

## **Nutritional Status of Women Employees of Public Sector Electronics Industry Consuming Home and Canteen Food**

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**KEY WORDS** Women's Employment. BMI. Body Fat %. Home and Canteen Food. Energy Balance. Overweight. Obesity.

**ABSTRACT** Nutritional status of women employed in an electronic industry of both executive Ex-I (n-93) and non-executive Nex-II (n-360) was determined. The sample was drawn from a total of 200 Ex-I and 2135 Nex-II women working in all the 12 divisions. The study was conducted in two stages on women consuming canteen and home food. Nutritional status was assessed by anthropometric measurements, food intake and energy balance. The results indicated that mean body weight and BMI of canteen food consumers ranged from  $56.3 \pm 5.3$  to  $57.8 \pm 11.9$  and  $22.9 \pm 5.3$  to  $27.3 \pm 6.8$  respectively for Ex-I and Nex-II gps. Majority of canteen food consumers (CF) were found to be overweight and obese by BMI and body fat %. Criteria. Dietary intake of cereals and millets, milk and milk products, fats and oils, sugar and jaggery were found to be higher particularly in Nex –II CF group compared to the desirable dietary pattern (DDP). Positive energy balance of CF women in both the groups found to range from  $189 \pm 56$  to  $211 \pm 20$  kcal as energy expenditure was low due to their nature of work combined with the type of food service provided by the industry and other environmental factors. The results indicate that these women are at greater risk of malnutrition of excess energy.

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