

Dietary Pattern of Tribal Girls: Data From a Small City in Eastern India

Subarna Lata Sahoo and Sasmita Pal

Department of Home Science, Sambalpur University, Samblapur 768 019 Orissa, India

Email: subarna_ls@rediffmail.com

KEYWORDS Dietary pattern; recommended daily allowances; Oraon; demographic profile; poverty alleviation programme

ABSTRACT Children are valuable assets of a nation. Their welfare strengthens the socio-economic development of the country. They must be protected and well looked after. Balanced diet and nutritive foods are important for the good health of children. Poor nutrition affects their development. Against this backdrop, the present study explores the existing dietary pattern of the tribal girls and compares the same with available recommended dietary allowances. 150 tribal girls between 7 and 14 years of age were randomly selected from two urban setting namely, Sarlakani and Dehuripali located within Sambalpur town. Respondents' demographic and socio-economic data were collected with the help of a structured interview schedule. Information's on diets were collected using 24 hours recall method. Our analysis indicates that dietary intake of the respondents is found to be very poor and much below the recommended daily allowances. It is observed that socio-economic variables have profound influence in the dietary intake of the tribal girls. Therefore, it is suggested that government and NGOs should take immediate steps in uplifting the socio-economic standard of the tribal community.