Abstract

Abstract Title: Estimation Of Consumption Of Dairy Products In Late Adolescence (17-19 Years) And Development Of A Nutrition Counselling Aid To Improve Dairy Consumption

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Abstract (not more than 300 words)

Adolescence is a period of rapid growth where, up to 45% of skeletal growth takes place and up to 25% of adult height is achieved. Consequently, adolescents should be educated and encouraged to consume balanced diets that, together with healthy lifestyles, enable optimal calcium utilization. The objective of present study was to assess milk and dairy food consumption pattern among adolescents (17-19 years) and development of a nutrition counselling aid to educate participants about benefits of the same. A total of 250 adolescent girls, aged 17-19 years from 2 Delhi University Colleges were enrolled for study. General information relating to demographic profile, family background, socio-economic status as well as daily dairy habits were elicited. On a sub sample, anthropometric and dietary data was obtained using 24-hour recall and FFQ. A nutrition counselling aid was developed to educate the sub sample of the benefits of dairy foods.
Most of the girls were consuming milk (78%) and curd (44%) on daily basis, which established adequacy of milk and milk products to 90%. The anthropometric data indicated that most of the girls were in median range of BMI z-score (according to WHO BMI-for age classification). Results revealed that family income, peers and friends' food choices and family knowledge were limiting factors responsible for decreasing dairy intake of subjects. After intervention, attitude and practice of subjects improved with regard to dairy intake.
Periodic reinforcement of nutrition counselling helps adolescents make healthy
food choices.
Keywords— Adolescence, calcium, nutrition counselling, 24-hour recall

Professional Biography (100-150 words)

Sakshee Dhawan has completed her Masters (Food and Nutrition) from Delhi University in 2016 on the above topic. She is currently pursuing her PhD (Food and Nutrition) from Amity University. Her PhD work relates to study the impact of nutrition counselling on prevention of hypertension and to estimate prevalence of hypertension in Delhi Region of India.

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Any Comments: