

Assessment of nutritional status of celiac disease patients in Ludhiana city of Punjab

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A sample of 30 celiac patients including 20 adults and 10 children was enrolled to assess their nutritional status. Mean height of females, males and children was 157.78 cm, 160.48 cm and 95.56 cm, respectively and weight was 44.17 kg, 46.58 kg and 14.13 kg, respectively. Both height and weight were less than the standard height and weight of Indians. The mean intake of cereals was 114.65g, 102.13g, 75.83g and pulse intake was 54.66g, 58.36g, 65.95g by females, males and children, respectively. Pulse intake in case of children was significantly higher whereas intake of all other food groups in all the three groups were significantly lower ($P < 0.01$). Energy intake by all the three groups was less *i.e.* 1268 kcal by females, 1/3rd of RDA by males (929 kcal) and 1/2 of RDA by children (888 kcal). As compare to RDA the protein intake was adequate in case of females (43.26g) and children (32.68g) but less in males (31.50g) as compare to suggested intake. Carbohydrate and fibre intake was significantly lower ($P < 0.01$) in all the three groups as compare to suggested intake. Fat intake was significantly lower ($P < 0.01$) by males and children as compare to calculated value based on 20 per cent and 25 per cent of energy, respectively. It was found that celiac patients were using only maize flour and besan to make chapattis and they were not taking any inbetween meal because of lack of availability of gluten free foods.

Key Words : Mean height, Mean weight, Cereal, Pulse, Carbohydrates, Proteins

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