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Impact of Nutrition Education on the Food and Nutrient Adequacy of Smokers

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ABSTRACT Seventy five male smokers in the age group of 25-40 years with similar smoking habits and physical activity pattern were selected from Ludhiana to study the impact of nutrition education on food and nutrient adequacy of the smokers. After assessing the basic knowledge of the subjects about the disease and its consequences and role of antioxidants by knowledge testing questionnaire, the subjects were imparted nutrition education regarding the importance of antioxidants, sources of antioxidants and amounts required to combat different diseases. Information was given in the form of booklet followed by brief verbal counselling regarding the contents of the booklet for three months. At the end of the study, the same questionnaire was used to assess food and nutrient adequacy of the subjects after nutrition education. It was observed that intake of green leafy vegetables and fruits was increased whereas consumption of mutton, meat and egg reduced significantly ($P \leq 0.05$) after nutrition education. The consumption of carbohydrate decreased significantly whereas total and visible fat decreased marginally, after nutrition education. Also there was positive energy balance among smokers after nutrition education. Among vitamins and minerals, vitamin E intake increased significantly after NE and subjects preferred to consume vitamin E capsule rather than antioxidant rich diet. Thus nutrition education imparted to the smokers was helpful in changing the dietary pattern of the smokers.