

ASSESSMENT OF NUTRITIONAL STATUS AND DIETARY HABITS IN ADOLESCENT GIRLS

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

CHAUDHARY AARTI B.

Under the Guidance of

Ms. Krishna D. Thakkar

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year 2021-2022

Abstract:

Objectives: The study was conducted to examine the nutritional status and dietary pattern of adolescent girls.

Methods: Adolescent girls were selected from a randomly selected college. A total of 80 adolescent girls aged 18 to 22 years were surveyed for socio demographic indicators, nutritional status and dietary intake. Data were collected by interviewing the adolescent girls. Weight and height were measured for BMI and socio - demographic data collected by means of a questionnaire. Dietary intake data were gathered by using two Food frequency questionnaires and a FFQ.

Results: The findings indicated that adolescent hostel girls face two distinct nutrition situations, underweight and overweight. The nutrient status was compared with the Body mass index (BMI). the distribution of the adolescence hostel girls' section of the girls BMI (body mass index) by age. It can be seen that the majority of adolescence girls BMI is Normal. The share of some girls BMI is the data found to be moderate. and some girls BMI is very low Out of all 80 adolescence girls of f normal BMI is N - 6 (12 %) and few girls BMI is show that they are underweight N - 16 (32%) and normal BMI girl n - 18 (36%) and overweight girls is N - 10 (20%). The study explains that not only is there under and over nutrition in this group but also inadequate micronutrient intake, especially of essential nutrients such as vitamin A, vitamin C, iron and calcium. A substantial proportion of the girls did not consume adequate folate. The households that reported to have had adequate food at all times. The study also shows that some girls income group and family type and place of awareness of nutrition is also responsible for under nutrition and over nutrition problems.

Conclusion: The results show a lack of dietary variety, which may contribute to the nutrient deficiency. Both under nutrition and over nutrition was prevalent among the girls. The majority of the population had a lower energy intake than recommended intervention strategies are needed to improve the dietary intake of adolescent girls and overcome the crisis.

Keywords: nutrition, energy, Food intake, adolescent, Girls