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Seasonal Variations in Nutritional Status of Adolescent Girls

K. S. Deepa, Pushpa Bharati and Rama K. Naik

*Department of Foods and Nutrition, University of Agricultural Sciences,
Dharwad 580 005, Karnataka, India*

Corresponding Author: Pushpa Bharati E-mail: vyp1@satyam.net.in

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ABSTRACT The investigation focussing on “Seasonal variations in nutritional status of adolescent girls” was carried between June 2001 to May 2002. 80 girls were selected between the age group of 13 to 15 years from rural and urban areas of Dharwad. The nutritional status of the subjects was assessed by anthropometry and dietary intake. Irrespective of locality, the selected subjects recorded higher values for height, weight, waist and hip circumference during winter followed by rainy and summer. The adolescent had inadequate intake of energy and blood forming nutrients compared to ICMR recommendations in all the seasons.

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