



Effectiveness of Nutritional Intervention on Food and Nutrient Intake and Hemoglobin Level of Moderately Anemic Adolescent Girls

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Abstract: : The present study was carried out to know the effectiveness of nutrition education and dietary intervention on food and nutrient intake and hemoglobin level of moderately anemic ($8-10.9 \text{ mg dl}^{-1}$) adolescent girls (10-18 yrs). Three hundred adolescent girls were screened for their hemoglobin level of which 90 moderately anemic girls were selected divided into three groups for a period of four months intervention. Group-I was imparted diet as well as nutrition counselling, group-II received only nutrition counselling and group-III formed the control group i.e. no intervention of any type was provided to them. Diet survey was carried out by 24 hr recall method for three consecutive days. The nutrition intervention had positive impact on dietary habits. Significant increase was observed after intervention in intake of cereals and millets, pulses, milk and milk products in group-I and group-II. After receiving intervention, in group-I, 13.33 per cent were not anemic while 76.66 per cent from group-I and 13.33 per cent of group-II were mild anemic and 10 per cent of group-I, 86.66 per cent of group-II and 100 per cent of control group remained in the same category of moderately anemic. Dietary intervention with nutrition education is an effective tool in enhancing food and nutrients intake as well as in increasing the level of hemoglobin status among moderately anemic girls who are future mothers and who are responsible for health of their family members.

Keywords: Adolescent girls, Dietary intervention, Nutrition education intervention, Food and nutrient intake, Hemoglobin level
