



RESEARCH PAPER

Impact of diet type on the anemia level of adolescent girls

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Abstract : Adolescence is the most vulnerable stage in human life for malnutrition. When the need for nutrients increases during the growth phase. The prevalence rate of malnutrition among adolescent girls (11-18 years) in 11 states and 16 districts, of which 7.1 per cent, was found to be severe anemia, in India, by the recent state-level nutrition plan. Malnutrition is affecting about 50 per cent of the population in India. This problem is affecting women more than men. An estimated 20-40 per cent of maternal deaths in India are due to malnutrition and one out of every two Indian women (56 %) suffers from some form of malnutrition. According to several studies, the prevalence of malnutrition is very high (80-90 %) among pre-school children, pregnant and lactating women and adolescent girls in India. According to a report, more than half (56 %) of adolescent girls in India suffer from malnutrition. Comparing the nutritional status of adolescent girls in India, it was found that 47 per cent of adolescent girls in the age group of 15-19 years in India are victims of undernutrition.

Key Words : Malnutrition, Anemia, Diet

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