

APPENDIX - XX

Table : Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls (10 – 12 years) during Winter 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 = 31)										
Pulses										
a. Dal	2	6.4	26	83.7	3	9.7	-	-	-	-
b. Legumes	-	-	-	-	3	9.7	-	-	-	-
c. Sprouts	-	-	-	-	-	-	-	-	-	-
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	-	-	-	-	6	19.3
Roots & Tubers (potatoes, onions, carrots, sweet potato)	-	-	28	90.2	3	9.7	-	-	-	-
Other Vegetables [@]	2	6.4	26	83.7	3	9.7	-	-	-	-
Milk & Milk Products	31	100.0	-	-	-	-	-	-	-	-
Fruits	-	-	10	32.2	13	41.9	8	25.8	-	-
Non vegetarian										
a. Eggs	-	-	-	-	13	41.9	15	48.3	3	9.7
b. Meat	-	-	-	-	-	-	8	25.8	10	32.2
Girls (n = 25)										
Pulses										
a. Dal	8	32.0	12	48.0	5	25.0	-	-	-	-
b. Legumes	-	-	-	-	-	-	12	48.0	13	52.0
c. Sprouts	-	-	-	-	-	-	10	40.0	5	20.0
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	-	-	8	32.0	17	68.0
Roots & Tubers (potatoes, onions, carrots, sweet potato)	5	20.0	19	76.0	1	4.0	-	-	-	-
Other Vegetables [@]	6	24.0	19	76.0	-	-	-	-	-	-
Milk & Milk Products	25	100.0	-	-	-	-	-	-	-	-
Fruits	10	40.0	10	40.0	5	20.0	-	-	-	-
Non vegetarian										
a. Eggs	-	-	-	-	-	-	-	-	-	-
b. Meat	-	-	-	-	-	-	-	-	-	-

[@] This category includes cabbage, cauliflower, tender red gram, tender peas, bottle gourd, bitter gourd, cluster beans, brinjal, ladies finger