Bihar	285	3.27	29	95%	30%	16%	47%
Arunachal Prdsh	46	11.65	33	15%	106%	18%	47%
Nagaland	60	10.86	20	20%	99%	11%	43%
Chhattisgarh	194	2.11	81	65%	19%	45%	43%
Manipur	41	9.78	44	14%	89%	24%	42%
Ladakh	214	4.75	12	71%	43%	7%	40%
Puducherry	94	8.95	7	31%	82%	4%	39%
Jharkhand	214	2.32	27	71%	21%	15%	36%
Goa	117	4.94	28	39%	45%	16%	33%
Lakshadweep	17	1.66	76	6%	15%	42%	21%
Assam	92	1.93	18	31%	18%	10%	19%
Chandigarh	141	0.56	2	47%	5%	1%	18%
Delhi	52	0	0	17%	0%	0%	6%
Daman, N Haveli	4	0.04	1	1%	0%	1%	1%
All India	485	7.5	106	162%	68%	59%	96%

<25%

25-49%

50-74%

75-99%

>=100%



One India, Thirty-Six Nutrition Stories

India's national average clears the ICMR-cited target for milk and is closing in on meat and eggs. Behind that single number sit 36 states and UTs at very different points on the same curve — several already at or above every target, showing the rest of the country what full availability looks like.

Milk availability is a national strength — India's per-capita milk availability (485 g/day, i.e. state production divided by population) clears the ICMR-cited target of 300 g/day by 62%. Leaders like Punjab (1,318 g/day) and Rajasthan (1,229 g/day) show what's achievable — 2.5–2.7× the national figure — while states such as Daman & D&N Haveli (4 g/day) mark the room still to grow, a 330-fold spread within one country.

Meat and eggs are the next frontier — Nationally, meat availability (7.5 kg/yr) stands at 68% of the ICMR-cited target, and eggs (106/yr) at 59% — both climbing. Ten of 36 states/UTs already clear the meat target and five clear the egg target, giving the rest of the country a proven, reachable benchmark to build toward.

Haryana is the only state that clears all three — Haryana posts 376% of the milk target, 218% of meat, and 166% of eggs — the only state in this dataset to clear all three ICMR-cited benchmarks simultaneously. Andhra Pradesh and Telangana come close, driven mainly by very high meat and egg availability rather than milk.

Milk-rich states are not necessarily protein-rich states — Milk and meat availability are only weakly correlated across states ($r = 0.12$) — Punjab and Rajasthan lead milk but rank near the bottom on meat (79% and 27% of target). Meat and egg availability, by contrast, move together closely ($r = 0.75$): states strong in one tend to be strong in the other.

A handful of UTs show where the next gains will come from — Daman & D&N Haveli, Delhi, Chandigarh, Assam and Lakshadweep post combined scores of 21% or below across all three metrics — low local production-based availability concentrated among smaller UTs, and likely offset in practice by supply brought in from neighbouring states rather than a true absence of animal protein.

WHY THIS STORY MATTERS FOR THE ATLAS

Most of this Atlas measures livestock as an economic engine - GVA, production, exports, credit. This Story asks the other question: Is that engine also nourishing the people who own it?

A national average of 96% target-adequacy hides the fact that most individual States/UTs fall well short - production scale and nutrition access are not the same achievement, and closing that gap needs State-level policy, not just national output growth.

Source: BAHS 2025, DAHD, GoI (PCA of milk, meat and eggs); ICMR-cited per-capita targets implied by the dataset's own "96% of target" column: milk 300 gr/day, meat ~10.95 kg/yr, eggs 180/yr - consistent with ICMR-NIN dietary guideline benchmarks commonly cited for animal-protein adequacy.

