

ASSESSMENT OF NUTRIENT INTAKE AMONG MENOPAUSAL WOMEN

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ABSTRACT

Food the conveyer of nutrient and consumption of adequate diet is required for the maintenance, repair, growth and development of the body. The objective of the present study was to assess nutrient intake among menopausal women. The study was carried out in sangaria district of hanumangarh (Raj). Two hundred women were selected by random purposive sampling method. Diet survey was done by twenty four hour recall method. Total mean intake of energy (2410.76 ± 293.79 g/day) in menopausal women was found to be greater than RDA.

The mean protein intake (28.56 ± 11.39 g/day) of women was less than RDA. Source of protein in the diet of menopausal women was mainly cereals and milk. In the present study mean fat intake by menopausal women was higher i.e. 79.83 ± 66.64 g/day than requirement of RDA. The mean carbohydrate intake of women was 490.22 ± 88.65 gm/day. The mean calcium (386.39 ± 188.50 gm/day) intake of women was less than RDA.

It was observed that mean iron intake of women was 28 percent less than RDA which include mostly vary low consumption of iron rich food. Mean intake of vitamin such as B carotene was very low as compared to RDA because of low intake of green leafy vegetables and fruits. The commonly consumed food which contain a high level of thiamine are unmilled cereals, pulses, fruits and vegetables. The average thiamine intake by the subjects was $.816 \pm 181$ mg/d, which was 74.18 percent of the RDA. Foods source of riboflavin are milk and milk products, eggs, liver and green leafy vegetables. The studied pre menopausal women intake only 1.14 ± 175 mg/day, which was 87.69 percent of the RDA.

Whole cereals, pulses, nuts and meat are good source of niacin. The mean intake of niacin was 9.07 ± 4.64 g/day by subjects thus providing 64.78 of the RDA. Mean intake of folic acid was 30.26 ± 12.34 g/day thus providing 30.26 percent of the RDA. This intake might not be available due to cooking absorptive losses. It is present in high concentration in leafy vegetables and citrus fruits. The result revealed that intake of vitamin C in pre menopausal women was 16.35 ± 4.34 g, which was only 40.87 percent of RDA.

KEYWORDS: Nutrient, Intake, Menopausal, Women

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