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RESEARCH ARTICLE

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Nutritional adequacy of habitual diets of preschool children of Khagaria district of Bihar

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ABSTRACT

The present study aimed to assess the nutrients adequacy of home diets of preschoolers (1-6 years). The study was undertaken on a random sample of 100 preschool children of Pansalwa village of Beldour block of Khagaria district. The sample was categorized under two age groups *viz.,* 1-3 and 4-6 years for convenience. An interview schedule was designed for collection of data. 24-hours dietary recall method of diet survey was used to obtain complete dietary information about the children. "Nutritive value of Indian Foods" (ICMR) was used for computation of nutrients available in habitual diets of preschoolers. A contradictory finding observed that in spite of adequate cereal consumption, children had been in deficient state of calorie intake. An excess of protein intake was indicated by younger (1-3 years) children and their elder counterparts, despite of negligible consumption of pulses. Calorie intake was observed to be as 58 and approx. 62 per cent of recommended dietary allowances for 1 to 3 and 4 to 6 years children, respectively. Except protein intake (110% of the RDA), fat, calcium and iron too, were found to be lower than RDA for both age groups.

Key words : Nutritional adequacy, Preschool children and Recommended dietary allowances (RDA)

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