

Impact of Nutrition Counseling on Consumption Pattern of Junk Foods and Knowledge, Attitudes and Practices among Adolescent Girls of Working Mothers

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KEYWORDS Dietary Habits. Energy. Healthy Foods. Meals. Visual Aids

ABSTRACT Sixty adolescent girls of working mothers aged 16-18 years who used to eat junk foods frequently were selected from two different schools in Ludhiana and divided equally into two groups viz. Experimental (E) and Control (C). The data on demographic information and junk food consumption pattern were recorded before and after nutrition counseling. Nutrition counseling was imparted for a period of three months through modules, lectures, visual aids in group E and was assessed by Knowledge, Attitudes and Practices (KAP) test before and after nutrition counseling. It was observed that 86.7 and 93.3 per cent of subjects spent their monthly pocket money on junk foods in group E and C and majority ate junk foods at least once a week. It was observed that junk foods contributed to 54 and 57 per cent and 50 and 52.20 per cent to total energy intake in group E and C before and after nutrition counseling respectively. It was observed that the mean scores for nutrition knowledge improved significantly ($P \leq 0.01$) in post test from 25.00 to 36.24 in group E, while non-significant (21.80 to 22.13) in group C. Majority of the subjects had moved towards high score with gain in scores and quantum of improvement was 11.24 and 1.45 times in group E respectively. It was concluded that nutrition counseling resulted in decreased intake of junk foods, rather they started eating healthy foods as taught during nutrition counseling sessions. There was also an improvement in scores of knowledge, attitudes and practices in group E. It was suggested that nutrition counseling should be given for longer duration to change their dietary habits.