

Nutritional status of selected obese school going children in Western Maharashtra

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Nutritional status of obese school going children were assessed in Western Maharashtra *i.e.* Pune, Nashik and Ahmednagar districts. For this study, 600 obese school going children were selected, from which 224 boys and 376 were girls in 6-16 age group of 6-16 years. The obesity of these children were assessed by using BMI. The nutritional status of these children were examined by using questionnaire and dietary recall method. It is found that the food intake especially cereals, pulses and fat based foods are found significantly excess and vegetables and fruits consumption noted less by these children. However, the nutrients intake like energy and protein were noticed excess than that of their standard level. Whereas vitamins and minerals intake were found less among these children which were as correlating factors for its effect on overweight and obesity in children.

Key Words : Childhood obesity, School going obese children, Nutritional status, Food intake

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