

Biology of the Tribal Groups of Rajasthan, India: 6. A Comparative Study of the Nutritional Status

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ABSTARCT Cross-sectional investigation on 2928 samples consisting of 1503 males and 1425 females was carried out on the Scheduled Tribes, namely Minas, Bhils, Sahariyas, Garasias, Damors and Kathodis of Rajasthan. Samples were collected belonging to age group 8 to 18 and were classified into yearly intervals. Information regarding the nutritional status was based on 24 hours recall method. Weights and volumes of foods were taken for each individual. The total daily nutrient intake for the individual was calculated using the food composition tables for the Indian foods. Consumption of most of the healthy and protective foods is lacking in the present study populations. Cereals is the staple food which is also lacking along with pulses, animal proteins, fats and green leafy vegetables which results in lower intake of nutrients. It is seen that the present study tribal groups are below the recommended values for all the major nutrients indicating a high prevalence of malnourishment, with males showing somewhat better position than the females of the present study.