

# **To Study Impact of Consumption of Fortified Food in Intake of Vitamin D**

Foods and Nutrition

By

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## **Abstract**

Vitamin D is a fat-soluble vitamin that is naturally present in a few foods, added to others, and available as a dietary supplement. The present study was conducted in Navagam Anandpar, Rajkot Taluka, Rajkot District, Gujarat. Total 30 respondents were selected by the multistage random sampling for the study purpose. The nutritional and health status of Aanganwadi children data was collected through Questionnaire method and assessed using dietary assessment. The personal and socio-economics status and socio demography status was also studied. The data obtained from the study was analysed by frequency corrective method. The most of Aanganwadi children were Hindu (93.3%) and other were Islamic (6.6%). Large numbers of Aanganwadi children were coming from families having low to medium and medium to high level income. The data collected from their parents for the better study. The most of the children were classified vegetarian and non-vegetarian through their dietary habits. Aanganwadi children between 6 months to 3 years were randomly selected from the Aanganwadi. Out of the 30 children, 50% were girls and 50% were boys. Among them 86% of parents are aware of given fortified foods to their child. Rest 14% of was not aware about it. 66% the children are having sunlight exposure and the rest of 33% are not able to that much exposure to the sunlight. Consumption of fish in the children was 23.3%. Milk product were consumed by children was 76.6% then the oat products were 56.7% consumed. A dietary supplement containing all or most of the vitamin they may not be readily available in the diet. Vitamins may be classified according to child solubility either in lipids or in water. Here 16.7% of the parents are giving variety of food supplements which containing more vitamins and minerals. Rest of the 83.3% of the parents is unable to fulfill this dietary supplement. Evidence of health effects of multi vitamins comes largely from perspective cohort studies which evaluate health differences between among children that take and do not take multivitamins.

**Keywords:** Vitamin D, Fortified Foods, Children