



# 11-05-2024 NEWS

## Recognition as National & State parties

### **National Parties:**

- A party that secures at least 6% of the valid votes in lok sabha election or assembly election in four states.
- They must win 4 seats in lok sabha from any state.
- It has to win 2% of seats in lok sabha from at least 3 different states in the latest general election.

### **State parties:**

- A party that secures at least 6% of the valid votes in the state legislative assembly election.
- They must win one Lok Sabha seat for every 25 states or at least 2 seats in the legislative assembly.
- Needs to win a minimum of 3% of the total number of seats in the legislative assembly.

## Nutritional Intake in Food

- The National Institute of Nutrition (NIN) has released the Revised Dietary Guidelines for Indians (DGI).
- According to those 17 guidelines, long-term consumption of high protein powders or high protein concentrates may lead to risks such as bone loss and kidney damage.
- Also, it is advised that sugar should make up less than 5 percent of total energy intake, and a balanced diet should consume no more than 45 percent of calories from grains and millets, and up to 15 percent of calories from legumes, beans, and meat.
- Likewise, the rest of our calories should come from vegetables, fruits, and milk.
- Total fat intake should be 30 percent of energy or less.
- Estimates suggest that 56.4 percent of the total disease risk in India is due to unhealthy diets.