

"ASSESSMENT OF NUTRITIONAL STATUS OF ADOLESCENT GIRLS IN PARALI, LIMDI TALUKA" GUJARAT

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract: Health nutrition status in early child stage of human life determine, to a great extent, the physical and mental well being of a person. The present study was undertaken to determine the nutrition status of total adolescent girls 100 in the age group 11 to 19 year anganwadi adolescent girls (Gujarat). The growth status of adolescent girls was evaluated by applying anthropometric parameters and was compared with standards adopted by national center for health statistics (NCHS). The dietary habits and the frequency of various kinds of food taken by the students were known from the parents using questionnaire. Research has found that adolescent girls are more likely to be malnourished because obesity was found in 60% of overweight, 35% of normal and 5% of adolescents who were overweight. Not taking breakfast and lunch and trying to keep themselves thin. Weight loss will be followed by fatigue and constant tiredness. Iron also does not cause hunger. Waist and hip girth was 73%.

Key words: adolescent girls, dietary habits, malnourished