

Food and nutrient intake pattern of 4-6 years children of Jorhat, Assam

Urmimala Baruah and Ruma Bhattacharyya

The present investigation was undertaken to study the food and nutrient intake pattern of 4-6 years children of Jorhat, Assam. **Methods:** 200 pre-school children in the age range of 4-6 years were selected randomly from four schools of Jorhat district of Assam. The food intake pattern of the respondents were assessed by using 24 hour recall method and food models by interviewing the mothers. **Results:** The results of the study revealed that 7.5 per cent of the target population belonged to low income group (<Rs.5000), followed by 78.5 per cent in middle income group with monthly income ranging between (Rs.5000-Rs.15000) and 14 per cent belonged to high income group (>Rs.15000). The mean daily intake of cereals, fats and oils, sugar and jaggery, pulses, roots and tubers and fruits by the 4-6 years children were (91.58-95.41%), (89-90.8%), (79.25-89.15%), (79.83-83.33%), (79.45-74.45%) and (61.75-62.20%) of the balanced diet recommended (BDR), respectively. The average daily consumption of food by the 4-6 years children in relation to monthly income revealed that the mean daily intake of pulses, milk and milk products, meat, fish, poultry and egg and fat increased with increased income of the family and were significantly related to income ($p < 0.05$). **Conclusion:** The findings of the present study showed inadequate consumption of the green leafy vegetables, other vegetables and dairy food group by the target children, which is a matter of concern because poor intake of these food groups leads to shortfalls in the consumption of key vitamins and minerals which in turn may affect the growth and development during this period. The study also revealed that the monthly income of the family of the respondents had an impact on the adequacy of the diet consumed by them

Key Words : Food, Nutrient, Pre-school, Intake, Children

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MEMBERS OF RESEARCH FORUM

Author for correspondence :

Urmimala Baruah, Department of Food Science and Nutrition,
College of Community Science, Assam Agricultural University, **Jorhat**
(Assam) India
(Email : urmibaruah17@gmail.com)

Associate Authors' :

Ruma Bhattacharyya, Department of Food Science and Nutrition,
College of Community Science, Assam Agricultural University, **Jorhat**
(Assam) India
(Email : rumab76@gmail.com)