

Nutrient Intakes of Young Girls Studying in a Government School in Jaipur City

Anuradha Goyle and Ira Yanendra

Department of Home Science, University of Rajasthan, Jaipur 302 004, Rajasthan, India

E-mail: agoyle@rediffmail.com

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ABSTRACT The nutrient intakes of 146 young girls in the age group of 10-16 years studying in a government school in Jaipur city was assessed. The mean intakes of energy, protein, total fats, calcium, iron, carotenes, vitamin A, riboflavin, niacin and ascorbic acid were below the RDAs, except for thiamin and folic acid intakes. The mean intakes of pulses, green leafy vegetables, fruits, milk and milk products, fats and oils were lower than those given for the balanced diets.