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SUMMARY

A study was carried to know the diet composition and energy balance in adolescent girls of 13 years, 14 years and 15 years age group. A total number of 225 subject was taken for the study dividing into 75 subjects per group. A questionnaire was prepared and the information was collected through interview method. The main aim of the study was to know the energy intake and energy balance of the subject. A 24 hour daily dietary recall diary and daily activity record was maintained. General information was also collected and anthropometric measurements was calculated.

General appearance of the subjects revealed the food intake was normal hence their health states was normal. Height and weight measurements were taken and Body mass index (BMI) was estimated. It was found to within the normal category. Anemia was also recorded in some subjects. Typhoid, Jaundice, occurred occasionally.

The BMR of all age groups subjects was calculated by equation proposed by ICMR. From the calculated BMR inference was drawn that the calculated BMR was more because it accelerates slightly during adolescence.

Energy intake for working and Non-working day was calculated. Mean energy intake was calculated. Which should that mean energy increased as the age, height and weight of the student increased.

The energy expenditure for working and non working day of the subjects was recorded. The calculated values indicated that the TEE was moderate.

The mean of energy balance for working and non working day was calculated and was observed that energy intake was less and energy expenditure was more in all three age groups. Negative energy balance was obtained.

The subjects BMI category was normal. The diet composition was good nutritional status was normal. The BMI ranged in normal category. BMR was according to their age. The total energy expenditure was more and energy intake was low energy balance was negative.