Food consumption pattern and nutrient intake of elderly

CHANDRABHAGA PAWAR AND VIJAYA NALWADE

The present study was undertaken to find out the food consumption pattern of 300 selected elderly from Parbhani city. Pattern of food consumption was assessed by interview method by using pretested questionnaire schedule. One tenth of the representative sample (30) was randomly selected for assessing the food and nutrient intake by 24 hours recall method.It was found that the habit of taking mixed cereal diet in both lunch and dinner was prevailing among elderly of the present study. Maximum elderly followed two meal patterns. It was also found that most of elderly were consuming seasonal vegetables and fruits. Intake of nutrients like energy, protein, iron, fat, thiamin, niacin and vitamin C by the elderly men and women were found to be less than RDA. Among the selected elderly the per cent adequacy for different nutrients varied from 57.14 to 136 in men and 59.76 to 122 for women. The highest per cent adequacy was recorded in the providing calcium in men and women while the lowest per cent adequacy was recorded in providing Riboflavin and Iron in elderly men and women.

Key Words : Elderly, Food consumption pattern, Food and nutrient intake

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● MEMBERS OF RESEARCH FORUM ●

Author for correspondence :
VIJAYA NALWADE, Department of Food and Nutrition, College of Home Science, Vasantrao Naik Marathwada Krishi Vidyapeeth, PARBHANI (M.S.) INDIA
Email : vm_nalwade@rediffmail.com

Associate Authors' :
CHANDRABHAGA PAWAR, Department of Food and Nutrition, College of Home Science, Vasantrao Naik Marathwada Krishi Vidyapeeth, PARBHANI (M.S.) INDIA
Email : chandrabhagapawar19@gmail.com