

under moderate worker category, the present study found that the nutrient intake of farm women was not adequate as per the ICMR recommendations. The work participation was also not full extent by these women as they experienced fatigue very easily. The nutritional education programme on balanced diet, food groups and its functions and the importance of correct diet to meet the body requirements was conducted for the farm women. The diet survey and 24 recall method revealed the after intervention the food consumption of farm women changed and nutrient intake was increased. The work participation of farm women also increased with better nutrition.

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