

A P P E N D I C E S

GENERAL & DIET SURVEY PROFORMA
(For Adults)

292

I. General information

Name :

Age & Sex :

Educational level :

Occupation :

Income - cash
kind

Age at marriage

No. of children born

No. of children healthy

Diet consumed now :

Breakfast

Lunch

Tea time

Dinner

Diet consumed 40 yrs

(Any modifications with reason)

Likes and dislikes in food
from childhood & now - Reasons :

Food consumed

Not consumed

Reasons

As children

As adults

Health status -

1. Normal

2. Uneasy (unwell)

If uneasy, what type ?

Cooking oil used :

II. Any other habits :

(a) Smoking - No or rare
- Medium
- Heavy

(b) Chewing - No or rare
pan - Medium
- Always

(c) Drinking - No or rare
- Medium
- Heavy

III. Day's activities :-

Time spent on -

- (a) Work spot
- (b) Other activities
- (c) Rest
- (d) Sleep

Data on products of conception and other components of pregnancy (HIG, Trivandrum)

Sr. No.	Sub. No.	Maternal wt. (kg)		Weight 12-24 hr. after delivery (kg)	Placental wt.	Birth wt.		Wt. of products of conception (kg)	Other components of loss
		Pre	Post			M (kg)	F (Kg)		
1	2	3	4	5	6	7	8	9	10
1.	19	58.0	51.5	6.5	500	3.5	-	4.00	2.5
2.									
3.	50	54.0	49.0	5.0	500	3.2	-	3.70	1.3
4.	86	57.0	52.5	4.5	500	-	2.75	3.25	1.25
5.	88	58.0	52.0	6.0	500	3.2	-	3.70	2.30
6.	93	45.0	40.5	4.5	450	-	2.8	3.25	1.25
7.	94	64.5	58.0	6.5	650	3.5	-	4.15	2.35
8.									
9.	96	49.0	43.0	6.8	400	-	2.7	3.10	2.90
10.	97	55.5	49.0	6.5	400	-	2.7	3.10	3.40
11.	98	67.0	60.0	7.0	650	-	3.2	3.85	3.15
12.	99	60.0	53.0	7.0	700	-	4.1	4.80	2.20
13.	100	58.0	51.5	6.5	500	-	3.0	3.50	3.00
14.	101	64.0	58.0	6.0	550	3.5	-	4.05	1.95
15.	102	60.5	56.5	4.0	500	2.5	-	3.00	1.00
16.	103	58.0	54.0	5.0	700	-	3.0	3.70	1.30
17.	104	44.5	36.0	8.5	500	3.4	-	3.90	4.10
18.	106	56.0	50.0	6.0	500	-	3.7	4.20	1.80
19.	107	46.0	41.0	5.0	600	2.9	-	3.50	1.50
20.	109	51.0	45.0	6.0	300	2.8	-	3.10	2.90
21.	110	51.0	41.5	9.5	700	-	4.0	4.70	4.00
22.	111	52.0	46.0	6.0	600	-	3.2	3.80	2.20
23.	113	48.0	42.0	6.0	500	-	3.0	3.50	2.50
24.	115	58.0	53.0	5.0	500	-	3.5	4.00	1.00
25.	116	58.0	52.5	5.5	800	-	2.8	3.60	1.90

295

Data on products of conception and other components of frequency (LIG - Trivandrum).

1	2	3	4	5	6	7	8	9	10
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LIG

1.	3	47.0	40.0	7.0	500	-	2.6	3.10	3.9
2.	4	43.0	39.0	4.0	500	2.5	-	3.00	1.0
3.	8	45.0	39.5	5.5	500	2.8	-	3.30	2.2
4.	16	48.0	42.5	5.5	600	3.1	-	3.70	2.4
5.	18	45.0	40.0	5.0	500	2.7	-	3.20	1.8
7.	20	45.0	40.0	5.0	450	-	2.8	3.25	2.2
10.	40	-	39.5	-	550	2.5	-	3.15	-
11.	51	46.5	41.0	5.5	500	2.5	-	3.00	2.5
13	57	50.0	44.0	6.0	600	3.5	-	4.10	1.9
14.	58	43.0	38.0	5.0	650	2.9	-	3.55	1.45
15	60	44.0	39.0	5.0	600	-	2.9	3.50	2.00
16	82	48.0	43.5	4.5	400	3.0	-	3.40	1.10
17	83	50.0	43.0	7.0	500	-	3.2	3.70	3.30
18	87	41.0	36.5	4.5	450	-	3.0	3.45	1.05
19	89	47.5	41.0	6.5	700	3.5	-	4.20	2.30

Individual data of pregnant women with different gestational age in Trivandrum (Kerala)

FIG										LIG			
Sr. No.	Preg. No.	Age	Weeks of preg.	Mat. wt.	Parity	Sr. No.	Preg. No.	Age	Weeks of preg.	Mat. wt.	Parity		
1.	2	3	4	5	6	7	8	9	10	11	12		
1.	23	32	8	48.0	3	1	1	33	8	37.5	4		
2.	24	26	8	42.0	4	2	30	30	9-10	40.5	5		
3.	26	22	6-8	41.0	3	3	31	28	10	37.5	4		
4.	62	39	6	52.5	5	4	46	25	10	47.0	3		
5.	68	32	4-6	58.0	4	5	48	24	8	43.0	2		
6.	71	25	6	52.0	1	6	54	25	8	36.0	4		
7.	74	37	8-10	35.0	3	7	55	30	6-8	39.0	4		
8.	77	32	8-10	47.0	4	8	56	28	8-10	37.5	5		
9.	158	23	8-10	46.5	4	9	63	29	6-8	42.0	5		
10.	164	23	9-10	40.5	Primi	10	76	28	8	54.0	3		
11.	165	25	7-8	37.5	"	11	76	28	8	38.0	4		
12.	166	20	8	46.5	"	12	168	25	8	46.5	2		
13.	167	25	8	47.0	"	13	143	25	8	43.0	3		
10-20 weeks													
1	7	18	16	49	5	1	13	22	18-20	43	4		
2	12	22	16	42	1	2	14	33	18-20	35	6		

1	2	3	4	5	6	7	8	9	10	11	12
3	22	28	12-14	41.5	3	3	15	24	16	44	4
4	32	20	12	59	2	4	25	27	12	41.5	4
5						5	27	28	16	38	3
6	36	24	14	31	1	6	28	26	12	38	3
7	42	30	11-12	47	4	7	29	35	16-18	39.5	4
8	44	23	11-12	45	3	8					
9	47	31	10-12	44	4	9	38	38	12	38	4
10	73	30	12	51.5	4	10	39	33	16	33	4
11	78	30	10	43.6	3	11	41	28	10-12	44	3
12	154	21	23		Primi	12	66	24	12	36.5	3
13	157	26	15-16	42	2	13	61	24	12	36.5	1
14	159	26	15-16	68.5	3	14	66	24	12	39	3
15	160	28	15-16	39.5	3	15	75	33	10-12	36	4
16	163	-	-	51.5	Primi	16	69	37	12	43.5	4
						17	147	24	17	46	Primi
						18	144	24	16	34	"
						19	135	20	16	54	"
						20	140	23	19	42	"
						21	150	28	16	41	2
						22	151	30	16	46	"
						23	152	24	12	53.5	2

20-30 weeks

1	2	3	4	5	6	7	8	9	10	11	12
1	122	29	20-21	41	2	1	119	32	24	46	2
2	161	36	28	47	2	2	120	30		43.5	4
3	35	36	21	43	1st	3	121	30	2.8	37	4
4	67	23	25	50	1st	4	123	28	20-22	41.5	4
5	70	36	27	62	2	5	124	23	24	4.1	1
6	128	30	20-22	47	2	6	125	21	24-26	40.5	2
7	126	33	28-29	47	2	7	127	29	20	30	2
8	133	23	24-26	44.0	Primi	8	129	22	28	46.5	Primi.
9	137	20	24-26	49.5	"	9	130	24	28	47.5	2
10	143	24	27-28	58	"	10	131	27	28	44.5	Primi
11	153	28	29	43.5	3	11	132	26	24	40	5
12	155	27	25-26	56	Primi	12	134	20	24	42.5	Primi
13	156	30	25	53	1	13	136	23	27-28	41	"
14	162	28	25	40.5	Primi	14	138	21		45.5	2
						15	139	27	27	50	3
							141	23	20	40.5	Primi
							142	20	24	49.5	2
							145	24	21-22	49.5	3
							146	25	20-22	49.5	3
							148	22	28	41.5	3
							149	25	28	44.0	2

Data on maternal age, weight, gestational age and birth weight of infants
(Trivandrum).

Sub.	HIG					LIQ					PREMATURE					
	Gest. age	Maternal		Birth wts.		Subj.	Gest. Age	Maternal		Birth wts.		Subj.	Gest. age	Maternal		Birth wt.
		Age	Wt.	M	F			Age	Wt.	M	F			Age	Wt.	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
102	37	28	56.5	2.5	-	20	36.37	35	40.0	-	2.8	64	32	16	33	1.6
19	38	26	51.5	3.5	-	18	36.37	26	40.0	2.7	-	80	32	34	42.5	1.5
93	38	33	40.5	-	2.8	89	37	27	41.0	3.5	-	81	33	23	43.0	1.9
97	38	23	49.0	-	2.7	89	37	31	46.5	-	3.0	79	33	22	40.0	1.9
107	38	26	41.0	2.9	-	58	38	26	38	2.9	-	118	33	19	40.0	1.8
109	38	28	45	2.8	-	40	38	25	39.5	2.5	-	90	33	20	40.5	1.9
94	38	26	58.0	3.5	-	51	38.39	27	41.0	2.5	-	72	34	19	42.5	2.0
96	38.39	23	43.0	-	2.7	16	38.39	26	42.5	3.1	-	91	34	22	33.5	1.8
86	38.39	29	52.5	-	2.75	4	38.39	30	39.0	2.5	-	92	34.25	23	38.0	1.80
101	38.39	30	58.0	3.5	-	8	39	30	39.5	2.8	-	-	-	-	-	-
116	38.39	26	52.5	-	2.8	3	39.40	26	39.5	-	2.6	-	-	-	-	-
115	39.40	23	53.0	-	3.5	83	40	27	43.0	-	3.2	-	-	-	-	-
98	39	25	60.0	-	3.2	60	40	29	39.0	-	2.9	-	-	-	-	-
88	39	29	52.0	3.2	-	57	40	27	44.0	-	3.5	-	-	-	-	-
97	39	23	53.0	-	2.7	-	-	-	-	-	-	-	-	-	-	-
104	39	25	36.0	3.4	-	-	-	-	-	-	-	-	-	-	-	-
103	40	23	55.0	-	3.0	-	-	-	-	-	-	-	-	-	-	-

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
110	40	28	41.5	-	4.0											
111	39.4	25	46.0	-	3.2											
106	40	24	50.0	-	3.7											
100	40	27	51.0	-	3.0											
113	40	21	42.0	-	3.0											
99	40	28	60.0	-	4.1											

Individual data on hemoglobin (g/dl) levels at different stages of pregnancy and post-partum (High Income Group).

10 weeks		10-20 weeks		20-30 weeks		Pre and Post Partum		
S.No.	Hb	S.No.	Hb	S.No.	Hb	S.No.	Pre-partum Hb	Post-partum Hb
1	2	3	4	5	6	7	8	9
23	10.6	32	9.0	35	11.2	5	9.0	-
26	10.6	36	12.0	67	11.4	19	12.0	12.2
62	11.8	7	11.5	70	11.6	34	11.3	11.8
68	11.6	12	11.7	122	11.2	59	12.0	11.8
71	10.9	22	11.7	128	10.0	86	11.4	-
74	11.5	42	11.2	133	11.7	88	11.2	12.6
77	11.5	47	11.8	137	12.0	93	10.4	11.8
158	11.8	73	11.5	143	11.9	94	11.2	13.0
164	12.6	78	8.4	153	10.0	95	10.2	-
165	11.2	135	10.8	155	11.9	96	12.5	-
166	13.4	140	11.6	156	11.8	97	10.9	12.2
167	11.9	150	11.0	161	11.2	98	11.3	12.4
168	12.5	151	12.0	162	11.5	99	12.5	12.8
-	-	152	11.0	164	11.6	100	10.2	-

1	2	3	4	5	6	7	8	9
-	-	154	11.8	-	-	101	12.1	-
-	-	160	11.6	-	-	102	12.4	12.2
-	-	163	11.9	-	-	103	11.7	12.0
-	-	144	11.8	-	-	104	10.7	11.9
-	-	157	12.2	-	-	105	11.5	
-	-	-	-	-	-	106	11.2	11.2
-	-	-	-	-	-	107	11.0	12.4
-	-	-	-	-	-	109	11.0	11.0
-	-	-	-	-	-	110	11.4	11.2
-	-	-	-	-	-	111	11.8	12.1
-	-	-	-	-	-	112	11.2	9.0
-	-	-	-	-	-	113	11.8	11.5
-	-	-	-	-	-	115	11.4	11.7
-	-	-	-	-	-	116	12.6	11.8

Individual data on hemoglobin (g/dl) levels at different stages of pregnancy and post-partum. (Low Income Group).

10 weeks		10-20 weeks		20-30 weeks		Pre and Post partum			Mothers of premature	
S.No.	Hb	S.No.	Hb	S.No.	Hb	S.No.	Pre partum Hb	Post partum Hb	S.No.	Hb
1	2	3	4	5	6	7	8	9	10	11
1	11.0	13	11.5	119	11.9	2	10.2	-	64	10.5
24	11.2	14	10.7	120	10.6	3	10.5	10.1	72	9.2
30.	10.6	15	11.3	121	11.2	4	9.0	10.0	79	9.6
31	10.6	25	11.4	123	11.0	8	10.5	11.2	80	11.0
43	10.3	27	10.0	124	10.6	9	10.2	10.0	81	10.1
40	10.3	28	10.0	125	10.6	10	9.8	10.5	90	7.0
54	12.3	29	8.0	127	10.5	11	11.7	-	92	8.9
55	11.0	37	10.0	129	11.2	16	11.2	10.6	17	7.0
56	11.3	38	10.0	130	10.6	18	10.0	10.8	21	10.0
48	9.7	39	10.1	131	10.1	20	11.2	-	118	11.0
63	10.1	41	9.7	132	10.1	33	10.3	-	-	-
65	11.5	44	10.1	134	11.0	50	9.4	-	-	-
76	11.5	45	11.5	136	9.8	51	10.0	10.7	-	-

1	2	3	4	5	6	7	8	9	10	11
-	-	61	10.5	138	9.5	52	11.2	-	-	-
-	-	66	10.4	139	10.6	53	9.0	10.6	-	-
-	-	69	11.5	141	10.0	58	9.5	10.3	-	-
-	-	75	10.2	142	10.5	60	9.5	11.0	-	-
-	-	147	11.9	145	11.5	82	9.8	11.0	-	-
-	-	-	-	148	10.8	83	11.0	12.3	-	-
-	-	-	-	149	10.5	84	9.0	-	-	-
-	-	-	-	146	11.8	85	7.5	10.6	-	-
-	-	-	-	-	-	87	10.5	11.0	-	-
-	-	-	-	-	-	89	11.0	12.3	-	-

Individual data on serum lipid values of women with gestational age - / 10 weeks.

LIG						HIG					
Subj. No.	Weight (kg)	Cholest.	P.Lipid	Tri-glyce-ride	T.Lipid	Subj. No.	Weight (kg)	Cholest.	P.Lipid	Tri-glyce-ride	T.Lipid
1	2	3	4	5	6	7	8	9	10	11	12
1	37.5	173	196	76	445	23	48.0	200	220	81	501
24	42.0	130	196	56	382	62	52.0	230	220	111	561
30	40.5	220	224	73	517	68	58.0	210	185	100	498
31	37.5	214	234	51	499	26	41.0	136	200	60	396
43	43.0	216	-	-	-	71	52.0	200	216	125	531
46	47.0	173	180	77	430	74	35.0	217	192	106	515
48	43.0	216	198	69	483	77	47.0	203	185	87	475
54	36.0	164	174	72	410	158	46.5	180	155	-	-
55	37.5	180	160	84	424	164	40.5	174	156	98	428
56	37.5	141	250	64	455	165	37.5	140	160	82	382
63	42.0	138	150	97	385	166	46.5	201	195	76	472
65	54.0	216	190	119	525	167	47.0	200	182	84	466
76	38.0	200	195	92	487	168	46.0	185	200	76	461

Gestational age - 10-20 weeks

1	2	3	4	5	6	7	8	9	10	11	12
13	43.0	161	189	119	469	7	49.0	228	291	126	645
14	35.5	196	221	69	486	12	42.0	185	200	125	510
15	44.0	226	180	120	526	22	41.5	193	200	112	505
25	36.0	159	206	64	429	32	59.0	223	193	92	508
27	41.5	186	186	104	476	36	41.0	195	210	182	587
28	38.0	180	172	74	426	42	47.0	204	198	88	490
29	42.0	209	195	89	493	47	44.0	201	195	125	521
37	36.0	220	259	86	565	73	51.5	232	202	130	564
38	44.0	230	210	118	558	78	43.6	232	209	100	541
39	35.0	170	163	94	426	144	35.0	148	171	128	447
41	44.0	216	191	103	510	135	54.0	212	190	114	516
44	45.0	160	182	95	437	140	42.0	164	158	132	454
45	42.0	187	180	86	453	150	41.5	198	226	103	527
61	37.0	138	140	84	362	151	46.5	243	226	-	-
66	39.5	171	175	115	461	152	53.5	190	182	120	492
69	48.5	296	267	113	676	154	39.5	170	195	115	480
75	36.5	171	207	112	490	157	42.0	162	180	140	489
49	45.0	145	180	77	402	159	68.5	230	217	105	552
147	42.0	168	-	-	-	160	39.5	180	175	95	450
						163	51.5	200	189	110	499

Gestational age 20-30 weeks

1	2	3	4	5	6	7	8	9	10	11	12
35	43.0	209	233	132	574	119	46.0	198	190	130	518
67	50.0	246	-	127	-	120	43.5	183	176	154	513
70	62.0	280	269	150	699	121	37.0	153	189	168	510
122	41.0	183	192	125	500	123	41.5	219	193	150	562
128	47.0	183	184	165	532	124	41.0	168	184	122	474
126	47.0	249	229	134	612	125	40.5	213	250	140	603
133	44.0	231	217	140	588	127	39.0	256	251	150	657
137	49.0	193	217	160	570	129	46.5	228	180	120	528
143	58.0	196	168	126	490	130	47.5	183	171	140	494
153	43.5	249	293	135	677	131	44.5	228	193	135	556
155	50.0	183	230	125	538	132	40.0	260	278	145	683
156	53.0	198	180	80	458	134	42.5	150	166	161	477
162	40.5	150	162	75	387	136	41.0	202	202	150	554
161	47.0	220	225	118	563	138	45.5	162	178	140	480
						139	50.0	240	228	140	608
						141	40.5	148	151	120	419
						142	49.5	208	193	125	526
						145	49.5	183	221	140	544
						146	49.5	258	236	120	614
						148	41.5	183	226	115	524
						149	44.0	198	190	130	518

Gestational age - 30-40 weeks

	1	2	3	4	5	6	7	8	9	10	11	12
2		51.0	228	253	187	668	5	65.0	258	341	226	825
3		47.0	183	230	165	556	6	64.5	260	260	163	683
4		43.0	173	192	180	545	19	58.5	204	210	185	599
8		45.0	263	230	188	681	34	53.5	280	292	185	760
9		41.0	263	227	141	631	86	57.0	229	270	174	673
10		47.0	234	220	180	634	88	58.0	260	294	146	700
11		44.0	290	260	216	766	93	45.0	302	280	250	832
16		48.0	234	210	154	598	94	64.5	286	258	210	754
17				175	150	519	96	49.0	175	197	150	512
18		45.0	228	193	146	567	97	55.5	217	269	169	655
20		46.0	230	170	131	551	98	67.0	257	244	195	696
21				227	164	631	99	60.0	360	224	-	-
43		49.0	173	168	159	500	100	58.0	267	248	185	700
51		46.5	250	228	144	422	101	64.0	284	318	225	827
52		52.0	355	347	220	892	102	60.5	276	262	210	748
53		65.0	186	200	148	534	103	58.0	258	260	-	-
57		50.0	260	270	196	726	104	44.5	258	226	236	720
58		45.0	245	262	164	671	107	46.6	256	233	191	650
59		54.0	248	228	165	641	109	51.0	271	233	245	749
60		44.5	164	192	150	506	111	50.0	348	310	290	948
82		48.0	273	311	158	742	112	59.5	260	263	210	733

1	2	3	4	5	6	7	8	9	10	11	12
83	50.0	273	262	160	695	113	48.0	220	195	168	583
84	46.0	255	302	214	771	115	58.0	362	371	210	943
85	49.0	196	234	132	562	116	58.0	258	307	155	720
87	41.0	274	302	210	786	105	64.0	276	256	189	721
89	47.5	262	350	308	920	110	51.0	247	265	222	734

Individual data on serum vitamin E (mg/dl) levels at different stages of pregnancy and post partum (High Income Group).

10 weeks		10-20 weeks		20-30 weeks		Pre & Post Partum		
S.No.	mg%	S.No.	mg%	S.No.	mg%	S.No.	Pre-partum mg%	Post-partum mg%
1	2	3	4	5	6	7	8	9
23	0.76	7	1.06	35	0.76	5	1.13	-
26	0.36	12	0.53	67	1.06	6	1.06	-
62	0.95	22	0.63	70	0.91	19	0.93	0.96
68	0.96	36	0.85	122	0.76	34	1.31	1.15
71	0.96	32	0.96	126	1.05	50	0.86	0.76
74	0.63	42	1.20	128	0.95	86	1.03	1.00
77	1.46	47	1.05	133	1.16	88	1.30	1.21
158	0.76	73	1.15	137	0.76	93	1.42	-
164	0.56	78	1.06	143	0.96	94	1.16	1.10
165	0.36	135	0.96	153	1.45	95	1.35	-
166	1.15	140	0.76	155	0.91	96	0.82	0.96
167	0.92	144	0.36	156	1.15	97	0.91	1.05
-	-	150	0.85	161	0.76	98	1.20	1.30
-	-	151	1.35	162	1.25	99	1.66	1.26

1	2	3	4	5	6	7	8	9
-	-	-	-	-	-	100	1.23	0.96
-	-	-	-	-	-	101	1.40	1.10
-	-	-	-	-	-	102	1.28	0.86
-	-	-	-	-	-	103	1.10	0.96
-	-	-	-	-	-	104	1.05	0.89
-	-	-	-	-	-	105	1.16	left
-	-	-	-	-	-	106	0.85	0.91
-	-	-	-	-	-	107	0.96	0.96
-	-	-	-	-	-	109	1.50	-
-	-	-	-	-	-	110	1.15	1.16
-	-	-	-	-	-	111	1.40	1.20
-	-	-	-	-	-	112	0.96	IUD
-	-	-	-	-	-	113	1.20	0.91
-	-	-	-	-	-	115	1.85	1.20
-	-	-	-	-	-	116	1.52	1.15

Individual data on serum vitamin E (mg/dl) levels at different stages of pregnancy and post partum (Low Income Group).

10 weeks		10-20 weeks		20-30 weeks		Pre and Post Partum	
S.No.	mg%	S.No.	mg%	S.No.	mg%	Pre-partum mg%	Post-partum mg%
1	2	3	4	5	6	7	8
1	0.85	13	0.66	119	0.56	2	0.76
24	0.36	14	0.76	120	0.60	3	0.76
30	0.95	15	0.36	121	0.38	4	0.83
31	0.95	25	0.76	123	0.91	8	1.06
43	1.03	27	0.76	124	0.65	9	0.91
46	0.33	28	0.83	125	1.15	10	0.96
48	0.76	29	0.53	127	1.26	11	1.60
54	0.96	37	1.10	129	1.10	16	1.30
55	0.66	38	1.05	130	0.91	18	0.91
56	0.36	39	0.76	131	1.15	20	0.99
63	0.53	41	0.91	132	1.06	33	0.96
65	0.91	44	0.36	134	0.65	50	1.13
76	0.76	45	0.53	136	0.96	51	1.01
-	-	61	0.51	138	0.56	52	1.26
-	-	66	0.76	139	0.93	53	1.00

1	2	3	4	5	6	7	8	9
-	-	69	1.13	141	0.76	58	1.31	1.00
-	-	75	0.83	142	1.15	59	0.86	0.91
-	-	147	0.95	145	1.00	60	1.00	1.20
-	-	-	-	146	1.11	82	1.25	0.91
-	-	-	-	148	1.05	83	0.91	-
-	-	-	-	149	0.96	84	0.91	-
-	-	-	-	-	-	85	0.85	-
-	-	-	-	-	-	87	1.20	0.91
-	-	-	-	-	-	89	1.20	1.15

Individual data on serum magnesium (mg/dl) level at different stages of pregnancy (HIG).
and post-partum.

L 10 weeks		10-20 weeks		20-30 weeks		Pre and Post Partum	
S.No.	Mg.	S.No.	Mg.	S.No.	Mg.	Pre-partum Mg.	Post-partum Mg.
1	2	3	4	5	6	7	9
23	1.6	7	2.0	35	2.1	5	1.8
26	2.4	12	1.4	67	1.8	6	1.4
62	2.2	22	1.4	70	1.9	19	1.8
68	2.0	32	2.1	122	2.1	34	1.6
71	1.7	36	1.9	126	2.0	57	1.7
74	2.3	42	1.8	128	2.0	86	1.7
77	1.6	47	1.8	133	2.4	93	2.0
158	1.9	73	2.4	137	2.2	94	1.8
164	2.4	78	2.0	143	1.7	95	1.8
165	1.8	135	1.9	153	1.5	96	1.6
166	2.1	144	1.4	155	1.9	97	1.5
167	2.4	140	1.4	156	2.2	98	1.6
-	-	150	1.7	161	1.5	99	2.2
-	-	151	2.1	162	2.0	100	1.8
-	-	-	-	-	-	101	1.7

1	2	3	4	5	6	7	8	9
-	-	-	-	-	-	102	2.0	2.2
-	-	-	-	-	-	103	2.0	1.7
-	-	-	-	-	-	104	1.8	2.0
-	-	-	-	-	-	105	1.4	1.5
-	-	-	-	-	-	106	1.9	2.2
-	-	-	-	-	-	107	1.8	2.1
-	-	-	-	-	-	109	2.3	1.9
-	-	-	-	-	-	110	2.3	1.7
-	-	-	-	-	-	111	1.9	
-	-	-	-	-	-	112	1.6	
-	-	-	-	-	-	115		
-	-	-	-	-	8	116	1.6	1.8

315

Individual data on serum magnesium (mg/dl) level at different stages of pregnancy. (LIG).
and post partum.

10 weeks			10-20 weeks		20-30 weeks		Pre and Post partum			Mothers of premature	
S.No.	Mg.	S.No.	Mg.	S. No.	Mg.	S.No.	Pre partum		Post partum	S.No.	Mg
							Mg.	Mg.			
1	2	3	4	5	6	7	8	9	10	11	
1	2.2	13	1.9	119	1.9	2	1.8	-	17	1.6	
24	1.7	14	1.6	120	2.0	3	1.6	1.5	21	1.7	
30	2.2	15	2.5	121	2.4	4	1.3	-	64	1.4	
31	2.2	20	1.7	123	2.1	8	2.3	1.9	72	1.2	
43	1.8	25	1.9	124	1.4	9	2.1	2.2	79	1.2	
46	2.1	27	1.7	125	1.9	10	1.3	-	80	1.5	
48	1.8	28	1.3	127	2.3	11	1.9	2.0	90	1.6	
54	1.8	37	2.1	129	2.2	16	1.6	1.8	92	1.4	
55	2.6	38	1.6	130	2.0	18	1.9	2.2	118	1.6	
56	2.6	39	1.6	131	1.7	20	2.0	2.2	-	-	
63	1.3	41	1.4	132	1.9	33	1.4	1.5	-	-	
65	1.6	44	1.6	134	1.8	50	2.0	-	-	-	
76	2.1	45	1.3	136	1.4	51	2.0	1.6	-	-	
-	-	61	1.8	138	1.8	52	2.2	2.2	-	-	
-	-	66	1.9	139	1.7	53	1.6	-	-	-	
-	-	69	2.1	141	1.9	58	1.6	1.5	-	-	

316 452

1	2	3	4	5	6	7	8	9	10	11
-	-	75	1.9	142	2.3	59	1.4	-	-	-
-	-	147	1.9	145	2.1	60	1.4	-	-	-
-	-	-	-	146	1.4	82	1.8	1.8	-	-
-	-	-	-	148	1.4	83	1.4	1.8	-	-
-	-	-	-	149	1.3	84	2.1	-	-	-
-	-	-	-	-	-	85	1.6	1.4	-	-
-	-	-	-	-	-	87	2.0	1.6	-	-
-	-	-	-	-	-	89	2.0	1.9	-	-
-	-	-	-	-	-	40	-	1.9	-	-

Data on serum lipids of non-pregnant controls.
(HIG).

Sr. No.	Sub. No.	Age	Wt.	Chol.	Serum lipids (mg/dl)		
					Phosp.	T.G.	Total
1	2	3	4	5	6	7	8
1.	192	20	42.0	170	180	97	447
2.	195	20	47.0	167	175	120	462
3.	185	20	49.0	180	192	148	492
4.	162	23	40.0	188	172	103	463
5.	23	23	42.0	190	204	116	510
6.	163	24	45.0	201	210	130	541
7.	14	24	47.5	171	224	129	525
8.	25	25	36.0	154	150	73	377
9.	8	25	37.5	140	205	96	441
10.	7	25	39.5	188	150	108	446
11.	24	25	42.0	184	217	122	523
12.	16	25	45.0	174	174	100	448
13.	35	25	46.5	174	186	117	477
14.	46	25	49.0	167	160	125	452
15.	173	25	46.5	201	200	129	530
16.	131	26	44.0	137	181	85	403
17.	152	29	49.0	220	220	150	590
18.	71	30	47.0	224	253	118	595
19.	29	31	40.5	191	231	106	528
20.	33	31	43.0	180	194	125	499
21.	39	31	55.0	217	215	127	559
22.	140	31	52.0	190	196	123	509
23.	60	32	47.0	199	201	112	512
24.	91	33	54.5	219	194	96	509
25.	146	34	61.0	211	220	73	504
26.	64	35	60.0	198	195	122	515
27.	252	35	45.0	220	225	167	612
28	72	36	47.0	185	186	95	466

1	2	3	4	5	6	7	8
29.	92	36	53.0	237	259	120	616
30.	247	38	51.0	243	250	119	612
31.	171	38	58.5	237	236	138	611
32.	342	39	63.0	200	208	126	534

Data on serum lipids of non-pregnant controls (LIG)

1.	3	21	43.0	140	145	115	400
2.	5	21	32.0	175	166	79	424
3.	250	21	41.0	156	-	-	-
4.	9	22	49.0	164	155	120	439
5.	10	24	34.5	180	189	110	399
6.	159	24	45.0	196	190	107	497
7.	160	24	44.0	160	172	131	463
8.	161	25	38.0	198	186	130	514
9.	4	25	36.7	180	212	110	502
10.	47	25	45.0	157	155	100	410
11.	675	25	41.0	153	150	88	391
12.	2	26	37.0	189	190	69	439
13.	43	26	42.0	140	164	116	425
14.	66	26	38.0	186	183	109	478
15.	141	26	53.0	161	200	132	493
16.	17	27	48.0	155	174	118	447
17.	84	27	47.5	168	184	101	453
18.	74	28	37.0	175	210	88	473
19.	108	28	37.5	178	184	112	474
20.	249	29	42.5	171	169	82	422
21.	137	30	57.0	240	250	148	638
22.	221	30	46.0	225	230	146	601
23.	249	32.0	42.5	171	199	82	452
24.	158	33.0	45.0	-	-	-	-

1	2	3	4	5	6	7	8
25.	169	33.0	43.0	167	470	119	456
26.	1	33.0	38.0	173	180	164	457
27.	100	33.0	53.5	185	178	130	493
28.	186	35.0	37.5	190	216	99	505
29.	109	36.0	56.0	202	209	117	528
30.	52	36.0	50.0	150	158	100	408
31.	67	36.0	34.0	184	201	75	460
32.	75	36.0	40.0	174 190	190 197	197 471	471

Serum cholesterol levels of mother infant pairs in relation to age and growth status (LIC)

status (LIG)			Full Term			Small for date			Premature		
S. No.	Pre- part cholest- terol (mg/dl)	Birth wei- ght (kg)	Infants' cholest- terol (Mg/dl)	S. No.	Pre- part cholest- terol (mg/dl)	Birth wei- ght (kg)	Infants' cholest- rol (mg/dl)	S. No.	Pre- part cholest- terol (mg/dl)	Birth wei- ght (kg)	Infants' cholesterol (mg/dl)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
1.	206	2.5	72	1S	220	2.2	95	1P	214	1.9	75
2.	236	2.5	67	2S	245	2.4	84	2P	226	2.2	82
3.	250	2.5	102	3S	195	1.8	89	3P	217	1.8	69
4.	197	2.6	60	4S	215	2.0	80	4P	190	2.0	75
5.	240	2.6	65	5S	236	2.3	94	5P	260	1.6	57
6.	256	2.7	110	6S	180	2.0	78	6P	209	1.9	92
7.	249	2.7	103	7S	173	1.6	75	7P	215	1.9	72
8.	187	2.7	90	8S	188	2.1	91	8P	258	1.5	60
9.	249	2.8	94	9S	192	2.3	80	9P	187	1.9	80
10.	313	3.0	107	10S	200	2.2	85	10P	142	1.9	93
11.	235	3.0	84	11S	213	2.0	64	11P	209	1.8	60
12.	171	3.2	62	12S	211	2.0	50	12P	175	1.6	90
13.	210	3.2	76					13P	130	1.8	84
14.	256	3.5	88					14P	209	1.7	85
15.	254	2.7	87					15P	220	2.2	92
16.	209	3.1	104					16P	218	1.6	75
17.	209	3.0	115					17P	180	0.7	65
18.	245	2.8	102					18P	210	2.1	90
19.	173	2.9	79					19P	215	1.6	75
20.	217	3.1	115					20P	170	1.9	76
21.	227	3.1	98					21P	207	1.6	78
22.	278	3.1	105					22P	212	1.9	85

contd.....

Contd...

(1)	(2)	(3)	(4)
23.	218	2.9	102
24.	230	2.7	102
25.	180	2.5	94
26.	250	2.9	109
27.	185	2.9	95
28.	220	3.0	125
29.	185	3.0	115
30.	315	3.1	123
31.	260	3.2	137
32.	272	3.5	117
33.	235	3.5	95

Data for weights and heights of ADULTS

MALES						FEMALES					
HIGH INCOME GROUP			LOW INCOME GROUP			HIGH INCOME GROUP			LOW INCOME GROUP		
S.No.	Weight (kg)	Height (cm)	S.No.	Weight (kg)	Height (cm)	S.No.	Weight (kg)	Height (cm)	S.No.	Weight (kg)	Height (cm)
1	2	3	4	5	6	7	8	9	10	11	12
Age Group : 20-29 years											
11	57.0	170.0	89	48.5	162.0	7	39.5	157.0	2	37.6	148.6
12	54.5	170.5	102	46.8	157.5	8	37.5	151.5	3	43.0	157.0
13	41.5	152.5	178	58.0	163.0	14	47.5	152.5	4	36.7	149.0
19	50.5	174.5	190	44.0	158.0	15	33.0	153.8	5	32.0	142.0
20	49.0	173.0	230	45.0	164.5	16	45.0	144.0	9	49.0	158.0
26	55.3	162.0	237	42.0	170.0	23	42.0	155.3	10	34.5	143.5
27	57.5	168.5	241	44.0	169.0	24	42.0	152.0	17	48.0	153.5
95	49.0	175.0	256	56.5	166.5	25	36.0	152.0	43	42.0	145.0
123	47.0	180.0	262	45.0	160.5	35	46.0	160.0	47	45.0	156.5
149	44.0	166.5	263	48.0	161.5	46	49.0	149.0	48	49.0	150.0
167	57.0	168.0	264	46.0	159.0	131	44.0	161.5	65	41.0	156.0
176	47.0	163.0	265	44.5	161.0	152	59.0	155.0	66	38.0	142.0
181	57.0	169.0	-	-	-	162	40.0	160.5	74	37.0	152.0

1	2	3	4	5	6	7	8	9	10	11	12
183	51.5	166.0	-	-	-	163	45.0	161.0	84	47.5	148.0
209	47.5	164.0	-	-	-	168	44.0	148.5	108	37.5	148.0
210	44.0	162.5	-	-	-	173	46.5	159.5	141	53.0	155.0
211	47.0	164.0	-	-	-	185	49.0	160.5	159	45.0	159.0
212	43.0	164.5	-	-	-	195	47.0	160.0	160	44.0	153.5
180	69.5	168.5	-	-	-	196	34.5	143.0	161	38.0	145.0
228	54.0	162.5	-	-	-	201	51.0	152.5	197	42.0	146.0
232	46.0	162.0	-	-	-	224	55.0	154.0	206	37.0	156.0
233	50.0	169.0	-	-	-	235	56.0	147.0	214	41.0	144.0
234	49.0	166.0	-	-	-	281	71.0	158.0	244	35.0	146.0
236	58.5	176.0	-	-	-	286	41.0	165.0	249	42.5	154.5
254	50.0	169.0	-	-	-	295	54.0	154.0	250	41.0	143.0
278	51.0	167.0	-	-	-	300	69.0	158.0	-	-	-
285	45.0	174.0	-	-	-	303	27.0	131.0	-	-	-
294	46.0	161.0	-	-	-	315	53.0	153.0	-	-	-
302	42.0	-	-	-	-	-	-	-	-	-	-
305	52.0	180.0	-	-	-	-	-	-	-	-	-
309	39.0	-	-	-	-	-	-	-	-	-	-
322	61.5	175.0	-	-	-	-	-	-	-	-	-
325	62.0	175.5	-	-	-	-	-	-	-	-	-

1	2	3	4	5	6	7	8	9	10	11	12
Age Group : 30-39 years											
28	55.0	166.5	57	42.0	149.0	29	40.5	147.0	1	38.0	147.5
30	61.0	177.5	86	43.5	164.5	33	43.5	153.5	6	43.2	147.0
32	77.0	182.0	90	49.0	166.0	34	55.0	-	52	50.0	159.0
34	50.5	157.0	142	45.0	159.5	39	55.0	149.0	67	34.0	141.0
36	65.0	172.0	143	56.5	170.0	42	63.0	164.5	68	40.0	158.5
61	65.0	171.0	144	56.0	154.5	60	47.0	152.0	69	42.5	154.5
78	58.0	167.0	191	41.0	153.5	64	60.0	154.5	75	40.0	150.0
93	54.0	163.0	227	43.0	160.0	71	47.0	152.0	80	64.0	142.0
98	63.0	165.0	229	45.5	164.0	72	47.0	157.0	82	55.0	-
112	80.0	169.5	243	55.0	166.0	91	54.5	152.0	100	63.0	156.7
138	58.5	168.0	-	-	-	92	53.0	152.0	119	43.0	146.5
139	47.5	153.0	-	-	-	140	52.0	151.5	137	57.0	141.0
145	67.0	170.0	-	-	-	146	61.0	160.0	158	45.0	149.0
151	63.5	160.0	-	-	-	171	58.5	156.5	186	37.5	137.5
175	77.0	172.0	-	-	-	247	51.0	148.0	208	37.0	154.5
179	76.5	171.0	-	-	-	252	45.0	152.0	221	46.0	155.5
193	63.0	175.0	-	-	-	279	36.5	148.0	245	37.0	147.5
200	73.0	175.0	-	-	-	289	68.0	152.0	-	-	-
216	55.0	160.0	-	-	-	310	37.0	154.5	-	-	-

1	2	3	4	5	6	7	8	9	10	11	12
225	49.0	165.0	-	-	-	316	54.0	152.0	-	-	-
Ni	56.0	163.0	-	-	-	319	59.0	150.0	-	-	-
281	71.5	160.0	-	-	-	321	40.0	152.0	-	-	-
283	63.0	175.0	-	-	-	326	46.0	154.0	-	-	-
284	66.0	175.0	-	-	-	-	-	-	-	-	-
306	65.0	171.0	-	-	-	-	-	-	-	-	-
308	55.0	170.0	-	-	-	-	-	-	-	-	-
327	58.0	160.5	-	-	-	-	-	-	-	-	-

Age Group : 40-49 years

21	66.5	161.5	56	46.5	147.0	22	56.5	151.0	53	33.5	141.5
51	50.0	157.0	83	46.0	169.0	49	53.0	147.0	62	38.5	145.0
58	72.5	169.0	87	45.5	165.5	50	62.0	152.0	64	39.0	150.0
63	68.0	167.0	127	58.5	168.0	55	57.0	148.0	101	60.5	156.5
97	66.0	165.0	213	49.0	158.0	70	50.0	152.5	126	44.0	166.0
115	70.0	170.0	217	41.0	151.5	77	48.5	160.0	165	50.0	146.5
116	74.5	165.5	223	61.0	162.0	96	60.0	147.0	174	48.0	148.0
124	63.0	168.0	-	-	-	99	60.0	148.0	184	38.0	151.0
128	67.0	160.5	-	-	-	117	64.0	155.5	188	41.5	140.0
150	75.0	176.0	-	-	-	119	56.0	164.5	189	48.5	145.0
154	61.0	165.0	-	-	-	125	54.5	158.5	204	40.0	139.5
147	72.5	167.5	-	-	-	132	59.5	148.0	205	33.5	154.5

1	2	3	4	5	6	7	8	9	10	11	12
170	64.0	164.5	-	-	-	153	48.1	150.1	-	-	-
251	57.0	155.0	-	-	-	155	51.0	160.0	-	-	-
255	60.0	158.0	-	-	-	166	52.5	-	-	-	-
258	77.0	169.5	-	-	-	203	58.5	148.0	-	-	-
259	65.0	163.0	-	-	-	254	68.0	153.5	-	-	-
261	65.0	157.0	-	-	-	274	44.5	149.5	-	-	-
277	50.0	168.0	-	-	-	276	61.5	158.0	-	-	-
280	41.0	162.0	-	-	-	291	50.0	149.0	-	-	-
288	46.0	160.0	-	-	-	293	51.0	156.0	-	-	-
290	52.0	158.0	-	-	-	313	49.0	150.0	-	-	-
307	60.0	168.0	-	-	-	314	56.0	151.0	-	-	-
317	47.0	160.5	-	-	-	324	47.0	147.5	-	-	-
318	47.0	160.5	-	-	-	-	-	-	-	-	-
320	50.0	170.0	-	-	-	-	-	-	-	-	-
Age Group : 50-59 years											
45	56.0	170.5	59	47.5	165.0	44	60.0	151.5	31	41.0	139.0
79	51.5	160.5	81	53.0	160.0	94	73.0	153.0	73	41.5	153.8
106	60.0	163.0	88	49.0	164.0	104	38.5	146.5	85	41.0	157.0
107	52.0	159.0	169	48.0	159.0	130	58.0	156.5	103	52.0	148.5

1	2	3	4	5	6	7	8	9	10	11	12
134	62.5	170.0	222	-	-	148	43.5	150.0	110	54.5	150.0
157	65.0	161.0	231	43.0	151.0	156	55.0	153.0	129	47.0	143.5
164	53.5	165.0	239	47.0	158.0	172	39.0	148.0	133	46.0	149.0
240	48.0	166.5	260	61.5	166.0	199	68.5	152.5	135	42.0	146.0
266	55.5	169.0	358	45.0	158.0	202	58.5	153.0	219	53.0	147.5
267	61.0	162.0	-	-	-	269	-	-	242	34.5	158.0
268	65.0	163.0	-	-	-	298	50.0	153.5	248	55.0	156.0
271	56.5	169.0	-	-	-	299	-	-	-	-	-
272	-	-	-	-	-	301	42.5	148.0	-	-	-
273	60.0	159.5	-	-	-	304	64.0	148.0	-	-	-
275	55.5	170.0	-	-	-	311	47.0	149.5	-	-	-
296	56.0	161.0	-	-	-	329	-	-	-	-	-
297	52.5	168.0	-	-	-	-	-	-	-	-	-
323	60.0	161.5	-	-	-	-	-	-	-	-	-

Age Group : Above 60 years

37	69.0	180.0	136	46.0	168.5	18	47.0	148.0	187	35.5	151.5
40	51.0	162.0	192	45.0	159.5	38	57.0	153.0	207	44.0	145.0
105	57.5	169.5	218	48.0	158.0	41	61.0	157.0	339	45.0	149.0
111	59.5	162.0	220	50.5	160.0	54	53.0	155.0	340	49.0	152.0

1	2	3	4	5	6	7	8	9	10	11	12
113	46.5	156.0	226	45.0	160.0	114	60.5	153.0	343	46.0	150.0
120	65.5	163.0	338	47.0	155.0	118	52.5	155.0	344	44.0	150.5
121	65.5	165.5	342	46.5	159.0	182	69.5	151.0	347	40.0	152.0
122	50.5	152.8	345	50.0	164.0	194	66.0	149.0	348	44.0	151.0
177	61.5	165.0	346	49.0	160.0	349	52.0	155.0	-	-	-
198	81.0	171.5	-	-	-	-	-	-	-	-	-
215	59.0	166.0	-	-	-	-	-	-	-	-	-
238	47.0	161.0	-	-	-	-	-	-	-	-	-
253	51.0	160.0	-	-	-	-	-	-	-	-	-
*V73	70.5	167.0	-	-	-	-	-	-	-	-	-

* Vegetarian

Individual data on chest, abdomen and mid-arm circumferences (cm)

M A L E S												F E M A L E S											
HIGH						LOW						HIGH						LOW					
A.No.	C.C.	Abc	MAC	A.No.	CC	Abc	MAC	A.No.	C.C.	Abc	MAC	A.No.	C.C.	Abc	MAC	A.No.	C.C.	Abc	MAC	A.No.	C.C.	Abc	MAC
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Age Group : 20-29 yrs																							
11	89.5	-	26.5	89	82.0	69.0	30.0	7	77.0	-	23.0	2	74.0	-	21.0								
12	84.5	-	24.5	102.	82.5	71.0	26.0	8	72.0	-	20.5	3	78.0	-	22.0								
13	76.5	66.0	22.0	178	88.0	82.0	29.0	14	82.0	-	26.0	4	74.0	-	22.0								
19	76.5	-	26.0	190	76.5	70.0	25.5	16	80.5	-	25.0	5	75.0	-	19.5								
20	77.0	-	22.0	230	76.5	69.0	22.0	23	80.0	-	24.0	9	86.0	-	26.5								
27	92.0	73.0	29.0	241	76.0	69.5	20.0	24	77.0	-	25.5	10	75.5	-	24.0								
26	84.0	77.0	28.0	256	88.0	78.5	22.5	35	82.0	71.0	24.0	17	82.5	-	27.0								
95	76.0	-	23.0	263	78.5	64.0	25.0	46	88.5	84.0	29.0	43	82.5	-	24.0								
123	78.0	-	21.0	264	80.0	75.0	24.0	131	76.0	74.0	26.0	47	73.5	-	22.5								
149	70.0	-	23.0	265	88.0	62.0	25.0	152	93.5	88.0	31.0	65	83.5	-	20.0								
167	80.5	73.5	26.0	237	75.0	67.0	20.5	162	74.5	74.0	20.5	66	79.0	67.0	21.5								
176	81.0	72.0	24.5	-	-	-	-	163	85.0	78.0	23.0	74	81.0	59.5	21.0								
181	87.5	76.5	28.0	-	-	-	-	168	81.5	75.0	25.5	84	85.0	81.0	27.0								
183	81.5	76.0	24.0	-	-	-	-	173	79.0	73.5	23.0	108	76.0	73.0	25.5								
209	81.0	67.0	26.5	-	-	-	-	185	83.0	70.0	28.5	141	92.0	-	27.0								

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
210	77.0	72.0	21.5	-	-	-	-	195	83.0	75.0	24.0	159	83.5	69.5	27.0
211	81.0	74.0	25.0	-	-	-	-	196	76.5	65.0	22.0	160	79.5	64.0	22.0
212	76.5	68.5	21.5	-	-	-	-	192	-	-	22.0	206	79.5	69.0	22.5
228	83.0	77.0	27.0	-	-	-	-	25	-	-	23.0	214	83.0	72.0	24.5
232	86.0	74.5	23.0	-	-	-	-	235	-	-	26.5	244	72.0	66.0	22.0
233	81.0	74.6	24.5	-	-	-	-	282	92.0	90.0	26.0	197	85.0	73.0	25.0
234	78.5	76.0	24.0	-	-	-	-	286	77.0	64.0	21.0	249	78.0	78.0	24.5
236	82.0	80.0	27.0	-	-	-	-	295	90.5	79.0	28.0	-	-	-	-
254	82.0	70.0	24.5	-	-	-	-	300	84.0	90.0	30.0	-	-	-	-
278	78.0	77.5	24.0	-	-	-	-	303	169.0	70.0	19.0	-	-	-	-
285	78.0	80.0	21.5	-	-	-	-	315	92.0	89.0	28.0	-	-	-	-
294	73.5	68.0	23.5	-	-	-	-	-	-	-	-	-	-	-	-
305	69.0	72.0	24.0	-	-	-	-	-	-	-	-	-	-	-	-
322	86.0	81.5	28.0	-	-	-	-	-	-	-	-	-	-	-	-
325	86.0	82.0	27.0	-	-	-	-	-	-	-	-	-	-	-	-

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Age Group : 30-39 yrs

28	87.0	79.0	27.5	57	81.0	75.0	25.5	29	80.5	81.0	25.0	1	82.0	79.0	23.5
30	84.5	78.5	27.5	86	88.5	74.0	22.5	33	81.0	78.0	25.0	6	82.5	79.0	24.0
32	100.5	96.0	30.0	990	84.0	75.0	33.0	39	99.0	84.0	29.5	52	85.0	64.0	29.0
34	84.0	-	27.0	142	77.0	69.0	26.0	42	103.0	99.5	29.0	67	76.5	66.0	20.5
36	93.0	85.0	28.0	143	90.0	83.0	26.5	60	85.0	72.0	26.0	68	77.0	63.0	19.5
61	88.0	84.0	30.0	144	91.0	88.0	28.0	664	97.5	90.5	29.5	69	78.0	78.0	24.5
78	85.0	82.0	26.0	191	77.0	70.0	23.5	71	84.0	79.0	27.0	75	82.5	72.0	23.0
93	90.0	96.0	29.0	229	80.0	72.0	22.0	72	85.5	81.0	25.0	80	100.5	92.0	29.5
98	85.0	75.0	29.0	227	81.5	76.0	26.0	91	90.5	87.0	29.5	82	97.0	83.0	30.0
112	100.5	91.0	29.0	243	86.5	76.0	25.0	92	90.0	90.5	30.5	100	96.5	83.5	29.5
138	89.0	80.0	28.5					140	91.5	87.0	26.5	109	89.0	84.0	30.0
139	86.0	81.0	28.0					146	105.0	90.0	28.5	137	96.0	92.0	28.0
145	95.0	92.0	31.0					171	101.0	87.5	28.5	158	-	-	25.0
151	93.0	-	32.0					247	86.5	87.0	25.0	169	84.5	76.5	24.5
175	91.0	96.5	32.0					252	88.5	80.0	25.0	186	78.5	69.0	22.5
179	95.0	97.0	34.0									221	82.0	80.0	26.0
193	89.0	87.0	30.0					289	93.0	95.0	31.0	208	76.5	66.0	22.0
200	96.0	93.0	30.5					279	79.0	69.0	21.0	245	75.0	69.0	21.5
N1	84.5	85.0	28.0					310	73.0	68.0	23.0				

Vegetarian

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
225	81.5	78.0	24.5					316	93.0	87.0	28.0				
216	84.0	82.0	29.0					319	99.0	93.5	28.0				
	<u>Vegetarians</u>														
306	92.0	90.0	29.0					326	86.5	81.0	26.0				
308	81.0	74.0	26.0												
281	93.0	89.0	29.0												
282	89.0	84.0	27.0												
284	92.0	92.0	27.0												
327	81.0	75.0	25.0												
Age Group : 40-49 yrs															
21	98.0	-	28.5	56	83.5	78.0	26.5	22	90.0	90.0	27.0	53	79.0	68.0	22.0
51	82.5	-	23.5	83	81.0	75.5	23.0	49	98.0	90.0	30.5	62	82.0	71.0	24.0
58	94.0	90.5	36.5	87	82.0	80.0	25.0	50	96.0	79.0	35.5	69	82.5	70.0	21.5
63	97.0	94.0	34.5	127	85.5	78.0	31.0	55	94.0	91.0	31.0	101	91.0	86.0	28.0
97	91.5	90.5	33.0	213	82.0	75.0	27.0	70	85.0	79.5	27.5	126	78.5	70.5	23.0
115	95.0	93.0	32.0	217	78.5	66.5	24.0	77	86.0	-	23.0	165	91.5	81.0	30.0
116	102.0	101.0	30.5	223	94.5	91.0	27.0	96	98.0	96.0	30.5	174	90.0	78.0	26.0
124	93.5	94.0	32.0					99	99.0	101.0	31.5	184	80.0	79.0	23.5

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
128	97.0	97.0	32.5					117	100.5	99.0	33.5	188	79.0	69.0	23.8
147	97.5	92.0	33.5					119	96.5	89.0	26.5	189	90.5	77.0	26.5
151	96.0	-	31.0					125	94.5	86.0	28.0	204	89.0	71.5	26.0
154	92.0	93.0	30.5				132	132	120.0	115.0	35.0	205	72.0	68.0	21.0
170	95.0	96.0	30.0					153	88.5	79.0	27.0				
251	92.0	90.0	28.0					155	89.0	87.0	28.0				
255	94.5	91.0	27.0					166	93.0	82.5	28.0				
258	100.5	103.0	32.0					203	105.0	96.0	27.5				
259	90.0	96.0	29.5					257	102.0	103.0	32.0				
261	93.0	96.0	29.0												

Vegetarians

290	84.0	77.0	29.0
307	87.0	89.0	27.0
317	92.0	97.0	31.0
318	81.0	82.0	25.0
320	81.0	84.0	27.0
277	86.0	72.0	25.0
288	88.5	78.5	27.0
280	83.0	72.0	25.0

Vegetarians

274	79.0	90.0	26.0
276	98.0	91.0	28.0
291	83.0	96.0	27.0
293	85.0	77.0	27.0
313	80.5	80.0	28.0
314	93.0	84.0	30.0
324	92.0	89.5	23.0

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<u>Age Group : 50-59 yrs</u>																
45	86.5	82.5	29.5	59	81.0	-	23.0	44	102.5	85.0	26.5	31	83.5	79.0	28.0	
79	81.5	75.0	25.0	81	80.0	79.0	24.0	94	105.0	99.0	34.0	73	81.0	76.0	24.5	
106	90.5	80.0	28.0	88	92.0	84.0	26.0	104	83.5	80.5	24.0	85	78.0	69.0	21.0	
107	82.0	79.0	27.0	169	81.0	73.0	23.0	130	98.5	96.5	32.5	103	82.0	72.0	28.0	
157	96.0	95.0	31.0	222	94.0	83.0	28.0	148	84.5	89.0	24.0	110	90.5	84.0	27.5	
164	91.0	86.0	28.0	239	83.5	82.0	25.0	156	99.0	81.0	29.0	129	88.5	81.0	28.0	
240	75.5	78.0	28.0	260	91.5	88.0	25.0	172	85.0	78.5	24.0	133	83.5	80.0	28.0	
266	86.0	79.0	27.5	358	78.0	71.0	24.0	199	104.0	105.0	33.5	135	83.5	79.0	27.0	
267	94.0	89.0	28.0					202	105.0	95.6	30.0	219	85.0	76.0	29.5	
268	96.0	84.0	27.0					359	101.0	92.5	29.0	242	72.5	66.5	20.0	
271	86.0	79.0	26.5									248	88.0	80.0	28.0	
<u>Vegetarians</u>																
223	88.0	95.0	28.0					298	85.0	78.0	26.0					
273	93.0	88.0	29.5					301	94.5	93.5	33.0					
275	85.5	67.6	27.5					304	85.0	94.5	24.0					
296	90.5	86.0	27.0					311	88.0	80.0	26.0					
297	85.0	69.0	28.0													

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Age Group : 60 yrs

37	88.5	93.0	29.5	192	72.5	75.0	24.0	38	89.0	91.0	32.0	187	79.5	70.0	21.5
40	89.0	83.0	29.0	218	82.0	79.0	25.0	41	89.0	103.0	32.0	207	90.5	82.5	25.5
105	88.0	-	25.5	220	82.5	83.0	24.0	54	95.0	95.0	29.0	339	81.0	74.0	24.0
111	92.0	91.0	26.0	N6	84.0	81.0	24.0	114	96.0	101.0	31.0	340	79.0	74.0	23.0
113	83.5	80.0	23.0	338	82.0	79.0	25.0	118	96.0	94.0	27.0	343	82.0	81.0	24.0
120	92.0	90.0	26.5	341	80.0	75.0	23.0	182	106.0	107.0	34.5	344	76.0	69.0	21.0
121	95.0	96.0	30.5	342	75.0	72.0	23.0	194	113.0	112.0	32.0	347	78.0	69.0	23.0
122	88.5	86.0	25.0	345	80.0	74.0	24.5	246	94.3	95.0	24.0				
177	89.8	87.5	26.0					349	89.0	96.0	27.0				
198	105.0	101.5	32.0												
215	91.0	84.0	27.0												
238	81.0	74.0	26.0												
253	82.0	75.0	26.0												

Vegetarian

98.0 100.5 28.0

Individual data on blood glucose levels (mg%)

M A L E S				F E M A L E S			
HIG		LIG		HIG		LIG	
A.No.	mg%	A.No.	mg%	A.No.	mg%	A.No.	mg%
1	2	3	4	5	6	7	8

Age Group : 20-29 yrs

11	77	89	64	7	72	4	65
12	68	178	87	8	79	5	69
13	57	230	65	14	77	29	61
19	70	237	60	15	68	10	66
20	82	241	60	16	68	17	77
26	70	256	70	23	58	43	65
27	62	262	69	24	77	47	61
95	68	263	62	25	76	65	62
123	62	264	60	35	60	66	60
149	60	265	64	46	63	74	67
167	70			131	77	84	66
176	72			152	90	108	61
181	72			162	70	141	80
183	78			163	68	159	71
210	66			173	70	160	71

1	2	3	4	5	6	7	8
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211	71			196	68	161	78
212	65			224	75	197	72
228	67					206	78
232	73					214	69
233	63					244	73
234	-					249	75
236	65						
254	70						

Age Group : 30-39 yrs

28	88	57	60	29	68	6	72
30	74	86	73	33	76	52	70
32	80	90	64	39	68	67	62
34	82	142	78	42	87	68	90
36	76	143	72	60	61	69	75
61	70	144	94	64	70	75	79
78	66	191	79	71	56	80	95
93	60	227	79	72	70	82	78
98	81	229	72	91	68	100	70
112	70			92	85	109	71
138	72			140	70	137	70
139	68			146	86	169	74

1	2	3	4	5	6	7	8
151	85			171	80	186	80
175	80			247	80	221	81
179	83			252	71	245	73
193	86					208	83
200	79						
N1	72						
216	80						
225	83						

Age Group : 40-49 yrs

21	62	56	64	22	75	53	70
51	68	83	62	50	82	62	68
58	-	87	77	55	72	69	70
63	74	127	95	70	75	101	73
97	76	213	79	77	76	126	68
115	72	217	76	96	72	165	75
116	96	223	80	99	79	174	80
124	76			117	86	184	80
147	80			119	74	188	70
151	82			125	68	189	80
154	84			132	78	204	80

1	2	3	4	5	6	7	8
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251	78			155	86	205	101
255	72			166	92		
258	-			203	110		
259	88			257	90		
261	95						

Age Group : 50-69 yrs

45	98	59	74	44	71	31	70
79	68	88	81	94	85	73	67
107	84	81	92	104	74	85	70
134	92	169	79	130	82	103	85
157	92	222	85	148	91	110	86
164	89	231	80	156	89	129	72
240	83	239	86	172	78	133	72
266	87	260	80	199	94	135	77
267	85	358	85	202	93	242	78
268	86			359	80	219	93
271	80					248	93

1	2	3	4	5	6	7	8
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Age Group : 60 yrs.

37	82	192	72	38	82	187	83
40	86	220	80	41	88	207	70
105	82		79		85	339	75
111	80	338	85	54	94	340	68
113	88	341	94	118	96	343	76
120	91	342	88	182	98	344	82
122	80	345	91	194	93	347	74
177	86	346	82	246	78	348	81
198	94			349	86		
215	101						
238	85						
253	83						

Data on serum cholesterol levels according to sex, economic status and dietary habit.

HIGH INCOME GROUP										LOW INCOME GROUP			
Males					Females					Males		Females	
S.No.	Non Veg.	S.No.	Veg.	S.No.	Non Veg.	S.No.	Veg.	S.No.	Veg.	S.No.	Non Veg.	S.No.	Non Veg.
1	2	3	4	5	6	7	8	9	10	11	12	13	14

Age Group: 20-29

11	203	19	185	7	188	250	156	89	150	102	189
12	146	190	153	8	140	282	184	102	194	178	140
13	148	274	-	14	171	286	124	178	189	190	180
19	185	278	172	16	174	295	186	230	153	237	175
20	174	285	134	23	190	300	230	241	176	256	164
26	-	294	130	24	184	303	152	262	152	263	160
27	156	295	203	25	154	315	203	264	156	265	155
95	195	305	203	35	174	-	-	168	168	170	140
123	196	309	182	46	167	-	-	170	170	185	157
149	186	322	205	131	137	-	-	185	185	175	153
167	214	325	200	152	220	-	-	175	175	180	186
176	216	-	-	162	188	-	-	180	180	184	175
180	259	-	-	163	201	-	-	-	-	108	168
181	165	-	-	168	171	-	-	-	-	141	178
183	195	-	-	-	-	-	-	-	-	-	161

1	2	3	4	5	6	7	8	9	10	11	12
210	159	-	-	185	180	-	-	-	-	159	196
211	156	-	-	192	170	-	-	-	-	160	160
212	160	-	-	196	205	-	-	-	-	161	198
228	194	-	-	195	167	-	-	-	-	197	182
232	-	-	-	224	170	-	-	-	-	206	150
233	194	-	-	235	204	-	-	-	-	214	201
234	166	-	-	-	-	-	-	-	-	244	170
236	189	-	-	-	-	-	-	-	-	249	171
254	165	-	-	-	-	-	-	-	-	-	-

Age Group : 30-39

28	193	145	206	29	191	279	180	57	212	1	173
30	223	281	225	33	180	310	200	86	179	6	180
32	230	282	180	39	217	316	200	90	208	52	150
34	220	284	224	42	200	319	202	142	155	67	181
36	231	306	209	60	199	321	220	143	200	68	136
61	231	308	219	64	198	326	190	144	216	75	174
78	186	327	218	71	224	330	210	191	150	80	220
93	255	328	208	91	219	289	200	227	240	100	185

1	2	3	4	5	6	7	8	9	10	11	12
98	217	-	-	92	237	-	-	229	155	109	208
112	228	-	-	140	190	-	-	243	222	137	240
138	243	-	-	146	211	-	-	-	-	169	167
139	228	-	-	171	237	-	-	-	-	186	190
151	288	-	-	247	243	-	-	-	-	158	210
175	270	-	-	252	220	-	-	-	-	221	225
179	289	-	-	-	-	-	-	-	-	208	194
193	220	-	-	-	-	-	-	-	-	245	186
200	240	-	-	-	-	-	-	-	-	-	-
	236	-	-	-	-	-	-	-	-	-	-
216	201	-	-	-	-	-	-	-	-	-	-
225	300	-	-	-	-	-	-	-	-	-	-
Age Group : 40-49											
21	232	277	192	22	216	274	201	56	215	53	186
51	188	280	160	49	200	276	234	83	170	62	227
58	260	288	200	50	210	291	180	87	184	69	150
63	210	290	246	55	232	293	190	127	240	101	183

1	2	3	4	5	6	7	8	9	10	11	12
97	-	307	200	70	210	313	220	213	201	126	164
115	236	317	230	77	221	314	210	217	220	165	228
116	235	318	230	96	240	324	230	223	200	174	219
124	346	320	219	99	220	-	-	-	-	184	180
128	200	323	218	117	225	-	-	-	-	188	190
147	220	360	210	119	242	-	-	-	-	189	185
150	300	-	-	125	242	-	-	-	-	204	196
154	260	-	-	132	220	-	-	-	-	205	180
170	260	-	-	153	265	-	-	-	-	-	-
233	-	-	-	155	210	-	-	-	-	-	-
251	286	-	-	166	222	-	-	-	-	-	-
255	208	-	-	203	220	-	-	-	-	-	-
258	243	-	-	257	232	-	-	-	-	-	-
259	305	-	-	-	-	-	-	-	-	-	-
261	251	-	-	-	-	-	-	-	-	-	-

Age Group : 50-59

45	200	106	-	44	216	148	210	159	168	311	180
79	186	218	230	94	250	269	230	81	180	73	164
107	198	270	220	104	217	298	248	88	175	85	178

345

1	2	3	4	5	6	7	8	9	10	11	12
134	225	272	210	130	246	299	222	169	192	103	243
157	225	273	230	148	210	301	-	222	245	110	180
164	230	275	194	156	300	304	205	231	250	129	230
240	261	296	231	172	260	311	253	239	190	133	220
266	223	297	188	199	240	329	215	260	182	135	234
267	218	323	-	202	220	-	-	358	170	219	240
268	243	-	-	359	266	-	-	-	-	242	150
271	245	-	-	-	-	-	-	-	-	248	201

Age Group: 60-70 and above

37	214	312	200	38	247	59	248	192	183	187	160
40	208	334	225	41	191	287	232	218	-	207	200
105	237	335	219	54	220	292	220	220	172	339	195
111	229	337	210	114	245	332	232	N6	195	340	190
113	270	350	205	118	214	336	230	338	205	343	200
120	230	351	220	182	240	352	248	341	181	344	175
121	266	353	198	194	250	355	240	342	220	347	182
177	260	354	230	246	286	356	195	345	195	348	210
198	242	-	-	349	248	257	205	246	188	-	-
122	186	-	-	-	-	-	-	-	-	-	-
215	225	-	-	-	-	-	-	-	-	-	-
238	200	-	-	-	-	-	-	-	-	-	-
253	194	-	-	-	-	-	-	-	-	-	-

346

Individual data on serum phospholipid levels.

HIGH INCOME GROUP										LOW INCOME GROUP									
MEN					WOMEN					MEN					WOMEN				
S.No.	Non-veg.	S.No.	Veg.	S.No.	Non-veg.	S.No.	Veg.	S.No.	Non-veg.	S.No.	Non-veg.	S.No.	Veg.	S.No.	Non-veg.	S.No.	Non-veg.	S.No.	Non-veg.
1	2	3	4	5	6	7	8	9	10	11	12								
Age group : 20-29 yrs																			
11	235	278	183	7	193	250	160	89	154	2	190								
12	189	285	169	8	205	282	186	102	191	3	145								
13	172	294	200	14	224	286	178	178	190	4	212								
19	207	302	145	16	174	295	180	237	186	5	166								
20	174	309	189	23	204	300	240	241	145	9	155								
26	160	322	240	24	217	303	160	230	176	10	189								
27	140	325	215	25	150	315	223	256	163	17	174								
95	189	19	222	35	186			262	180	43	169								
123	206	190	183	46	160			263	194	47	155								
149	186	305	188	131	181			264	175	65	150								
167	212		205	152	220			265	190	66	183								
176	209			162	172					74	210								
180	266			163	210					84	184								
181	190			168	187					108	184								

1	2	3	4	5	6	7	8	9	10	11	12
183	212			173	200					141	200
210	163			185	192					159	190
211	154			192	180					160	172
212	162			195	175					161	186
228	186			196	226					197	220
232	170			235	231					206	161
233	200			224	166					214	189
234	162									244	194
236	180									249	169

Age Group : 30-39 years

28	190	145	210	29	231	279	191	57	208	1	180
30	233	281	243	33	194	289	210	86	172	6	187
32	241	282	185	39	215	310	198	90	204	52	158
34	238	284	260	60	201	316	215	2142	161	67	201
36	244	306	220	64	195	319	220	143	191	68	151
61	250	308	230			321	215	144	228	69	199
78	190	327	225			326	202	191	160	75	190
93	269	328	220			330	330	227	280	80	230
98	223							229	220	82	225
112	230							243	240	100	178

1	2	3	4	5	6	7	8	9	10	11	12
138	220									109	209
139	258									137	250
151	290									169	170
175	290									186	216
179	295									158	225
193	258									208	199
200	240									221	230
N1	245									245	198
216	223										
225	308										

Age group : 40-49 yrs.

21	259	277	198	22	224	274	227	56	218	53	199
51	194	280	180	49	218	276	237	83	182	62	226
58	266	288	198	50	199	291	220	87	176	69	160
63	190	290	278	55	260	293	196	127	260	101	208
97	--	307	215	70	216	313	222	217	225	126	168
115	257	317	235	77	228	314	225	213	216	165	240
116	256	318	240	96	256	324	245	223	230	174	220
124	277	320	220	99	231					184	183
128	199	323	220	117	233					188	185
147	240	360	230	119	260					189	192

1	2	3	4	5	6	7	8	9	10	11	12
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151	340			125	254					204	208
154	273			132	228					205	199
170	266			153	262					184	183
233	230			155	220						
251	312			166	235						
255	224			203	240						
258	243			257	242						
259	305										
261	260										

Age Group : 50-59 yrs.

45	196	106	226	44	224	148	220	59	162	31	192
79	194	218	245	94	264	269	240	81	182	73	174
107	220	270	229	104	220	298	260	88	186	85	188
134	259	272	220	130	260	299	240	169	200	103	242
157	258	273	259	148	206	304	205	222	245	110	193
164	236	275	196	156	333	301	240	231	260	129	226
240	265	296	227	172	266	311	255	239	200	133	226
266	242	297	207	199	258	329	225	260	195	135	248
267	230	323	230	202	230			358	185	219	245
268	225			359	276					248	215
271	248									242	160

1	2	3	4	5	6	7	8	9	10	11	12
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Age group : 60-70 abd above

37	220	312	220	38	262	59	245	192	189	187	192
40	194	334	228	41	236	287	240	220	190	207	205
105	227	335	215	54	235	292	232	N6	200	339	200
111	239	337	220	114	245	331	245	338	225	340	193
113	269	350	215	118	224	332	240	341	185	343	210
120	178	351	218	182	250	336	236	342	228	344	182
121	268	353	210	194	266	352	225	345	210	347	190
177	256	354	233	246	281	355	242	346	198	348	210
198	264			349	245	356	200				
238	206					357	204				
215	236										
122	190										
253	203										

Data on serum triglycerides according to sex, dietary pattern and income status.

HIGH INCOME GROUP												LOW INCOME GROUP											
Males						Females						Males						Females					
S.No.	Non Veg.	S.No.	Veg.	S.No.	Veg.	S.No.	Non Veg.	S.No.	Veg.	S.No.	Non Veg.	S.No.	Non Veg.	S.No.	Veg.	S.No.	Non Veg.	S.No.	Non Veg.	S.No.	Non Veg.	S.No.	Non Veg.
1	2	3	4	5	6	7	8	9	10	11	12												
11	130	19	120	7	108	250	84	89	106	2	69												
12	140	190	133	8	96	281	118	102	140	3	115												
13	98	278	133	14	129	286	100	178	100	4	110												
19	122	285	119	16	100	295	95	230	124	5	79												
20	139	294	105	23	116	300	140	237	113	9	120												
26	130	302	99	24	122	303	122	241	131	10	110												
27	129	309	83	25	73	315	120	256	74	17	118												
95	130	325	125	35	117	-	-	262	112	43	116												
123	120	322	135	46	125	-	-	263	85	47	100												
149	104	-	-	131	85	-	-	264	75	65	88												
167	134	-	-	152	150	-	-	265	88	66	109												
176	96	-	-	162	103	-	-	-	-	74	88												
180	145	-	-	163	130	-	-	-	-	84	101												
181	112	-	-	168	120	-	-	-	-	108	112												
183	127	-	-	173	129	-	-	-	-	141	132												

Age Group : 20-29 years

1	2	3	4	5	6	7	8	9	11	12
210	138	-	-	185	148	-	-	-	159	107
211	126	-	-	192	97	-	-	-	160	131
212	140	-	-	195	120	-	-	-	161	130
228	136	-	-	196	96	-	-	-	197	112
232	81	-	-	224	96	-	-	-	206	106
233	130	-	-	235	123	-	-	-	214	Broken
234	93	-	-	-	-	-	-	-	244	122
236	100	-	-	-	-	-	-	-	249	82
254	134	-	-	-	-	-	-	-	-	-
262	-	-	-	-	-	-	-	-	-	-

Age Group : 30-39

28	117	145	148	29	106	279	60	57	111	1	104
30	125	281	140	33	125	310	115	86	130	6	108
32	145	283	92	39	127	316	105	90	109	52	100
34	130	284	166	42	126	289	150	142	105	67	75
36	145	306	113	60	112	321	100	143	144	68	85
61	104	308	140	64	122	326	94	144	134	75	107
78	112	327	102	71	118	330	132	191	84	80	123
93	160	328	135	72	95	-	-	227	152	82	140
98	146	-	-	91	96	-	-	-	-	100	130

1	2	3	4	5	6	7	8	9	10	11	12
112	160			92	120	-	-	229	140	119	119
138	140			140	123	-	-	243	122	109	117
139	135			171	138	-	-	-	-	137	148
145	148			247	119	-	-	-	-	158	-
151	176			252	167	-	-	-	-	186	99
175	157	-	-	-	-	-	-	-	-	208	84
179	180	-	-	-	-	-	-	-	-	69	82
193	135	-	-	-	-	-	-	-	-	221	146
200	160	-	-	-	-	-	-	-	-	245	85
-	145	-	-	-	-	-	-	-	-	-	-
229	165	-	-	-	-	-	-	-	-	-	-
216	133	-	-	-	-	-	-	-	-	-	-

Age Group: 40-49											
21	134	277	105	22	120	274	108	56	128	53	95
51	124	280	113	49	135	276	98	83	119	62	120
58	127	288	100	50	126	291	130	87	130	69	86
63	136	290	158	55	104	293	126	127	126	101	110
97	-	307	129	70	118	313	83	217	89	126	99
115	152	317	160	77	120	314	95	213	108	165	122

1	2	3	4	5	6	7	8	9	10	11	12
116	176	318	110	96	159	324	107	223	120	184	148
124	166	320	107	99	151	-	-	-	-	188	130
128	190	323	120	117	140	-	-	-	-	189	108
150	190	360	115	119	128	-	-	-	-	204	120
154	165	-	-	125	145	-	-	-	-	205	104
170	-	-	-	132	136	-	-	-	-	-	-
233	188	-	-	153	142	-	-	-	-	-	-
251	182	-	-	155	130	-	-	-	-	-	-
255	170	-	-	166	145	-	-	-	-	-	-
258	180	-	-	203	152	-	-	-	-	-	-
259	133	-	-	254	152	-	-	-	-	-	-
261	152	-	-	203	152	-	-	-	-	-	-

Age Group: 50-59

45	120	106	152	44	118	148	135	59	93	31	110
79	156	218	130	94	190	269	152	81	112	73	113
107	152	270	139	104	102	298	98	88	109	85	95
134	165	272	141	130	146	299	115	169	135	103	132
157	169	273	125	156	190	301	142	222	134	110	158

1	2	3	4	5	6	7	8	9	10	11	12
164	161	275	85	148	145	304	102	231	135	129	136
240	172	296	168	172	168	311	140	239	142	133	116
266	156	297	138	199	140	329	145	260	130	135	106
267	168	323	-	202	115	-	-	358	142	219	45
268	145	-	-	-	-	-	-	-	-	242	131
271	170	-	-	-	-	-	-	-	-	248	114

Age Group: 60-70 and above

37	150	312	113	18	112	59	133	116	115	187	136
40	129	334	152	38	139	287	140	192	128	207	109
105	169	335	148	41	160	292	125	136	-	339	115
111	160	337	162	54	125	332	116	218	-	340	102
113	165	350	125	114	148	336	152	220	120	343	112
120	136	351	130	118	160	352	109	338	130	344	126
121	169	353	145	182	130	355	135	341	141	347	122
122	130	354	160	194	165	356	142	342	105	348	118
177	142	-	-	349	141	357	115	345	115	-	-
198	185	-	-	-	-	-	-	346	120	-	-
215	148	-	-	-	-	-	-	-	-	-	-
238	150	-	-	-	-	-	-	-	-	-	-
253	126	-	-	-	-	-	-	-	-	-	-

Individual data on serum magnesium

MALES				FEMALES			
HIG		LIG		HIG		LIG	
S.No.	Mg. (mg%)	S.No.	Mg. (mg%)	S.No.	Mg (mg%)	S.No.	Mg (mg%)
1	2	3	4	5	6	7	8
11	1.6	89	1.8	7	1.6	2	-
12	1.6	102	1.7	8	-	3	1.5
13	1.7	178	1.8	14	2.0	4	1.7
19	1.8	230	2.2	16	2.1	5	1.6
20	1.7	237	2.0	23	1.8	9	1.8
27	1.9	241	2.2	24	1.7	10	1.5
95	2.0	256	2.1	25	1.8	17	1.9
123	2.0	262	2.0	35	1.8	43	1.6
149	2.0	263	-	46	1.6	47	1.6
167	2.0	264	2.1	131	1.7	65	1.7
176	1.8	265	2.2	152	2.1	66	1.5
180	1.8			162	1.7	74	1.6
181	2.0			163	1.9	84	1.8
183	2.2			168	1.9	108	1.7
210	1.8			185	1.9	141	2.0
211	2.1			192	2.0	159	1.6

Age Group : 20-29 yrs

753

1	2	3	4	5	6	7	8
212	2.2			195	2.0	160	1.7
228	1.9			196	2.3	161	1.8
232	1.9			224	2.2	197	2.1
233	1.9			235	1.9	206	2.1
234	2.1			282	2.0	214	1.9
236	1.8			286	1.8	244	1.9
254	1.8			295	2.2	249	1.6
278	1.9			300	1.8		
285	2.0			303	2.0		
294	1.8			315	2.3		
302	1.8			250	2.2		
309	2.1						
322	2.1						

Age Group : 30-39 yrs

28	1.8	57	1.9	29	1.9	1	-
30	1.8	86	1.9	33	1.8	67	1.8
32	2.0	90	2.0	39	2.1	68	1.9
34	1.8	142	2.0	60	1.8	69	1.6
36	1.9	143	2.3	64	1.7	75	1.9
61	1.9	144	2.2	71	1.5	80	1.9

1	2	3	4	5	6	7	8
78	1.8	191	1.9	72	1.6	100	1.7
93	1.9	227	2.4	91	1.7	109	2.0
98	2.1	229	1.9	92	1.9	137	2.0
112	2.3	243	2.1	140	2.1	169	2.1
138	2.0			146	1.8	186	1.9
139	2.2			171	1.9	208	2.1
145	2.0			247	1.9	245	1.9
151	1.9			252	2.1	82	1.6
175	1.8			279	1.8		
179	2.0			289	1.8		
193	1.9			310	2.0		
200	2.0			316	2.2		
N1	1.9			319	2.1		
216	2.2			321	2.2		
225	1.8			326	2.4		
306	2.0						
281	1.7						
282	2.0						
284	2.4						
328	2.6						

1	2	3	4	5	6	7	8
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Age group : 40-49 yrs

21	1.8	56	1.6	22	1.9	53	1.6
51	1.8	83	1.9	49	1.8	62	1.7
58	1.7	87	1.8	50	1.7	69	1.9
63	2.1	127	2.1	55	1.9	101	1.8
97	-	213	2.3	70	2.0	126	1.5
115	1.8	217	2.2	77	1.8	165	1.8
124	1.9	223	2.1	96	1.8	174	1.7
116	2.0			99	1.9	184	2.2
128	1.9			117	1.7	189	2.1
147	1.9			119	1.7	204	2.1
151	1.9			125	2.1	205	2.2
154	2.0			132	2.1		
170	1.8			153	1.7		
251	2.0			155	1.9		
255	2.4			166	2.0		
258	2.0			203	2.0		
259	2.0			257	2.1		
261	1.9			274	2.5		
277	2.1			276	2.1		

1	2	3	4	5	6	7	8
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280	2.0			291	2.3		
288	1.8			293	2.1		
290	2.0			313	2.2		
307	2.5			314	2.0		
317	2.1			324	2.1		
318	2.1						
320	2.2						
323	2.0						

Age Group : 50-59 yrs

45	2.1	59	1.8	44	2.1	31	1.8
79	1.9	81	1.9	94	1.9	73	1.9
107	2.3	88	2.0	104	1.6	85	1.5
106	2.1	169	2.0	130	2.0	103	1.6
134	2.0	231	1.6	148	2.2	110	1.9
157	2.1	239	2.0	156	1.9	129	1.8
164	2.1	222	2.0	172	1.6	133	2.0
240	1.8	260	2.1	199	2.1	219	1.8
268	1.9	358	2.1	202	2.1	242	2.2
266	1.9			298	2.0	248	1.8
267	2.2			272	1.8		
271	1.7			301	2.2		

1	2	3	4	5	6	7	8
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273	1.8			329	3.4		
275	2.4			304	2.2		
296	1.6			311	1.8		
270	2.0						
270	1.9						
297	1.8						

Age group : 60-70 yrs

37	2.2	192	2.2	38	2.2	187	1.8
41	2.1	220	2.3	41	2.1	207	2.2
105	-	N6	2.1	114	1.8	339	2.0
111	1.9	338	2.2	118	1.7	340	1.9
113	1.8	341	2.1	182	2.2	343	1.7
120	2.2	342	1.9	194	2.0	344	2.2
121	1.9	345	2.1	246	1.8	347	2.2
177	1.9	346	2.0	287	2.0	348	2.0
198	2.0			332	2.1		
215	2.0			336	1.7		
238	1.9			349	1.6		
122	1.9			352	1.9		

1	2	3	4	5	6	7	8
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253	2.1	355	2.1
312	2.4	356	1.6
334	2.0		
335	1.7		
337	2.1		
350	2.1		
351	1.8		
353	2.2		
354	1.6		