

Nutritional Status of Munda Women in an Urban Setting of Sambalpur, Orissa

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ABSTRACT The present paper reports on the dietary and nutrient intake of a group of tribal women (Munda) living in an urban setting of Sambalpur, Orissa. In general, the intake of different food stuffs like pulses, green leafy vegetables, milk, oils and fats, sugar and jiggery and fleshy foods was found to be less than the Recommended Dietary Allowance (RDA) of ICMR (1990) whereas intake of cereal and other vegetables was found to be twenty percent and eleven percent more than the RDA respectively. Although differences could be observed numerically in relation to socio-economic variables like income, education, occupation, type of family, marital status, etc. the differences were not statistically significant. The difference in the intake of protein, calories and vitamin A were not significant whereas the intake of iron and riboflavin were found to be significant at one percent level. Significantly higher consumption of thiamine, niacin, vitamin C and folic acid were observed among Munda women in the present study. Though the intake of nutrients was also influenced by some socio-economic variables yet the differences between married and unmarried, employed and unemployed and women belonging to nuclear and extended families were not found to be significant.