

Dietary Intake and Nutritional Anthropometry of the Workers of INDAL, Hirakud

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ABSTRACT The present survey was carried out to record the food and nutrient intake from the industry run canteen by the employees of INDAL, Hirakud. An attempt has also been made to record the nutritional status of the employees through nutritional anthropometry with an intention to observe the consequences of the dietary intake. It was observed that the consumption of all most all the food-stuffs except cereals, milk, and nuts and oilseeds was more than the RDA. Similarly the consumption of all the three principal nutrients i.e carbohydrate, protein and fat was also recorded to be very high, which provides a lot of calories to the diet. When the ideal weight was calculated as per the Broca Index and then the percentage of weight was classified, (Waterlow's classification) 46.14% were recorded to be normal whereas 37.2% were undernourished and 16.6% were obese. The Writh's standard was taken into consideration for the calculation of percentage of weight deficit or excess. 57.25% were recorded to be normal and 31.4% undernourished and only 11.35% were observed to be obese. The prevalence rate of undernutrition varie from 6.5% to 31.4%, in the different indices used, where as prevalence rate of over nutrition varies from 11.35% to 19.56%. Low educated and low income group employees constitute the major proportion (58.66% and 56%) of the over nourished employees.