

SUMMARY AND CONCLUSION

The study revealed that the college going girls comes from a diverse economic background and majority of them belonged to a nuclear family back ground. The college going girls resides in different residential places, such as own house hostels, rented house and as paying guests.

The dietary habits of the students was found to be unacceptable as most of the young women survive with one square meals a day and depends on snacks and most of them had the habit of skipping breakfast.

Regarding their food intake in connection with food groups, it was found that most of the foods like vegetables and fruits were just an occasional relish. Even their consumption pattern of all other food groups was not up to an acceptable standards.

The study also revealed that only 40 per cent of the girls have good nutritional status as they fall under normal BMI range.

An alarming state of public health problem was found when their hemoglobin count was observed as majority of the girls were anemic. A high number of girls were suffering from moderate anemia as compare to those with mild and severe anemia. Thus, the result indicate that the college going girls are in the risk group and need to improve their nutritional and iron status. The result calls for the need to plan intervention programs which would increase the hemoglobin levels among the girls through prophylaxis treatments, dietary modifications and helminthes control

Recommendation

Nutrition Intervention programme on the importance of balanced diet can be done for the college going girls at the Institutional level.

There is need to advocate iron rich food in the diet of college going girls. The importance of iron rich foods like green leafy vegetables, whole grain and enriched cereals, liver, organ meats, egg yolk etc and vitamin C rich foods like Guava and other citrus fruits should be conveyed properly to the college going girls.