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Assessment of Dietary Intake by Food Frequency Questionnaire in at Risk Coronary Heart Patients

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ABSTRACT Study was conducted on sixty at risk male heart patients in the age group (30-50 years). Dietary intake was assessed by food frequency questionnaire using 24-Hours-Recall method for three consecutive days. Nutrition education was also imparted for 4 months. Frequency of consumption of unrefined cereals, whole pulses, sprouts, roots and tubers, fruits and vegetables was increased but a frequency of intake of salty fried preparations, Bakery products, meat and poultry, sweets and puddings, Green Leafy Vegetables (GLV) was decreased after nutrition counselling. Significant increase was observed in average intake of proteins, dietary fibre, n-6 fatty acids, vitamins and minerals due to increase in average daily intake of pulses, sprouts, other vegetables, fruits, roots and tubers and less intake of fat and energy dense foods. Percentage contribution of calories by different nutrients were found to be within recommended daily allowances.