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Research Note

Nutritional adequacy of mid day meal in Allahabad schools

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■ **ABSTRACT** : A study was undertaken with the aim of nutritional evaluation of mid day meals served in Allahabad schools. A survey was carried out among 103 girls (age 5-12 yrs) studying in two government primary schools. Weekly menus and nutritive value of mid day meals served in the schools of the district were analyzed in terms of calories, protein, fat, CHO, iron, calcium, folic acid, vitamin C and β -carotene. The mean values per serving were; kcal 463, protein 14.01, fat 6.24g, CHO 88g, iron 4.30mg, calcium 67.23mg, vitamin C 6.11mg folic acid 32.68 μ g and β -carotene 11 μ g. The recommendation of experts that one third RDA of nutrients must be provided by the MDM, was met in the case of protein of 5-9 yrs age group but not in the 10-12yrs age group. Energy and iron were below 1/3 RDA in case of all the children surveyed. In general, micronutrients were low in the MDM.

■ **KEY WORDS**: MDM, RDA, 24h recall, Mid day meal, Nutritional contrifutiono

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