

Assessment of nutrients intake of Christian pastor and Christian community

AMRITA MASIH AND VINITA SINGH

Christian pastors and Christian community has the special dietary requirements of the food choices and balanced diet to maintain a healthy lifestyle and to promote longevity, there are various obstacles that prevent or limit from practicing and benefiting from good eating habits. Total of hundred respondents age between (20 to 50 above) were selected from Nutritional Assessment of Christian pastor and Christian community of Churches in Kanpur City (52 males, 48 females). Data on socio-demographic information dietary habits, physical activities, morbidity patterns, personal and social adjustments and prevalence of non-communicable diseases were recorded using a pretested schedules/ questionnaire, diet of each respondent was recorded by using the 24 hours dietary recall method and nutrient intake was calculated. The optimal health can be achieved from a diet that emphasizes a generous intake of vegetables and fruits such plant enriched diets can be not only healthy but interesting and enjoyable as well. The maximum 43.24 per cent deficiency of energy was found in 20-30 years of age group, and 37.44 per cent deficiency of energy was found in 40-50 years of age group. 36.11 per cent deficiency of energy was found in 50 years and above age group. The maximum 32.84 per cent deficiency of protein was found in 40-50 years of age group and 29.91 per cent deficiency of protein was found in 50 and above years of age group. 26.15 per cent deficiency of protein was found in 20-30 years of age group. The maximum 17.80 per cent deficiency of fat was found in 40-50 years of age group and 16.44 per cent deficiency of fat was found in 20-50 years of age group. 14.4 per cent deficiency of fat was found in 50 years and above age group. The maximum 25.49 per cent deficiency of calcium was found in 40-50 years of age group and 25.13 per cent deficiency of calcium was found in 50 years above of age group. 24.22 per cent deficiency of calcium was found in 20-30 years of age group. The maximum 15.30 per cent deficiency of iron was found in 20-30 years of age group, and 5.33 per cent deficiency of iron was found in 40-50 years of age group. 5.33 per cent deficiency of iron was found in 50 years and above age group. The maximum 15.97 per cent deficiency of vitamin A was found in 40-50 years of age group, and 15.92 per cent deficiency of vitamin A was found in 20-30 years of age group. 14.76 per cent deficiency of vitamin A was found in 50 years and above age group.

Key Words : Assessment, Christian pastor, Christian community, Intake, Nutrients

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INTRODUCTION

Assessment of nutritional status is the current body status, of a person or a population group, related to their state of nourishment the consumption and utilization of nutrients the nutritional status is determined by a complex interaction between internal constitutional factors and external environmental factors : Durin and Rahman (2003)

Christians pastors believe that the ideal diet should be predominantly plant based but supplemented by a small quantity of clean, whole, pesticide and humane free animal products, eg. raw milk, cheese, butter, yogurt, eggs, fish, beef, chicken, mutton, etc. Calloway and Margen (2004) Christian Pastors consuming the adequate amount of beta-Carotene rich foods had one half the risk of Cardiovascular mortality. Leving *et al.* (2006) A healthy, balanced diet is an important step towards good health. It reduces the risk of getting a large number of diseases.

Being over, or under weight can have serious consequences and put strain on your body's other systems. And even if your weight is not a problem having a badly balance diet will put your overall health at risk good nutrition also improves mood and general well being.

Willett (2005) Christian pastors that optimal health can be achieved from a diet that emphasizes a generous intake of vegetables and fruits such plant enriched diets can be not only healthy but interesting and enjoyable as well.

METHODOLOGY

The study was under taken for a period of six months *i.e.* from Jan. to June 2016.

The sample consisted of 100 adults and elderly respondents from both the group of sexes, of the age group of 25 to 60 years above. Purposive random sampling is used for the study.

A pre-designed and pre-tested questionnaire was used to collect information regarding the nutrition and health status of the adults and elderly population.

The respondents were contacted individually and were persuaded to answer all the questions in the proforma and the response was recorded. 24 hr recall was used for quantitative analysis. In this method a set of standardized cups, suited to local conditions were used.

The house wife or the member of the household who in variably cooks and seems food to the family members was asked about the types of food preparations made at breakfast, lunch afternoon tea time and dinner.

An account of the raw ingredients used for each preparation was obtained.

- Information of the total cooked amount of each preparation was noted in terms of standardized cup (s).
- The intake of each food item (preparation) by the subject was assessed by using cups.
- The formula applied to calculated the individual intake in terms of raw equivalent used is as-

$$\text{Individual intake in terms of raw equivalent (g)} = \frac{\text{Total raw amount of each ingredient (g)}}{\text{Total cooked amount (g)}} \times \text{Individual intake of cooked amount (ml)}$$

The individual intake in terms of raw equivalent of each food item consumed by the respondents in their diet was then taken into account for the calculation of the actual nutrient intake data bank of nutrient composition, of the foods from the nutritive value of Indian foods by Gopalan *et al.* (2000) was used to calculated the per day nutrient intake.

General information, personal and social information, Dietary information, Morbidity pattern, Anthropometric parameters, Clinical symptoms were assessed.

OBSERVATIONS AND ASSESSMENT

Table 1 shows the protein consumption of respondents as compared to Recommended Dietary Allowances (RDA) The maximum 32.84 per cent deficiency of protein was found in 40-50 years of age group, and 29.91 per cent deficiency of protein was found in 50 and above years of age group. 26.15 per cent deficiency of protein was found in 20-30 years of age group.

Table 2 shows the fat consumption of respondents as compared to Recommended Dietary Allowances (RDA). The maximum 17.80 per cent deficiency of fat was found in 40-50 years of age group, and 16.44 per cent deficiency of fat was found in 20-50 years of age group. 14.4 per cent deficiency of fat was found in 50 years and above age group

Table 3 shows the vitamin A consumption of respondent as compared to Recommended Dietary Allowances (RDA). The maximum 15.97 per cent deficiency of vitamin A was found in 40-50 years of age group, and 15.92 per cent deficiency of vitamin A was found in 20-30 years of age group. 14.76 per cent deficiency of vitamin A was found in 50 years and above age group

Table 4 shows the iron consumption of respondents as compared to Recommended Dietary Allowances (RDA). The maximum 15.30 per cent deficiency of iron was found in 20-30 years of age group, and 5.33 per cent deficiency of iron was found in 40-50 years of age group. 5.33 per cent deficiency of iron was found in 50 years and above age group.

Table 1 : Protein consumption of respondents as compared to R.D.A

Sr. No.	Age group	N	Protein	RDA	Deficient %
1.	20-30 year	14	40.1	54.3	-26.15
2.	40-50 year	30	41.3	61.5	-32.84
3.	50 and above	56	43.1	61.5	29.91

Table 2 : Fat consumption of respondents as compared to R.D.A

Sr. No.	Age group	N	Fat	RDA	Deficient %
1.	20-30 year	14	37.6	45	-16.44
2.	40-50 year	30	41.1	50	-17.80
3.	50 and above	56	42.8	50	-14.4

Table 3 : Vitamin A consumption of respondents as compared to R.D.A

Sr. No.	Age group	N	Vitamin A(IU)	RDA	Deficient %
1.	20-30 year	14	4035.7	4800	-15.92
2.	40-50 year	30	4033.3	4800	-15.97
3.	50 and above	56	4091.1	4800	-14.76

Table 4 : Iron consumption of respondents as compared to R.D.A.

Sr. No.	Age group	N	Iron	RDA	Deficient %
1.	20-30 year	14	27.1	32	-15.30
2.	40-50 year	30	26.5	28	-5.33
3.	50 and above	56	26.5	28	-5.33

Conclusion :

It was evident that majority the respondents were having deficient intake of calories, proteins, vitamin A, folic acid, carbohydrate and iron. The intake of vitamins and minerals were also deficient.

All the nutrients were that is protein, fat, iron, calcium, vitamin A, vitamin C, were found to low in comparison to Recommended Dietary Allowances. Christian Pastor should include green leafy vegetables, yellow fruits and vegetables, pulses, salad etc. They should also include animal products, *i.e.* cheese, yogurt, eggs, fish, chicken etc.

A healthy , balanced diet is an important step towards good health. It reduces the risk of getting a large number of diseases.

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