

Nutrient Intake and Energy Balance of Adult Women

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ABSTRACT Given the fact that diet and environment have a marked effect on the health of the population, sedentary lifestyle coupled with malnutrition can be an important risk factor for the development of chronic diseases. The present study assessed the nutritional status of 40 normal adult women in the age group of 20-60 years residing at different locales of Mysore city of Karnataka State. The dietary status was determined by the food and nutrient intake using diet history, the energy expenditure was computed by a Factorial method using activity level and time records of two consecutive days. The result indicated that the energy and protein intake increased with age but was below the recommended dietary intake. The micronutrient consumption was found to be inadequate with respect to Iron, Niacin and retinol. A positive energy balance in all age groups was observed as there was a tendency towards reduced physical activity. The data suggested that the overweight observed in the subjects above the age group of 40 years could be related to the sedentary lifestyle and possible excess energy intake over a long period of their life. It is suggested that studies such as these are required to elucidate strategies for maintaining optimum nutrition and health including weight management, and also to reduce the risk for the development of chronic diseases.