

Impact of iron rich toffees supplementation on anemic adolescent girls

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A total number of 250 adolescent girls, in the age group of 13-18 years from school were selected and screened haemoglobin content. Based on result of haemoglobin content, 40 adolescent girls suffering from moderate type of anaemia were selected for the supplementation of iron rich toffees. These adolescents girls were divided into two groups experimental group (20) receiving the supplementation and control group (20) not receiving the supplementation. The Iron rich toffees (20g/day) were supplemented for 60 days to the selected anaemic adolescent girls. The anthropometric measurement, blood haemoglobin levels were measured in both the groups initial and after (30 and 60 days) of study period. Supplementation of 20 g/day iron rich toffees for 60 days exerted positive effect on haemoglobin level of experimental group.

Key Words : Supplementation of iron rich toffees, Anthropometric measurement, Haemoglobin content

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