APPENDIX - XXII

SMT. HANSA MEHTA LIBRARY
M.S. UNIVERSITY OF BARODA
Baroda

Table: Frequency of the Selected Protective Foods Consumed by Adolescent Boys and Girls (16 – 18 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 = 28)									
Pulses										
a Dal	6	21 6	22	79.2	-	-	-	-	-	-
b Legumes	-	-	2	7 2	20	72 0	6	21 6	-	-
c Sprouts	-	-	-	-	3	10.8	15	54 0	-	-
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	2	7 2	6	21 6	10	36 0		
Roots & Tubers (potatoes, onions, carrots, sweet potato)	3	10 8	25	89.2	-	-	-	-	-	-
Other Vegetables@	18	64.8	10	36 0	-	-	-	-	-	-
Milk & Milk Products	28	100.0	-	-	-	-	-	-	-	-
Fruits	-	-	8	28.8	13	46.8	7	25.2	-	-
Non vegetarian										
a. Eggs	-	-	-	-	10	36 0	13	46 8	3	10 8
b. Meat	-	-	-	-	-	-	16	57.6	12	43 2
	Girls (n = 28)									
Pulses										
a. Dal	25	90.0	3	10.8	-	-	-	-	-	-
b Legumes	-	-	-	-	-	-	13	46.8	-	-
c Sprouts	-	-	-	-	-	-	10	36 0	5	17 9
GLVs (amaranth, spinach, fenugreek leaves,)	-	-	-	-	-	-	6	21 6	-	-
Roots & Tubers (potatoes, onions, carrots, sweet potato)	-	-	20	72.0	-	-	-	-	-	-
Other Vegetables@	16	57.6	12	43.2	-	-	-	-	-	-
Milk & Milk Products	28	100.0	-	-	3	10.8	16	57.6	-	-
Fruits	-	-	-	-	16	57 6	10	36.0	-	-
Non vegetarian										
a Eggs	-	-	-	-	-	-	-	-	4	14 4
b Meat	-	-	-	-	-	-	-	-	3	10 8

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