

Annexure 13

Mean Change in the Macro Nutrient Intakes of the Girls

Study Groups	N	Initial Mean $\pm$ SD Median	Final Mean $\pm$ SD Median	Mean change $\pm$ SD
Energy (Kcal)				
IFA-1Wkly	33	1010 $\pm$ 294.5 1020	1073 $\pm$ 231.89 1047	63 $\pm$ 185.7
IFA-2Wkly	33	992 $\pm$ 325.99 961	1093 $\pm$ 261.41 1073	101 $\pm$ 171.9
IFA-Daily	31	1062 $\pm$ 339.1 1046	1116 $\pm$ 202.04 1134	54 $\pm$ 194.7
No-IFA	32	1057 $\pm$ 371.2 988	1030 $\pm$ 243.42 1019	-27 $\pm$ 225.4
Protein (gm)				
IFA-1Wkly	33	28.09 $\pm$ 9.79 27.74	30.86 $\pm$ 7.58 29.83	2.78 $\pm$ 7.22
IFA-2Wkly	33	27.21 $\pm$ 9.20 26.17	31.28 $\pm$ 7.59 31.66	4.08 $\pm$ 7.15
IFA-Daily	31	27.71 $\pm$ 9.89 28.29	31.67 $\pm$ 7.91 31.48	3.97 $\pm$ 5.68
No-IFA	32	28.47 $\pm$ 10.06 27.77	27.86 $\pm$ 7.98 25.73	-0.62 $\pm$ 5.83
Fat (gm)				
IFA-1Wkly	33	24.50 $\pm$ 12.60 22.28	25.20 $\pm$ 10.02 23.23	0.71 $\pm$ 11.2
IFA-2Wkly	33	24.45 $\pm$ 11.01 21.37	22.93 $\pm$ 11.37 21.54	-1.52 $\pm$ 12.5
IFA-Daily	31	26.85 $\pm$ 15.54 23.58	24.00 $\pm$ 9.64 24.34	-2.85 $\pm$ 12.4
No-IFA	32	25.48 $\pm$ 18.19 21.57	26.47 $\pm$ 15.16 22.14	0.99 $\pm$ 18.3
Carbohydrate (gm)				
IFA-1Wkly	33	163.82 $\pm$ 47.3 168.28	176.52 $\pm$ 42.41 168.44	12.70 $\pm$ 36.38
IFA-2Wkly	33	161.79 $\pm$ 63.0 151.82	187.02 $\pm$ 42.93 185.94	25.23 $\pm$ 47.58
IFA-Daily	31	173.52 $\pm$ 53.4 181.72	188.69 $\pm$ 32.01 192.69	15.83 $\pm$ 32.46
No-IFA	32	173.67 $\pm$ 57.1 172.5	166.92 $\pm$ 40.47 169.36	-6.76 $\pm$ 39.75