

# Assessment of nutritional knowledge of menopausal women

Anupriya Mamgain and Sarla Lakhawat

The study was investigated on pre, peri and post-menopausal women with the objective of assessing their knowledge regarding nutrition and menopause. The sample was consisted of 120 menopausal women (40 in each group). It was observed that most of the pre, peri and post-menopausal women (55%, 65% and 65%, respectively) had poor knowledge while only 12.5 per cent of pre-menopausal and 5 per cent of post-menopausal women had good knowledge. Overall mean per cent score (MPS) of the respondents was 27.28 which is very low. The respondents had least MPS in the aspect of nutrient deficiency diseases and nutrient sources. No significant difference was found in knowledge of all the three sample groups.

**Key Words :** Menopausal women, Knowledge, Nutrition, Menopause

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## MEMBERS OF RESEARCH FORUM

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**Author for correspondence :**

**Anupriya Mamgain**, Department of Food Science and Nutrition,  
College of Community Applied Sciences, Maharana Pratap University  
of Agriculture and Technology, **Udaipur (Rajasthan) India**  
Email: [mamgainanupriya@gmail.com](mailto:mamgainanupriya@gmail.com)

**Associate Authors' :**

**Sarla Lakhawat**, Department of Food Science and Nutrition, College  
of Community Applied Sciences, Maharana Pratap University of  
Agriculture and Technology, **Udaipur (Rajasthan) India**

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