

# Dietary intake and its consumption pattern of adolescents girls: An assessment of adolescent beneficiaries of SABLA/SAG scheme

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■ **ABSTRACT** : Nutritional requirements peak during adolescence and, in absolute terms, are higher than at any other stage of life. Malnutrition at this stage leads to stunting of growth, repeated infections and places constraints on full physical and psychological development. The current nutritional status of the population reflects the lack of progress over time, despite a number of national level programmes and policies. **Objective:** The main objective of the research study were to assess the dietary intake and pattern and their Nutritional status of non-school going and school going AGLs the age group of 11-14 yrs, enrolled at AWCs under SABLA Scheme of Banka District. **Method:** For this study, Anthropometry measurement, 24h dietary recall method including Take Home Ration of SABLA programme, SABLA Kishori Card Observation and Questionnaire method as tools were used. **Result:** The obtained data explains that dietary intake of both major groups was not satisfactory within the Kcal of 1500-2000, 10% Adolescent Girls were fortunate enough to get their diet according to RDA. No any remarkable differences have been found in the dietary intake of school going and non-school going girls in both groups *i.e.* 11-14 and 14-18 years of Adolescents girls. The Dietary intake and pattern were found the same. the findings on the nutrition intake especially in micronutrients make it obvious that there was no difference in nutrition intake of both the major groups *i.e.* School going and Non-school going AGLs. Actually, speaking more than 70% AGLs of the both the group were not getting sufficient amount of macro and micro nutrition. most significant food stuff for vulnerable group of adolescent age – the consumption of Pulses, GLF, Milk, Fruit, Egg/Meat/ Fish, was very poor. As we know the fact how valuable these food stuffs are for the physical and mental development of the AGLs.

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■ **KEY WORDS:** Dietary intake, Adolescents girls, SABLA/SAG scheme

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