



Food Consumption Pattern and Dietary Intake among Young Punjabi Women

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Abstract: Diet plays an important role in determining the body composition. Dietary pattern of young women is disturbed due to their faulty eating habits. Improvements in eating behavior at younger age can help preventing the metabolic diseases at a later stage. The present investigation was conducted on 473 young adult women in the age group of 20-30 years residing in Punjab Agricultural University hostels to study their food consumption pattern and dietary intake. Majority of the subjects were vegetarians with 96% subjects not in a habit of fasting. Skipping of one of the meals regularly was common in the studied group. The young women had higher preference for health promoting foods with higher consumption frequency score for milk and its products (6.71) followed by salad (5.20) and fruits (3.22). There was quantitative inadequacy of protein in their diets as the average daily protein intake met 72% of the Recommended Dietary Allowance of protein. The subjects were consuming high carbohydrate diet with carbohydrate to protein ratio varying between a narrow range of 4.5 to 4.6. The diets were high in fat and inadequate in many vitamins and minerals. The daily calcium intake was only 50% of the recommended level. The daily intake of Vitamin D₃ was negligible. The study recommends an urgent need to provide nutrition education and create awareness to the young population of the country to select foods on the basis of their nutritional benefits which possess a potential to provide better health in later life

Keywords: Young women, Diets, Food habits, Dietary intake, Food consumption score
