

Dietary pattern and lifestyle of elderly people following ashram and urban lifestyle

VINITA SINGH AND NEHA RESTOGI

Nutrition has a significant influence on health and development throughout the life. The aim of this study was to assess the dietary pattern and lifestyle of elderly people following ashram and urban lifestyle. The sample was taken at random, from both the groups that is ashram and urban lifestyle group. Nutrient intake was recorded using 7 days dietary records. Meal consumption was higher in ashram elderly group in comparison to urban elderly group. Consumption of supplementary food was higher among urban elderly group in comparison to ashram elderly group. Preference of normal food was higher in urban elderly group in comparison to ashram elderly group.

Key Words : Dietary pattern, Lifestyle, Nutrient intake, Elderly, Ashram

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MEMBERS OF RESEARCH FORUM

Author for correspondence :

VINITA SINGH, Department of Food Science and Nutrition, M.B.A.. College of Home Science, Chandra Shekhar Azad University of Agriculture & Technology, KANPUR (U.P.) INDIA

Email: svinita2008@gmail.com

Associate Authors' :

NEHA RESTOGI, Department of Food Science and Nutrition, M.B.A. College of Home Science, Chandra Shekhar Azad University of Agriculture & Technology, KANPUR (U.P.) INDIA
