

A Comparison of Food and Nutrient Intake of Normal and Obese College Girls

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KEYWORDS Food Intake. Nutrient Intake. Body Mass Index. Body Fat. Urban. Rural

ABSTRACT Thirty normal and thirty obese subjects from two colleges each from an urban and rural location were chosen randomly to study the underlying dietary causes of obesity and to understand rural-urban epidemiologic transition of obesity among youngsters. 29.4 and 34.6 percent higher BMI and body fat was observed among obese girls in comparison to normal girls, respectively. The higher dietary intakes of energy, protein, carbohydrates and fat were the most significant determinants of obesity among both urban and rural girls. Despite higher energy intake, the intake of vitamins and minerals were significantly ($p < 0.01$) higher in obese girls which may have positive impact on their overall health. The consumption of rice, root vegetables, whole milk, chocolates, biscuits and fried snacks were significantly ($p < 0.01$) higher in both urban and rural obese girls. Thus, nutrition awareness needs to be promoted among young girls through various educational programs, so that they can achieve optimum body composition and desirable body weights.