



NUTRITIONAL ASSESSMENT & EDUCATION FOR THE RESIDENTS OF LAXMI PAYING GUEST, KODIALBAIL, MANGALORE

INTRODUCTION:

The nutritional survey was conducted for the 22 residents of Laxmi Paying Guest located in Kodialbail, Mangalore by Saksha Shetty, Sushma J, and Ramya DM of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 20-25 years. Anthropometric measurements like height, weight, neck circumference, hip circumference mid-upper arm circumference, and body fat percentage were taken to analyze the nutritional status of the survey population. The anthropometric assessment was done on the 30th of January. Along with the anthropometric assessment, even the dietary assessment was taken of the survey population in which the 24-hour dietary recall and the food frequency was collected of each person in order to know their eating pattern and how it is effected by the external factors.

OBJECTIVES:

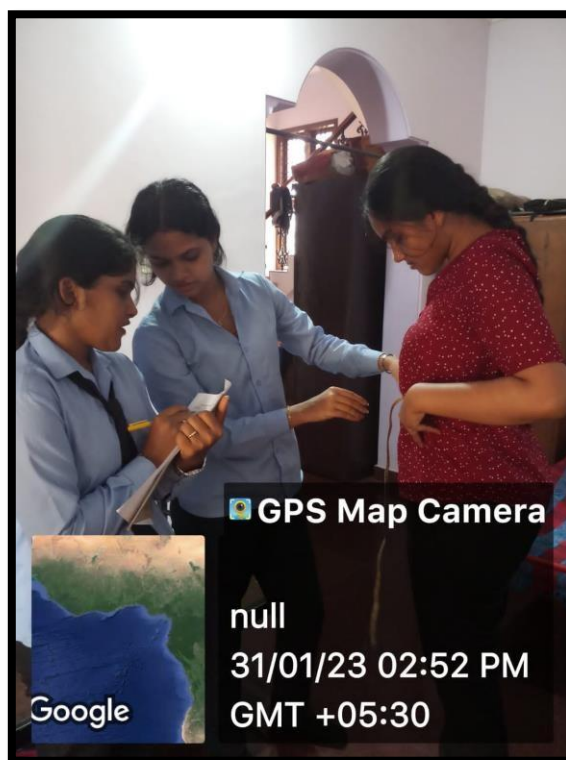
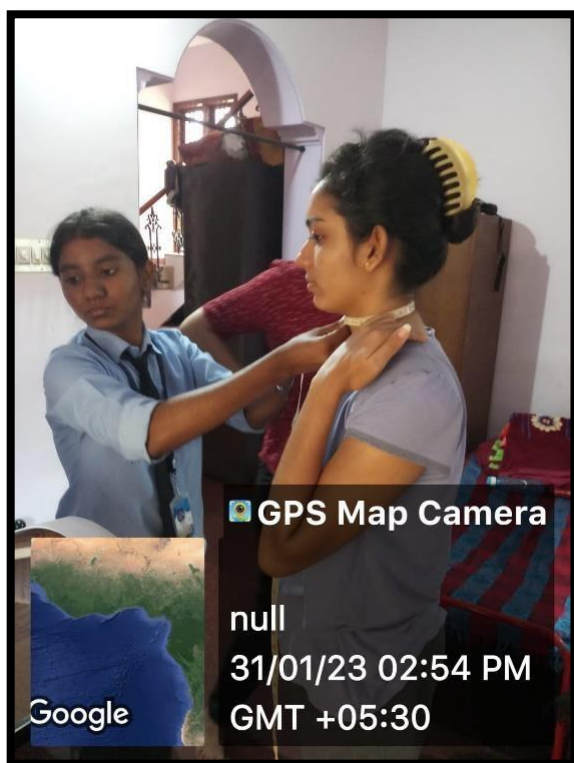
- To know the nutritional status of the survey population at the community level.
- To know the dietary pattern of the survey population at the community level.
- To create awareness about nutrition and its benefits.

OUTCOME:

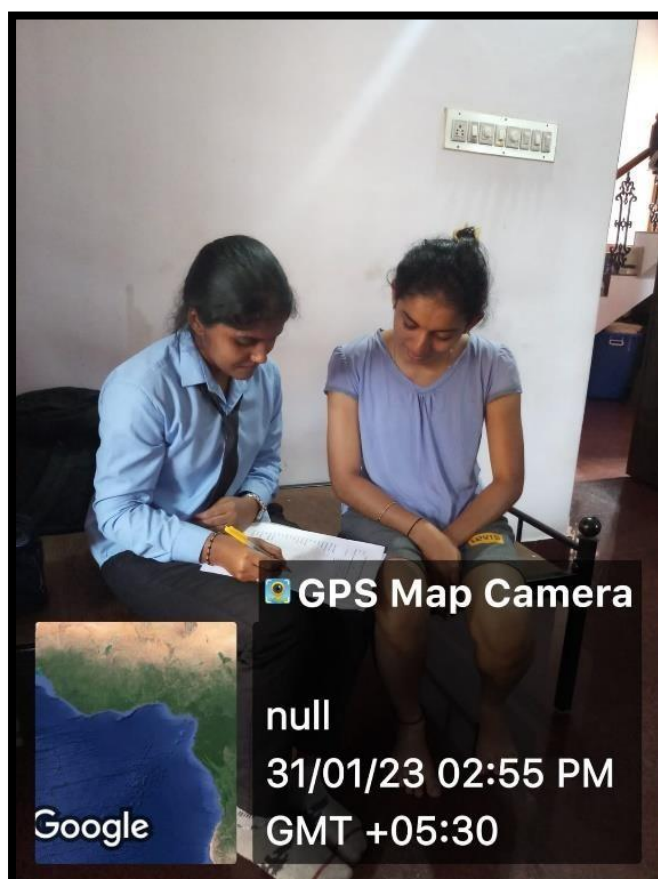
The collected data were analyzed and based on the results obtained it was seen that out of 22 individuals all were well nourished and no one had signs of malnutrition. Though they were well nourished, it was seen that 04 of them were at risk of developing a fat percentage more than required so, the daily exercise would be beneficial for those individuals and they were instructed to do the same. The analysis of dietary assessment depicted that all the individuals consumed less food than the requirement and had low intakes of green leafy vegetables and were consuming processed foods once a week or so but in lower amounts.

Based on the survey results the survey population was given nutritional education on the concept of balanced diet, healthy eating plate, nutritional classification of foods, healthy food choices, side effects of junk foods in the form of flip chart, flash card, flannel chart, overlay chart and so on.

Anthropometric assessment - neck circumference & hip circumference



Dietary assessment -24 hour dietary recall



Nutritional education for the Laxmi paying guest residents



SAKSHA SHETTY
P05BW21S0007

RAMYA DM
P05BW21S0008

SUSHMA J
P05BW21S0012