

Food gap and prevalence of undernutrition among rural and urban adolescent girls in Chapra (Saran) district, Bihar

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The Present investigation has been carried out in Chapra (Saran), district, Bihar. A descriptive research design was adopted. Out of the total sample (300) rural and urban adolescent girls comprised of 68 and 62, respectively. The respondent girls were selected randomly using random number table. Dietary information was gathered by using 24 hours recall method and dietary survey was executed for three consecutive days. Under nutrition was assessed in terms of BMI (Body Mass Index). The present study showed that average food intake of rural and urban girls was less than recommended dietary allowances (RDA). However, cereals and roots and tubers consumption was higher than RDA. Again, average intake of G.L.V., fruits, milk and milk products was even less than 50 per cent of the recommended dietary allowances. Further, data pertaining to under nutrition showed that more than 60 per cent of the rural as well as urban adolescent girls were undernourished. There was no case of obese and overweight found either in rural or urban sample.

Key Words : Nutritional status, BMI, Average food intake, RDA, Under nutrition

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