

APPENDIX - XXI

Table : Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls (13 – 15 years) during Winter 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	6	18.2	27	81.8	-	-	-	-	-	-
b Legumes	-	-	2	6.1	18	54.5	13	39.4	-	-
c Sprouts	-	-	-	-	8	24.2	20	60.6	5	15.2
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	3	9.1	-	-	-	-
Roots & Tubers (potatoes, onions, carrots, sweet potato)	23	69.7	10	30.3	-	-	-	-	-	-
Other Vegetables [@]	26	76.8	7	21.2	-	-	-	-	-	-
Milk & Milk Products	33	100.0	-	-	18	54.5	8	24.2	-	-
Fruits	-	-	10	30.3	18	54.5	13	39.7	-	-
Non vegetarian										
a Eggs	-	-	-	-	10	30.3	16	48.5	-	-
b. Meat	-	-	-	-	-	-	10	30.3	12	36.4
Girls (n = 37)										
Pulses										
a Dal	16	43.2	10	27.0	11	29.7	-	-	-	-
b Legumes	-	-	3	8.1	2	5.4	15	40.5	3	8.1
c Sprouts	-	-	-	-	-	-	3	8.1	10	27.0
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	-	-	15	40.5	-	-
Roots & Tubers (potatoes, onions, carrots, sweet potato)	10	27.0	20	54.0	7	18.9	-	-	-	-
Other Vegetables [@]	37	100.0	-	-	-	-	-	-	-	-
Milk & Milk Products	37	100.0	-	-	-	-	-	-	-	-
Fruits	2	5.4			15	40.5	3	8.1	10	27.0
Non vegetarian										
a Eggs	-	-	-	-	-	-	-	-	3	8.1
b. Meat	-	-	-	-	-	-	-	-	-	-

[@] This category includes cabbage, cauliflower, tender red gram, tender peas, bottle gourd, bitter gourd, cluster beans, brinjal, ladies finger