

Click www.researchjournal.co.in/online/subdetail.html to purchase.

A REVIEW

FOOD SCIENCE
RESEARCH JOURNAL

e ISSN-2230-9403 ■ Visit us : www.researchjournal.co.in

Volume 5 | Issue 2 | October, 2014 | 184-189

DOI: 10.15740/HAS/FSRJ/5.2/184-189

Effectiveness of nutrition intervention to overcome the problem of anaemia

ANCHAL SINGH, KIRAN GROVER AND NITISHA SHARMA

Nutritional anaemia is the most common nutritional disorder in the developing world. Adolescence is a state or process of growing up from puberty to maturity. Number of adolescents in India particularly girls live under suboptimal conditions marked by poor nutritional status and high level of morbidity and mortality. The lives of adolescent girls are characterized by limited education, lack of knowledge pertaining to social as well as health aspects and also limited influence on decisions affecting their lives. Thus, nutrition intervention is one major factor for development of this group of population because of the fact that these adolescent girls would be the future housewives.

Key Words : Adolescent girls, Anaemia, Nutritional status, Nutrition intervention

How to cite this article : Singh, Anchal, Grover, Kiran and Sharma, Nitisha (2014). Effectiveness of nutrition intervention to overcome the problem of anaemia. *Food Sci. Res. J.*, 5(2): 184-189.

MEMBERS OF RESEARCH FORUM

Author for correspondence :

ANCHAL SINGH, Department of Food and Nutrition, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA
Email: aanchalsingh.singh@gmail.com

Associate Authors' :

KIRAN GROVER AND NITISHA SHARMA, Department of Food and Nutrition, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA