

Impact of garden cress supplementation on prepubertal girls under anemic condition

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■ **ABSTRACT** : Anemia is most common in all the groups of adolescent girls. Preparing them for sound health and accepting the challenges of health problems in their future life, their diet is to be supplemented with traditional iron rich food. So, attempts were made to assess the effect of garden cress supplementation on the iron deficiency anemia in pre-pubertal girls. 240 pre-pubertal girls were selected with the help of equal interval method of randomization ratio. To study the effect of dietary supplementation four different types of treatment were considered. Difference in terms of improvement in anthropometric measurements and haemoglobin were indicative under observation. Majority (69.16%) of respondents had their Hb level in between 8 to 9.8 mg/dl which was greatly influenced by dietary iron and vitamin C. The quantity of daily iron intake in between 11 to 14 mg/dl indicated the positive and effective supplementation on anthropometric status and Hb level in MSG followed by MEG and LIG .

■ **KEY WORDS** : Puberty, Anemia, Anthropometric status, Supplementation, LIG, MEG, MSG

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