

APPENDIX - XVIII

Table : Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls (13 - 15 years) during Monsoon Season (n = 39)

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 = 40)										
Pulses										
a Dal	26	65.0	7	17.5	7	17.5	-	-	-	-
b Legumes	-	-	6	15.0	18	45.0	12	30.0	4	10.0
c. Sprouts	-	-	-	-	6	15.0	25	62.5	9	22.5
GLVs (amaranth, spinach, fenugreek)	-	-	9	22.5	15	37.5	16	40.0	-	-
Roots & Tubers (potatoes, onions)	17	42.5	18	45.0	5	12.5	-	-	-	-
Other Vegetables [@]	8	20.0	25	62.5	7	17.5	-	-	-	-
Milk & Milk Products	40	100.0	-	-	10	25.0	15	37.5	-	-
Fruits	-	-	8	20.0	19	47.5	13	32.5	-	-
Non vegetarian										
a. Eggs	-	-	-	-	3	7.5	18	45.0	12	30.0
b Meat	-	-	-	-	-	-	10	25.0	25	62.5
Girls (n = 39)										
Pulses										
a Dal	15	39.0	15	39.0	8	20.8	-	-	-	-
b. Legumes	-	-	-	-	2	5.2	18	46.8	7	18.2
c Sprouts	-	-	-	-	-	-	-	-	-	-
GLVs (amaranth, spinach, fenugreek)	-	-	-	-	-	-	-	-	13	33.8
Roots & Tubers (potatoes, onions)	2	5.2	35	91.0	2	5.2	-	-	-	-
Other Vegetables [@]	-	-	39	100.0	-	-	-	-	-	-
Milk & Milk Products	39	100.0	-	-	-	-	22	57.2	-	-
Fruits	-	-	-	-	-	-	10	26.0	13	33.8
Non vegetarian										
a Eggs	-	-	-	-	-	-	-	-	-	-
b Meat	-	-	-	-	-	-	-	-	-	-

[@] This category includes bottle gourd, bitter gourd, cluster beans, brinjal, ladies finger