ABSTRACT
Female obesity is the result of several factors culminated together. Most of the time weight is gained intake of more calories than what the body actually needs. In this perspective, the present study was fabricated to find out the quantity of macro-nutrients like protein, fat, carbohydrate and energy consumed by the overweight and obese females of Hathras city (Uttar Pradesh). The study revealed that the mean consumptions of protein, fat, carbohydrate and energy by overall females were assessed 83.67 ± 24.54 g; 79.60 ± 21.35 g; 441.33 ± 88.79 g and 2761.67 ± Kcal, respectively. On comparison with recommended daily allowances, protein ranged from 146.00% to 196.80%; fat from 302.00% to 490.00% and energy from 119.21% to 127.87% in low to high income group. In addition, protein and fat consumptions were witnessed significantly increasing with the advancement of income. Nearly three quarter energy fulfilled by carbohydrate sources and three to five times of fat consumption were found responsible to cause overweight and obesity.

Key words: Nutrient, Recommended daily allowance (RDA), Consumption, Diet, Body mass index (BMI)