



**Research Paper**

# Consumption pattern of tribal households in Palghar district (M.S.)

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**ABSTRACT :** The socio-economic structure in tribal communities is markedly different from that of the non-tribal or advanced groups of people. Today, some individuals and families from tribal communities are found to be employed in good positions, but income of tribal population is very low and inadequate to meet their consumption needs. Paddy was the main *Kharif* crop in this district. Major quantities of food-items consumed were cereals. Consumption of cereals was higher than minimum requirement. While consumption of other food items like pulses, leafy vegetables, other vegetables, roots and tubers, fats and oils, milk and milk product, flesh foods and eggs, spices and sugar was lower than the recommended dietary allowances. The calorie was 84.19 per cent and protein was 98.55 per cent of the minimum allowance of calories and proteins recommended and fats were 0.13 per cent maximum allowance. Per day per adult average intake of calorie and protein was less than needed minimum. These mean that there was nutritional gap. This discrepancy in the daily diet of sample tribal households can be removed if they pay little more attention in consumption of food items such as pulses, vegetables, milk, fats and edible oil and fruits.

**KEY WORDS :** Consumption pattern, Food-items, Calories intake, Protein intake, Fat intake

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