

A Comparative Study of Dietary Intake and Expenditure of Urban and Rural Adolescent Girls age 15-16 years

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Abstract

Aim: A comparative study of dietary intake and expenditure of urban and rural adolescent girls age 15-16 years. **Material & Methods:** The study was conducted on 60 urban (age 16.09±0.62 years) and 60 rural (age 15.86±0.60 years) adolescent girls. All subjects were taken from district Sangrur (Punjab). DINE healthy software, version©1994-1997 dine healthy system was used for the dietary analysis of food consumed by the subjects. Through this software nutrient intake and energy expenditure was calculated. Three days recall method was used to determine caloric intake and all activities with duration done by subjects for 24 hour were recorded for energy expenditure. **Results:** Dietary intake of urban and rural girls was 2324.28±192.11 kcal and 2366.93±221.69 kcal respectively. Energy expenditure of urban girls was 2451.63±165.93 kcal and rural girls were 2599.37±144.95 kcal. **Conclusion:** The results showed that the urban and rural girls were taking sufficient dietary intake. But urban girls' energy expenditure was below than the rural girls. Both urban and rural adolescent girls were taking extra energy from fat that was 46 per cent and 46.77 per cent respectively.

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Introduction

World Health Organization defines adolescence as the segment of life between the ages of 10-19 years. Adolescence is a transitional stage of life development through which a child becomes an adult. At this stage the bodies of an adolescent girl are not like a child anymore but are also not quite yet adult bodies. Balanced nutrition is utmost important in these young adult's life. For females required a diet consist of food, vegetables, whole grains, lean meats and low-fat dairy for strong bones and prevention of osteoporosis later in life calcium is required. India is in state of nutritional transition, where urbanization has contributed to shift in diet and obesity is on rise with micronutrients deficiency and protein energy malnutrition continues to be present. Under nutrition among early