

Impact of Nutrition Education on Nutrient Adequacy of Adolescent Girls

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ABSTRACT Sixty adolescent girls in the age group of 13-19 years were selected randomly from government school of village Shousha district Solan, Himachal Pradesh and surveyed for their nutrient adequacy by 24 hr. recall method for three consecutive days using standardized containers. Nutrition education was imparted to the subjects after assessing their basic nutrition knowledge. Nutrition education improved their mean nutrition knowledge scores significantly ($P \leq 0.01$) from 11.17 ± 1.42 to 19.16 ± 1.8 . Significant increase in average daily intake of all the nutrients was found among all the adolescent subjects. The average contribution of carbohydrate, protein and fat to total energy also increased after imparting nutrition education. The intake of vitamins and minerals also increased after imparting nutrition education significantly except for vitamin B₁₂. Thus, nutrition education is an effective measure to bring about the favorable and significant change in adolescent nutrient intake.