

RESEARCH ARTICLE

Dietary behaviour of kutia kondh adolescent girls in Odisha : A study using 24-hour recall and food frequency methods

■ Sarojini Padham

SUMMARY

Adolescent girls, particularly from tribal communities like the Kutia Kondh in Odisha, face increased vulnerability to nutritional deficiencies due to poverty, limited education, geographic isolation, and monotonous diets. This study explores the dietary behaviour and nutritional adequacy of 300 Kutia Kondh adolescent girls (aged 16–18) from Kalahandi district using the 24-hour dietary recall and food frequency questionnaire methods. The research adopted a descriptive-experimental design and used SPSS for statistical analysis, comparing intake levels with the Indian Council of Medical Research (ICMR) Estimated Average Requirements (EAR). While macronutrient consumption was moderately sufficient carbohydrates (91.6%), protein (85.34%) and fats (87.46%) substantial gaps were noted in micronutrients, especially vitamin B12 (42%), zinc (63.47%), folate (64.48%), vitamin B6 (63.16%) and iron (74.56%). It was also found that, they primarily consumed rice, with low intake of millets, pulses, vegetables, fruits, dairy, and animal products. Dietary diversity was poor, with tea being the most regularly consumed item. Limited access, affordability, and cultural practices influenced food choices, raising concerns about potential nutritional deficiencies. The findings highlight the need for community-based nutrition education programs that are culturally appropriate and aimed at improving dietary diversity and nutritional outcomes for tribal adolescent girls.

Key Words : Dietary behaviour, Kutia kondh, Adolescent girls

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