

APPENDIX - XIX

Table : Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls
(16 – 18 years) during Monsoon 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 = 30)										
Pulses	-	-	18	59.4	6	19.8	-	-	-	-
a Dal	-	-	2	6.7	25	82.5	3	9.9	-	-
b Legumes	-	-	-	-	6	19.8	15	49.5	4	13.2
c Sprouts	-	-	6	19.8	10	33.0	14	46.2	-	-
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	6	19.8	10	33.0	14	46.2	-	-
Roots & Tubers (potatoes, onions)	27	89.1	3	9.9	-	-	-	-	-	-
Other Vegetables [@]	25	82.5	5	16.5	-	-	-	-	-	-
Milk & Milk Products	30	100.0	-	-	20	66.6	6	19.8	4	13.2
Fruits	-	-	6	19.8	18	59.4	6	19.8	-	-
Non vegetarian	-	-	3	9.9	25	82.5	2	6.6	-	-
a. Eggs	-	-	-	-	-	-	16	52.8	3	9.9
b Meat	-	-	-	-	-	-	-	-	-	-
Girls (n = 30)										
Pulses	14	46.2	13	42.9	3	3.3	-	-	-	-
a Dal	-	-	-	-	3	3.3	10	33.3	-	-
b. Legumes	-	-	-	-	-	-	-	-	2	6.7
c. Sprouts	-	-	-	-	-	-	-	-	-	-
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	-	-	-	-	3	3.3
Roots & Tubers (potatoes, onions)	5	16.5	18	59.4	7	23.1	-	-	-	-
Other Vegetables [@]	1	3.3	16	52.8	13	42.9	-	-	-	-
Milk & Milk Products	30	100.0	-	-	-	-	10	33.3	5	16.5
Fruits	-	-	-	-	3	10.0	10	33.3	-	-
Non vegetarian	-	-	-	-	-	-	-	-	-	-
a. Eggs	-	-	-	-	-	-	-	-	-	-
b Meat	-	-	-	-	-	-	-	-	-	-

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