

Food intake, BMI and hemoglobin level of urban adolescent girls

Sanju Devi and Madhu Goyal

One hundred and fifty urban adolescent girls (14-18 years), studying in Government senior secondary schools of Bikaner district (Rajasthan) were studied for their food and nutrient intakes, hemoglobin level and anthropometric measurements. Except milk and its products as well as fats and oils, the per cent adequacy of all other food items was found to be ranging from 23.88 to 87.57 per cent. The per cent adequacy of nutrient intake ranged from 61.25-199.0 per cent. Per cent energy derived from carbohydrate, protein and fat by the subjects was noted to be 58.53 ± 11.42 and 12.72 ± 2.68 and 29.80 ± 9.67 per cent of total energy, respectively. The mean hemoglobin level of the subjects was estimated to be 8.62 ± 1.14 g/dl. A significant positive correlation was noted between consumption of protein, iron and folic acid and their hemoglobin levels. But the correlation was non-significant for ascorbic acid and vitamin B₁₂ intake. The mean BMI values, respectively, for 14-15 and 16-18 years of the subjects were found to be 20.37 ± 5.65 and 21.56 ± 5.39 kg/m².

Key Words : Adolescent girls, BMI, Food and nutrient intake, Adequacy, Hemoglobin level

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