

APPENDIX - XIV

Table : Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls (10 - 12 years) during Summer Season

Name of the Food Item	More than 4 times a week		2 - 3 times a week		Weekly		Fortnightly		Monthly	
	n	Percent	n	Percent	n	Percent	n	Percent	n	Percent
Boys (n = 33)										
Pulses										
a. Dal	20	60.6	8	24.2	5	15.2	-	-	-	-
b Legumes	-	-	-	-	-	-	-	-	-	-
c Sprouts	-	-	-	-	-	-	-	-	-	-
GLVs (amaranth, spinach)										
Roots & Tubers (potatoes, onions)	5	15.2	26	76.8	2	6.1	-	-	-	-
Other Vegetables [@]	-	-	30	90.9	3	9.1	-	-	-	-
Milk & Milk Products	33	100.0	-	-	2	6.1	15	45.5	16	48.5
Fruits	-	-	5	15.2	10	30.3	10	30.3	8	24.2
Non vegetarian										
a. Eggs	-	-	-	-	18	54.5	10	30.3	5	15.2
b Meat	-	-	-	-	6	18.2	8	24.2	19	57.6
Girls (n = 28)										
Pulses										
a. Dal	10	36.0	18	64.8	-	-	-	-	-	-
b Legumes	-	-	57	57.6	10	36.0	2	7.2	-	-
c Sprouts	-	-	-	-	3	10.8	8	28.8	13	46.8
GLVs (amaranth, spinach)	-	-	-	-	-	-	-	-	3	10.8
Roots & Tubers (potatoes, onions)	2	7.2	16	57.6	10	36.0	-	-	-	-
Other Vegetables [@]	3	10.8	12	28.8	13	46.8	-	-	-	-
Milk & Milk Products	28	100.0			12	43.2	3	10.8	-	-
Fruits	-	-	-	-	3	10.8	20	72.0	5	18.0
Non vegetarian										
a Eggs	-	-	-	-	-	-	-	-	-	-
b Meat	-	-	-	-	-	-	-	-	-	-

[@] This category includes tender cow pea, bottle gourd, bitter gourd, cluster beans, brinjal