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Anthropometric Measurements and Nutrient Intake of Adolescent Girls

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ABSTRACT Recognizing the importance of anthropometric measurements among adolescent girls, this study was undertaken to view the anthropometric measurements and to explore the nutrient intake of the selected adolescent girls. A cross - sectional study was carried out targeting 208 school going post- pubescent girls. Using the body mass index as an index of adiposity, 33.7 and 15.9% of government and matriculation school girls respectively were found to be severely undernourished. Further, 17.4 and 25% were found to be normal and 20 and 37 % of them were obese. Anthropometric measurements of the selected girls were lower when compared with National Centre for Health Statistics as a reference population. A significant difference was observed between selected girls and Indian adolescent girls with respect to weight, except girls in the age group between 15 and 16 years from matriculation school. Mean nutrient intake of the selected government school girls was significantly lower when compared with Recommended Dietary Allowance of Indians. Nutritional inadequacy is one of the main causes of prevalence of malnutrition that can lead to higher incidence of diseases among adolescents.