



Advice for Nutritionally deficient Youngsters of Haryana

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INTRODUCTION

As we know that the majority of wrestlers originate from the Haryana, it is well renowned for its rich diet, particularly one high in milk and ghee, as well as for physical strength of the youngsters. However, Haryana's nutritional status is declining right now. Particularly Haryana women are now at risk of anemia. Proteins, the "building blocks" of life, are not only missing in the Indian diet but also frequently ignored. India consumes substantially less protein than the 48 grams per day that the Indian Council of Medical Research advises (ICMR). 0.8 to 1 mg of protein per kg of body weight is the recommended daily consumption for an average Indian adult, however most people only consume approximately 0.6 gm. The primary cause of poor nutritional status of women may be dieting for zero-figure. An essential factor in determining a country's health is the nutritional status of teenagers. The foundation for the younger generation's superior health than that of the parent generation is this time of life. Unfortunately, adolescents of Haryana have been considered a low risk group for poor health and nutrition and often receive less attention. The restrictions on this issue may be time and money. Anthropometric measurements can be used to quickly determine the nutritional status of a large number of teenagers. The most accurate way to assess nutritional status is through measurements of height, weight, body mass index (BMI), waist and hip circumferences. Following the collection of data on nutrient intake, it is compared to the prescribed dietary allowances and the adequacy of various nutrients in the population's diet is calculated, providing an estimate of the nutritional shortfall or sufficiency. The National Institute of Nutrition updates the RDA recommendations depending on factors such as age and gender. So here we will discuss about the basic requirement of nutrition for adolescent.

BMI (Body Mass Index): BMI is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet).

For example, Height = 5'5" / 65 inch / 162.5 cm / 1.625 m, Weight = 58 kg

According to formula, 58 kg is divided by square of 1.625 m, results into 21.96 BMI which comes in normal range of BMI. According to the normal range (18.5-24.9), this height can carry weight from 50 to 65 kg.

STATUS	BMI RANGE
UNDERWEIGHT	Below 18.5
NORMAL	18.5-24.9
OVERWEIGHT	25-29.9
OBESE	30-34.9
EXTREMELY OBESE	Above 35

Present nutritional status of adolescent:

According to Rani, N (2016), The diets of both male and female teenagers in both age groups, the daily mean consumption of calories, protein, calcium, iron, -carotene, vitamin C, and zinc was significantly lower than their respective RDAs. The daily mean intake of fat, however, was discovered to be higher than expected. The majority of the adolescents,

according to the study, consumed energy at marginally adequate levels (58.5%), protein at marginally inadequate levels (46.5%), fats at adequate levels (51%) and calcium at marginally inadequate levels (38%), -carotene at inadequate levels (50%) and vitamin C at inadequate levels (35.5%), and zinc at inadequate levels (86%).

Anthropometric status:

	Age (years)	Weight (kg)	Height (cm)	BMI (kg/m ²)
Boys (15-17yr)	15.27	45.86	165.98	17.28
Girls (13-15yr)	14.75	42.37	152.91	18.07

Protein requirement for an average adult is 0.8 grams per kilogram of body weight. For example, your body weight is 58 kg. Now multiply 58 with 0.8, which is 46.4 in number and this is your daily protein requirement.

Reason behind declining in status of nutrients: Any nutritional shortfall can have a variety of causes, but the three main ones are insufficient nutrient intake, insufficient nutrient absorption, and increasing nutrient requirements that are not met.

- ✚ When a person's diet is deficient in vitamins or minerals, A deficit can result from eating a restricted diet or following a fad diet that typically excludes vital vitamins and minerals such vitamin B, vitamin C, zinc, and

iron. Because food processing can leach vitamins and minerals out of food, consuming a poor or unbalanced diet or eating excessive amounts of processed and junk food also degrades the body of important vitamins and minerals.

- ✚ Losing muscle mass due to a protein deficiency can reduce strength, make it more difficult to maintain balance, and slow your metabolism. When your cells don't receive enough oxygen, it can also cause anemia, which makes you tired.
- ✚ Being vegetarian or vegan might result in a lack of protein - Dairy products are an excellent source of calcium in

addition to protein, thus vegetarians and vegans who avoid all animal products typically lack both of these nutrients.

- ✚ Cooking and vitamin deficiencies - Consistently overcooking your meals can result in vitamin deficiencies. Food vitamins are destroyed when it is overcooked.
- ✚ There are specific occasions when you need more nutrients than usual, such as during pregnancy when you need a lot of protein, iron, and folic acid. If the food is deficient in the right amount of these nutrients, nutritional insufficiency will result.
- ✚ If you have an intestinal disorder or another medical condition that prevents you from absorbing vitamins, you may become deficient in vitamin B-12. You may also experience abnormal bacterial growth in your stomach or experience stomach or intestine surgery.
- ✚ Alcohol and deficiency - Drinking alcohol prevents the body from properly absorbing other vitamins, including vitamin C and folate.
- ✚ Smoking - Since smoking reduces the absorption of vitamin C, it also contributes to vitamin C deficiencies.

Reccomendation:

- ✚ A handful of nuts to start the day is a wonderful way to increase your protein intake and avoid sugar cravings all day.
- ✚ Your body benefits from the right amount of probiotics in homemade curd. Probiotics are beneficial microorganisms that your body needs to function properly. They help with digestion, nutrient assimilation, and gut health.
- ✚ The staple meals of khichadi, Pongal, and even rajma rice all contain all nine essential amino acids. To make your

khichadi a nutrient powerhouse, add some vegetables also.

- ✚ You can include any sprouting legume you desire, such as green moong, black chana, lobia, rajma, green peas, etc.
- ✚ Combine all the roasted lentils, including the beans and the toor, masoor, and moong chana. You can add one or two tablespoon to your chapati dough or even your millet flour roti mix after you've ground them into a flour consistency. A tablespoon or two of it can also be added to buttermilk to make a delicious post-workout beverage. You may also use this flour to make pancakes if you're in the mood for something sweet.
- ✚ A quick snack is a great way to give yourself an energy boost for the later part of the day. Some excellent alternatives for this include boiling peanuts and giving them a chaat twist, as well as sautéing some paneer or mushrooms.
- ✚ To add protein to your soup and salad, try adding seeds, nuts like almonds and walnuts, soaked lentils, and sprouts. The combination of veggies and dals, such as moong, toor, and masoor, among others, make soups appetizing and a high-protein alternative. Soups are simple to cook.
- ✚ Your protein intake is increased by eating seeds like those from sunflower, hemp, chia, sabza, pumpkin, garden cress, and melon, as well as seeds high in lipids, fibre, magnesium, selenium, and other micronutrients. They can be included in salads, soups, cereal, and even halwa.

CONCLUSION

For the boys and young men, an increase in protein intake had no impact on body height, but for the females, there was a strong

correlation. Scientists calculated that an average increase in protein consumption of seven grammes per day over the suggested amount results in an average height gain of one centimeter. By adjusting their protein intake to the recommendations, that is, by not unduly increasing their protein consumption, girls may even achieve a reduction in their later adult height by a few centimeters during growing, if a gain in height is not wanted.

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