

# C.B.R DEGREE COLLEGE COMMUNITY SERVICE PROJECT



**ANDHRA PRADESH  
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

# **A PROJECT REPORT ON**

# **NUTRITION**

# **COMMUNITY SERVICE PROJECT ON**

## **NUTRITION**

Submitted in accordance with the requirement for the Bachelor Degree

Adikavi Nannaya University, Rajamahendravaram

Submitted by



**Name : TATIKAYALA. PREETHI SOWMYA**

**Reg.No : 200757110067**

**Group : B.Sc. [C.B.Z]**

**Under the Guidance of SRINIVAS GARU**

## **C.B.R DEGREE COLLEGE**

(Affiliated to Adikavi Nannaya University)



### **CERTIFICATE**

This is to certify that T. PREETHI SOWMTA with Reg.no 200757110067 of C.B.R DEGREE COLLEGE underwent community service in NUTRITION. The overall performance of the Community Service Volunteer during his/her Community Services is found to be \_\_\_\_\_(satisfactory/good)

Signature of the guide

**Signature of the principal**

## **DECLARATION**

I hereby declare that the work done in this community service project titled "NUTRITION" is entirely original and was carried out by me independently in the KUMARAPURAM Village of Pithapuram mandal, Kakinda district of Andhra Pradesh under the supervision of SRINIVAS sir lecturer, C.B.R Degree college, Pithapuram.

I further declare that the project is submitted for awarding grades

Place:

Signature of the Student

## **ACKNOWLEDGMENT**

The successful completion of any task is not possible without proper guidance, suggestions and environment combination of these three factors act like backbone to my project.

I thank the people of KUMARAPURAM village/Town for their response and support during data collection to complete the project work.

I express my sincere thanks to Mr.CH.Surya Rao garu, Principal, C.B.R Degree College, Pithapuram for being a source of inspiration.

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# INTRODUCTION

# NUTRITION

Nutrition plays a great role in our daily life. The food or liquids affect our body and health because each food or liquid contain particular nutrition which is very necessary for our physical and mental growth. A particular level of any particular nutrition is essential for our body. So, we should know that what food we have to take, how much and what type of nutrition contain a particular food.

Whenever we take any food or nourishing liquids, our body digests and absorbs the simple but essential minerals, vitamins, fats, proteins, carbohydrates, fats and water from these food or nourishing liquids and converts it into the bloodstream and energy that help our body to grow and keep it healthy.

The nutrition value is more important for any individual's health. The food or liquids whenever we take it affect our body and health as well both. So, it is very important that we should be more aware of the foods or liquids whatever we take in our daily life. A large number of diseases occur only due to wrong diet. Some certain diet may itself cause some disease or alter the course of a known disorder such as diabetes, heart or kidney disease.

## **Why Nutrition is important for us?**

As we know that food and water is necessary to build up our body and keep it healthy. Every good food and liquid contain some important nutrition like proteins, carbohydrate, fats, some vitamins, minerals and water. These all play different role to keep our body healthy and build new cells in our body.

## **These are the important nutrition and their role in our body:**

### **Protein:**

Protein helps our body to build muscles and strong immune system. Basically, proteins are made up of long chains of amino acids. There are 22 different types of amino acid and our body needs all these amino acids to function properly. Protein is abundant type of nutrient in our body that builds new tissues and repairs all damaged cells in our body. It also helps in formation of hormones and enzymes which play variety of roles in our body such as metabolism and sexual development. There are many types of protein that play different types of important role in our body. For example, collagen is a protein and it gives the strength, elasticity and composition of our hair and skin. Some of the good protein sources are lentils, low-fat dairy products, tofu, nuts, seeds, peas, tempeh. Some common foods such as whole grain bread, potatoes, corn and pasta also have protein. Soya protein is the most essential and strong protein and it is equal to any animal origin protein.

### **Carbohydrates:**

Carbohydrates give us energy. This is an ideal source of energy for the body because carbohydrates converted more readily into glucose. It helps our body to supply the energy for the formation of cellular constituent. Carbohydrates are made up of three compounds Carbon, Hydrogen and Oxygen formed by plants. There are four types of carbohydrates are important - Sugar, Starches, Fiber and Gum. If carbohydrates taken regularly, it doesn't cause any weight gain, unless like other food group. There are two types of carbohydrates - Complex and Simple. Efficiency of carbohydrates can cause the production of

ketones in the body; it can result into a condition known as ketosis. The good examples of carbohydrates are breads, potatoes, pasta, soda, chips, candies/sweets, cookies/biscuits, puddings, cakes, sugar, bananas etc.

## Fats:

Fat provides us extra energy. It is a nutrient and a particular amount of fat is necessary for our body. It doesn't always make us fat. It plays role to insulate our bodies by giving us protection from sudden changes in temperature and also protects our vital organs. Fats consists of a wide group of compounds are soluble in organic solvents and insoluble in water. Fats provide 9 calories per gram. When dietary fat is digested, fatty acids are produced. It is also important for healthy skin and blood pressure regulation.

There are two types of fats Saturated (solid at room temperature) and Unsaturated (liquid at room temperature). To obtain an adequate amount of linoleic acid, one of the few fatty acids the body cannot produce on itself. Any adult needs one tablespoon of unsaturated fat daily. Saturated fats mainly occur in dairy products like butter, cream, cheese and some chocolates. The source of unsaturated fats is soybean, sunflower and corn oils.

## Vitamins:

A vitamin is an organic compound, it regulates our body processes and plays an important role to make our body function properly. The term vitamin was derived from 'vitamine', a combination word from Vital and Amine. Today a chemical compound is called a vitamin. Our body needs vitamins as substances to grow and develop normally. There are 13 vitamins necessary for our body. Some of them are A, B, C, D, E, K, vitamin B-6 and vitamin B-12. In our daily life we get all most all these vitamins form foods whatever we take. Our body can also produce vitamins D and K.

Each vitamin plays specific jobs. Any particular low levels of vitamins cause deficiency disease. For example, if we don't get enough vitamin D it can cause rickets. Deficiency of vitamin 'A' can cause Night Blindness.

If we eat a balanced diet, we get enough essential vitamin automatically form our daily food or liquid. We don't even need to take any particular vitamin separately. Only in some cases we need to take a daily multivitamin for optimal health.

## Minerals:

Minerals regulate our body processes and also make body tissues. Minerals make our body work properly same as vitamin play the role but it doesn't prevent weight loss. Although we get it from our daily foods, so we don't need to take it separately. Minerals boost our immune system. Some important minerals are Chloride, Calcium, Copper, Chromium, Fluoride, Iron and Iodine. These types of minerals can be found from our daily food or liquid supplement like salt, soy sauce, milk, vegetable oils, whole grains, cheese, nuts etc

Water gives cells shape and acts as a medium where body processes can occur. It is the well-known yet most important nutrient our body needs. It is also the most abundant type of liquid found in our body contributing 70% of our total mass. It helps to dissolve and carry the essential nutrients to all parts of the body. It is also needed to help maintain the body temperature and aids to carry away the body's waste products.

## Water:

In human body there are 70% of total mass is covered by water. Water gives cells shape and acts as a medium where body processes can occur. It is very necessary nutrient than available all nutrients. It is also the most abundant type of liquid found in human body. Water help maintain the body temperature and aids to carry away the body's waste products.

We see that nutrition plays a very important role in our lives, each food and liquid contain its own nutrition value which is very necessary in our life. It could help to extend or decrease our life span as well as define our degree or livelihood. It helps in our mental and physical development as well. We must should aware about the food and liquid what we take regularly. Proper food in our daily life leads to a lifetime habit toward a healthy extended life.

## **Healthy diet for different age groups**

### **Infancy (0 to 12 months)**

Babies usually double their length and triple their weight between birth and one year of age. Breastmilk generally supplies a baby with the required amounts of nutrients, fluids and energy up to about six months of age. It is recommended that infants be exclusively breastfed up to around six months of age.

Solids should be introduced around six months of age to meet your baby's increasing nutritional and developmental needs. However, breastfeeding should continue until twelve months of age and beyond, or for as long as the mother and child desire.

### **Pre-school and school going children**

Once a child is eating solids, offer a wide range of foods to ensure adequate nutrition. Young children are often picky with food, but should be encouraged to eat a wide variety of foods. Trying again with new foods may be needed for a child to accept that food. As many as eight to fifteen times may be needed.

During childhood, children tend to vary their food intake (spontaneously) to match their growth patterns. Children's food needs vary widely, depending on their growth and their level of physical activity. Like energy needs, a child's needs for protein, vitamins and minerals increase with age.

Ideally, children should be accumulating stores of nutrients in preparation for the rapid growth spurt experienced during adolescence. Appropriate weight gain and development will indicate whether food intake is appropriate.

### **Adolescence**

The growth spurt as children move into adolescence needs plenty of kilojoules and nutrients. For girls, this generally occurs around 10 to 11 years of age. For boys, it occurs later, at around 12 to 13 years.

### **Recommendations include:**

- provide nutrients, instead of just 'empty calories.'
- Takeaway and fast foods need to be balanced with nutrient-dense foods such as wholegrain breads and cereals, fruits, legumes, nuts, vegetables, fish and lean meats.

- Milk, yoghurt and cheese (mostly reduced fat) should be included to boost calcium intake – this is especially important for growing bones. Cheese should preferably be a lower salt variety.
- Adolescent girls should be particularly encouraged to consume milk and milk products.

## Young Adults

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Moving away from home, starting work or study, and the changing lifestyle that accompanies the late teens and early 20s can cause dietary changes that are not always beneficial for good health. Nutrient recommendations depend upon lifestyle and physical activity.

## Old Age

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Physical activity is not much during old age hence carbohydrates and fats need to be restricted. But there is muscle loss and fragility of bones is common, hence protein is required to make up for the loss and for maintaining growth of cells.

Since teeth start falling off hence chewing becomes difficult and thus milk is a good option for old people.

It is difficult to [design the perfect healthy Indian diet](#). There is so much variation in climate and availability that no one diet plan can suit everyone. This problem is compounded by the fact that health conditions may mean that you are not able to eat some foods. Furthermore, a lot of options are not available to vegetarians.

In light of these factors, we have prepared a list of 12 common Indian foods that must be a part of every diet. Note that if you suffer from any health condition, always ask your doctor about what you can and cannot include from this list.

# Essential Indian Foods

## 1. Yoghurt/Curd



## 2. Leafy Vegetable

Yoghurt, Curd or “Dahi,” as it is commonly known in most parts of India, is one of the most responses to climate. What we mean is that yoghurt tends to be watery in more humid climates, but creamier in drier regions. This goes well with what people in each of these areas need. Further, yoghurt contains good bacteria that help us digest food and keep us healthy. It also contains large amounts of calcium, potassium and vitamin

*Health benefits of Yoghurt:*

- It's known for containing a lot of calcium, a mineral necessary for healthy teeth and bones. Just one cup provides 49% of your daily calcium needs.
- Yogurt provides an impressive number of proteins.
- Some types of yogurts contain live bacteria, or probiotics, that were either a part of the starter culture or added after pasteurisation.

Consuming yogurt — especially if it contains probiotics — on a regular basis may strengthen your immune system and reduce your likelihood of contracting an illness.



Leafy vegetables preserve vision health and decreases the risk of cataracts and increase how far you can see. Green leafy vegetables are already popular in the Indian diet. But they ought to be used more. Spinach (Palak) is found all over the country throughout the year. Cabbages are also found around the year in most places now. Further, depending on where in the country you live, there are hundreds of local varieties of leafy greens just waiting to be included in your diet. These vegetables are loaded with iron, vitamin K, and other essential minerals and nutrients that help prevent a load of diseases, including cancer.

#### *Health benefits of Leafy Vegetables:*

- Mustard greens and kale help lower cholesterol.
- 
- Leafy vegetables help fuel your body to produce energy.
- The slightly bitter taste of many leafy greens is a good sign: It reflects their high levels of calcium.

## **3. Eggs**



While they are not always an option for vegetarians, eggs are excellent sources of protein. The yolk does contain cholesterol – so, if you are wary of consuming the entire thing, the egg-white can help provide the essential minerals and nutrients to your body. They have less than 100 calories each. You can add eggs to almost any dish and make it delicious.

### *Health benefits of Eggs:*

- eve a healthy\
- height and prevent stunting.
- Eggs Are high in cholesterol, but they don't adversely affect blood choles terol.
- Eggs are rich in several nutrients that promote heart health such as betaine and choline.

## **4. Pulses**



The Indian diet, whether you are a vegetarian or not, is extremely rich in grains. Rice and flour are the obvious examples, but remember that pulses are an equal part of our staple. Thankfully, there are so many types of pulses available that you can still maintain variety in your diet. Pulses are rich in dietary fibre and vitamins A, B, C and E. They also contain minerals like calcium, iron, potassium and zinc. Most importantly, they are the major source of protein in a vegetarian diet.

#### *Health benefits of Pulses:*

- Including more pulses in your diet may lower your risk of cardiovascular disease.
- Pulses are a low-glycaemic index food. The glycaemic index ranks food on how it affects your blood sugar.
- Pulses also make a healthy and inexpensive source of protein.

## **5. Rice and Flour**



We spoke about grains earlier. So, it is only fair that we address the most popular ones. White rice is still the most common grain consumed in India. However, you should try to switch to brown rice since it contains more fibre, making it a better alternative. The move to whole wheat flour has been more successful and it is rare to find white atta rotis and chapatis these days. You should also consider doing the same for other wheat products like bread.

#### *Health benefits of Rice & Flour:*

- Our bodies need insoluble fiber to help rid themselves of waste, so if constipation is a problem, rice and flour — in particular brown rice flour — may help along with nuts, beans and vegetables, such as cauliflower and potatoes — all foods that provide plenty of fiber.
- Rice and flour is high in protein, and contains a higher level of B vitamins.
- Dietary fiber is an essential part of any eating plan. Rice contains insoluble fiber, the substance that helps waste material move through the intestines.

## **6. Paneer**



Cottage cheese or paneer is a mainstay of the vegetarian diet, but even non-vegetarians consume it on a regular basis. Paneer is a versatile food, lending itself well to many different kinds of dishes. However, you should avoid the fat-heavy variety that is made from whole milk. Homemade paneer made from toned (or skimmed) milk contains less fats and cholesterol and is much healthier for you. It will still retain high quantities of protein and calcium.

#### *Health benefits of Paneer:*

- Perhaps common knowledge by now, but paneer is a good source of protein especially for vegetarians who do not get their intake from meat products.
- Since paneer is made of protein, it releases energy slowly in the body which means, it does not cause a spike in one's blood sugar levels, nor does it give an instant boost which drops soon.
- Apart from being rich in protein and calcium, paneer is a great source of conjugated linoleic acid — a fatty acid which helps lose weight by increasing the fat burning process in the body.
- It prevents from various bones diseases like osteoporosis, joints pain and tooth problems like tooth decay and gums problems.

## **7. Spices**



Indian spices have been world-famous since ancient times. Aside from their incredible taste and flavours, many spices are also healthy for you. Haldi or turmeric contains healing properties, helps reduce cholesterol and prevents blood clots that can lead to heart attacks. Cardamom boosts metabolism, while the components of garam masala contain varying degrees of minerals while also promoting digestion.

#### *Health benefits of Spices:*

- Most herbs and spices also contain more disease-fighting antioxidants than fruits and vegetables.
- Cinnamon lowers blood sugar levels and has a powerful anti-diabetic effect.
- Turmeric contains curcumin, a substance with powerful anti-inflammatory effect
- Ginger can treat nausea and has anti-inflammatory properties

## **8. Garlic**



Garlic is not only flavourful, but is also renowned for its many healing properties. It is a primary source of natural anti-bacterial agents.

*Health benefits of Garlic:*

- Garlic contains a compound Called Allicin, which has potent medicinal properties
- Consuming garlic on a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties of Allicin.
- The invigorating properties of garlic protect the skin from the effect of free radicals and slow down the depletion of collagen which leads to loss of elasticity in ageing skin.

## 9. Beans



Beans and other legumes are a great source of proteins, calcium, iron and folic acid. They are also versatile, allowing you to cook many Indian dishes. They also go well with cuisines of other cultures – from Asian to European.

#### *Health benefits of Beans:*

- Beans are “heart healthy” because they contain an abundance of soluble fiber, which can lower cholesterol levels.
- Most beans are about 2 to 3 percent fat, and contain no cholesterol, unless they’re processed or prepared with other ingredients.
- Filled with fiber, beans can promote regularity by preventing constipation.
- Eating beans regularly may lower the risk of coronary heart disease.

## **10. Chillies**



Fresh chillies are an excellent source of vitamin C, much more than most fruits. If you like spicy food, you are in luck here. For those averse to hot spicy recipes, there are plenty of less “hot” chillies available that can provide the same benefits without the burning sensation. Fresh chillies also boost metabolism.

#### *Health benefits of Chillies:*

- Chilli contains up to seven times the vitamin C level of an orange and has a range of health benefits, including fighting sinus congestion, aiding digestion and helping to relieve migraines and muscle, joint and nerve pain.
- Chilli has long been used to reduce food micro-contamination and is also considered a potential metabolism booster for weight loss.
- It may also play a role in treating lung and prostate cancer and leukaemia

## 11. Fruits



Many traditional Indian fruits are great for you. They contain all kinds of minerals and vitamins that are essential for us. You should regularly eat seasonal and perennial (year-around) fruit like apples, oranges, blueberries, pomegranates, papayas, pineapples, etc. Some fruits need to be avoided by people with certain health conditions, but for the average person, they are the perfect snack food that can replace the pack of fried chips.

#### *Health benefits of Fruits:*

- Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).
- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- When you eat fruits, your supply of energy increases in no time; this is one of the prime benefits of fruits that we can utilize in our busy schedules.

- The fiber content in fruit not only has a brilliant laxative effect but also makes you feel full by adding bulk nutrition to the diet.

## 12. Dry Fruits



In moderation, dry fruits are excellent sources of essential fatty acids, minerals and even vitamins. You should regularly try and eat almonds, walnuts, pistachios, etc in small quantities.

### *Health benefits of Dry Fruits:*

- Dried fruits generally contain more fiber than the same-sized serving of their fresh counterparts. Fiber helps keep your digestive system running smoothly.
- A great way to prevent cardiovascular problems, dry fruits and nuts help reduce the risk of coronary heart problems.
- Dry fruits are a necessary portion in your daily diet – they help to maintain your cholesterol level.
- Because most of the water is extracted from dried fruits, their nutrients are condensed into a small package. Dried fruits like apricots, raisins, prunes and figs contain high amounts of beta carotene, vitamin E, niacin, iron, magnesium, potassium and calcium.

It is not a completely impossible task to eat healthy. The key here is to balance. You need to balance your food intake and maintain your diet whenever you can. Also try to get in some exercise in the day. Exercising will help burn away the excess fat and calories that go into your body. So, keep next time you plan your diet remember these 12 must-have food items to help you [maintain a healthy diet](#). You could also [book a dietician](#) with UrbanClap to assist you better.

# Indian Diet During Pregnancy - A Healthy Daily Diet Chart

A healthy, well-balanced diet in pregnancy is essential for the well-being of the mother-to-be and her baby. This is because whatever the female consumes during pregnancy is the main source of nutrition for the baby. A mother-to-be's the important nutrients and nourishment a baby requires for growth and development. When it comes to eating healthy in pregnancy, deciding which foods are the most beneficial for you and your baby's health can be challenging.

Wondering, what to eat during pregnancy. Below mentioned is the pregnancy food list that has all the necessary nutrients needed for your baby's proper growth.

## Indian Diet Chart and Meal Plan for Pregnancy

Week Days	Pre-Breakfast Snack	Morning Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Day 1	8-12 pieces of dry fruits including cashew nuts, almonds, and raisins.	Moongdal chilla-3 + pudina/coconut chutney-2 tsp	Blueberry shake (1 cup)	1.5 cup Mutton biryani + Cucumber onion Raita (½ cup)	Sweet potato salad (cooked with 200 gms of sweet potato, 1 pinch of chat masala, and 1 tsp lemon juice) + light tea (1 cup)	Wheat dosa 3 + ½ cup bitter gourd sabji
Day 2	Homemade fruit juice with strawberries, pomegranate, guava, or oranges (1 glass)	Wheat dosa-4 + Tomato sabji (½ cup)	Vegetable soup made with brocolli and garlic (1 bowl)	1.5 cup rice + 1 piece of chicken + 1 cup broccoli sabji	Mixed fruit salad made of mangoes, bananas, and berries of your choice (1 medium-sized plate)	Moongdal chilla-3 + pudina/coconut chutney-2 tsp

Day 3	Banana milkshake (1 glass)	Veggie-rich sevai or upma (1 cup) + 2 medium-sized parathas	Kaddu ka soup or pumpkin soup (1 bowl)	1.5 cup Mutton biryani + Cucumber onion Raita (½ cup)	10-14 pieces of dry fruits	Multigrain toast (2 in no.) with two sunny side up eggs
Day 4	Carrot juice (1 glass)	Oatmeal (1 cup) + 2 boiled eggs	Banana milkshake (1 glass)	1.5 cup rice, 1 piece mutton + 1 bowl masoor daal	Mixed fruit salad made of mangoes, bananas, and berries of your choice (1 medium-sized plate)	Veggie-rich poha (1 cup) + 2 moong dal chillas
Day 5	1 plain glass of milk	Veggie-rich poha (1 cup) + 2 moong dal chillas	Tamar or tomato soup (1 bowl)	1.5 cup chicken biryani + cucumber onion raita (½ cup)	Vegetable salad (1 plate) made with carrots, cucumber, and onions	Multigrain toast (2 in no.) with two sunny side up eggs
Day 6	Banana milkshake (1 glass)	Oatmeal (1 cup) + 2 boiled eggs	Kaddu or pumpkin soup (1 bowl)	1.5 cup rice, 1 piece mutton + 1 bowl masoor daal	10-14 pieces of dry fruits including cashew nuts, almonds, and raisins	Wheat dosa-4 + Tomato sabji (½ cup)
Day 7	1 plain glass of milk	Veggie-rich sevai or upma (1 cup) + 2 medium-sized parathas	Peach milkshake (1 glass)	1.5 cup vegetable khichdi + 1 piece chicken + 1 small bowl of dahi	1 medium-sized avocado with 1 spoon of peanut butter	Veggie-rich poha (1 cup) + 2 moong dal chillas

### Foods And Beverages to Eat During Pregnancy

- Dairy Products:** Dairy products are rich in various nutrients like calcium and vitamins that support the baby's development.
- Legumes:** Legumes are rich in plant-based nutrients providing protein, fibre, iron, folate, and calcium, all of which are needed more during pregnancy.

3. **Sweet Potatoes:** Sweet potatoes are high in a vitamin called beta carotene, essential for healthy fetal development.
4. **Salmon:** Salmon is rich in an omega-3 fatty acid called docosahexaenoic acid (DHA), which is deficient in pregnancy and, therefore, needs to be supplemented.
5. **Eggs:** Eggs are an excellent source of protein. They provide amino acids that the baby needs for development. Additionally, they contain more than a dozen beneficial vitamins and minerals, including choline.
6. **Broccoli and dark, leafy greens:** Dark, leafy greens like broccoli are rich in vitamins A, C, B6, K, folate, and antioxidants. So, they ensure a good haemoglobin supply, promote healthy bones, and prevent skin problems.
7. **Lean meat and proteins:** Lean meat is an excellent source of good-quality protein, which is beneficial for health during pregnancy.
8. **Berries:** Berries contain a good amount of water, healthy carbohydrates, vitamin C, and fibres. In addition, they may help increase your nutrient and water intake.
9. **Whole grains:** Whole grains are rich in minerals and vitamin B that the growing fetus needs to develop in almost every part of its body.
10. **Avocados:** Avocados are high in many nutrients, including vitamin C, folate, and magnesium, all of which play a critical role in the baby's development.
11. **Dry fruits:** Dry fruits are high in calcium, potassium, and zinc. Being rich in fibre, they help prevent constipation in pregnancy.
12. **Fish liver oil:** Fish liver oils are rich in omega-3 fatty acids, the healthiest forms of fat. They reduce the chances of preterm delivery.
13. **Water:** Drinking at least 8-11 glasses of water daily during pregnancy is essential. It helps in better digestion and maintains the protective fluid called amniotic fluid around the fetus.

## Food And Beverages to Avoid During Pregnancy

1. **High mercury fish:** Consuming high mercury fish causes the substance (mercury) to accumulate in your bloodstream over a period of time. Excess mercury in the bloodstream could damage the baby's developing nervous system and brain.
2. **Undercooked or raw fish:** Raw fish is more likely to contain parasites, bacteria, or microorganisms than fully cooked fish. You do not want to expose your baby to those!
3. **Undercooked, raw, and processed meat:** Processed meat is likely to contain listeria bacteria which can cause food poisoning and vomiting in pregnant females. Raw and undercooked meat is also likely to carry microorganisms, including bacteria that can give rise to sickness.
4. **Raw eggs:** Raw eggs should be avoided in pregnancy as those can be host to disease-causing bacteria called salmonella, which can cause food poisoning, vomiting, and [diarrhoea](#).
5. **Organ meat:** Organ meat contains vitamin A, excess of which can cause congenital malformations in the baby and even miscarriage, especially in the [first trimester of pregnancy](#).
6. **Caffeine:** Caffeine is a stimulant that tends to increase your heart rate and [blood pressure](#), both of which are detrimental in pregnancy. Also, caffeine can cross the placenta, the barrier between you and your baby.
7. **Raw sprouts:** Raw sprouts flourish in warm and humid conditions, which are ideal for the growth of bacteria (like Salmonella and E. coli). So, consuming raw sprouts can make you sick.
8. **Unwashed produce:** Consuming unwashed or contaminated food products in pregnancy can expose you to a harmful parasite called Toxoplasma gondii, which is abundant in undercooked meat and unwashed vegetables.
9. **Unpasteurized milk, cheese, and fruit juice:** Raw, unpasteurized milk may contain bacteria like E. coli, Listeria, and Campylobacter jejuni, which can give rise to foodborne illnesses.
10. **Alcohol:** Alcohol consumption in the first trimester of pregnancy can cause structural defects in the baby; that is, the baby may have abnormal facial features.

**11. Processed junk foods:** Consuming processed junk foods during pregnancy can increase the amount of a toxic substance called acrylamide in the mother's body, which is harmful to the baby.

## Indian Food Chart for Toddlers



This Indian toddler food chart gives you options for breakfast, midmorning snacks, lunch, evening snacks and dinner.

### Milk Requirements

You can feed your toddler the regular milk what he takes daily in the morning around 100 to 200 ml when he wakes up. If your toddler is allergic to milk products, you can substitute it with a whole fruit or Soya Milk or Almond Milk.

It is better to give commercial health drinks like Horlicks, pleasure after 2 years.

If you want to add a health mix powder to your toddler's milk you can try adding this Homemade Health Mix Powder. or the Dry Fruits Powder.

In the evenings, if your toddler needs milk then the same volume 100 – 150 ml can be given.

### Water Requirements

A toddler would require at least 5 cups of water daily or according to his thirst. This includes the milk, juices and other fluids consumed by the toddler. Check this article to know about Water Intake for Toddlers

## Few things to remember

1. The chart is meant as a guide, it is ok if you can't follow it every day.
2. You can mix and match the recipes for the whole month according to your toddlers likes and dislikes.

	MID		EVENING		DINNER
	BREAKFAST	MORNING	LUNCH	SNACK	
	SNACKS				
Monday	Moong dal Sprouts Cheela	Chickoo milkshake	Masala Khichdi	Shahi Tukda	Idli Tadka
Tuesday	Suji Veg Upma	Veg soup	Fried Rice	Milk 150 ml	Carrot Cheese paratha
Wednesday	Wheat Pancake	Apple Fingers	Palak Khichdi	Bread upma	Steamed Dosa
Thursday	Aloo Matar Paratha	Smoothie	Egg Rice / Veg Pulao	Milk 150 ml	Vermicilli Pulao
Friday	French toast/ Suji Toast	Egg Bhurji/ Veg Fingers	Veg Khichdi	Suji paneer Cutlets	Ragi Dosa
Saturday	Rava Idli	Oats Cookies	Jeera Pulao	Milk 150 ml	Besan ka Paratha

Sunday	Vegetable Pasta	Veg muffins/ Chicken	Carrot rice	Beetroot Rolls	Oats Pancake
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## Breakfast recipes for Toddlers

1. [Moong Dal Cheela](#)
2. [Suji Veg Upma](#) (This link is from another site, please follow the recipe with less salt, will post the recipe soon in MLM)
3. [Wheat Pancake](#)
4. [Suji Toast](#)
5. [Rava Idli](#)
6. [Vegetble Pasta](#)
7. [Aloo Matar Paratha](#)

## Lunch Recipes for Toddlers

1. [10 types of Khichdi Recipes for Toddlers](#)
2. [Pongal](#)
3. [Fried Rice](#)
4. Egg Rice
5. [Carrot Rice.](#)

## Dinner Recipes for Toddlers

1. [Steamed Dosa](#)
2. [Vermicelli Pulao](#)
3. Idli Tadka
4. [Carrot Cheese Parantha](#)
5. Ragi Dosa – Add 2 teaspoon of [Ragi powder](#) to [Dosa batter](#) and make dosas.
6. [Oats pancake](#)

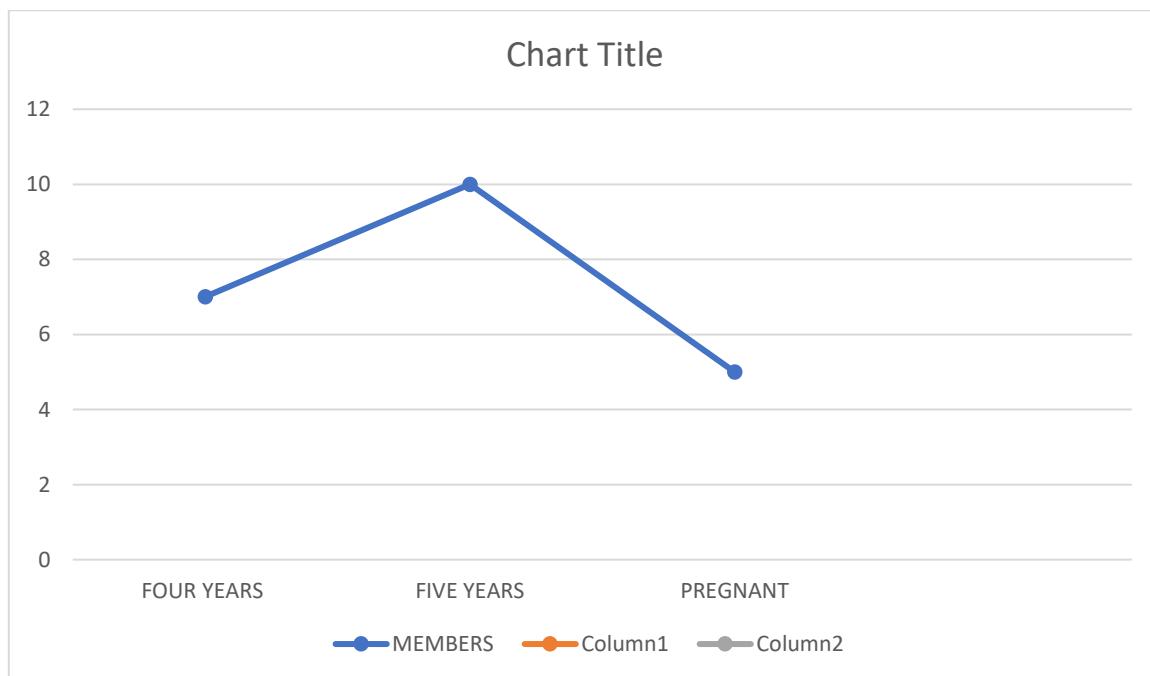
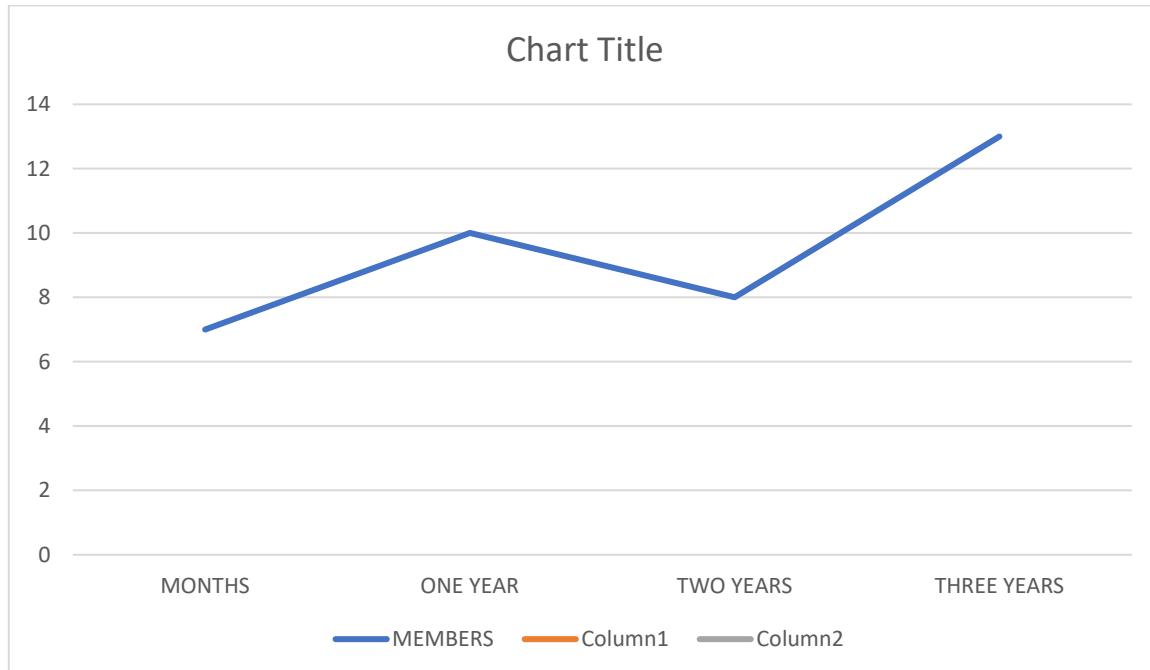
## 7. Besan Paratha

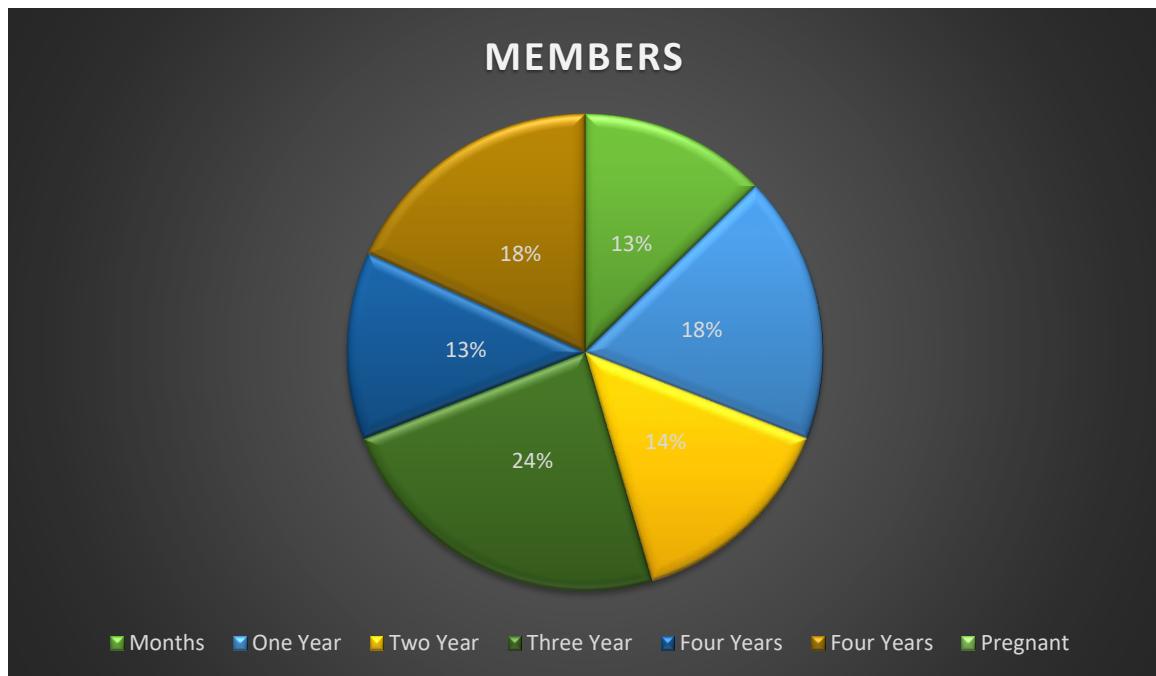
### **Snacks**

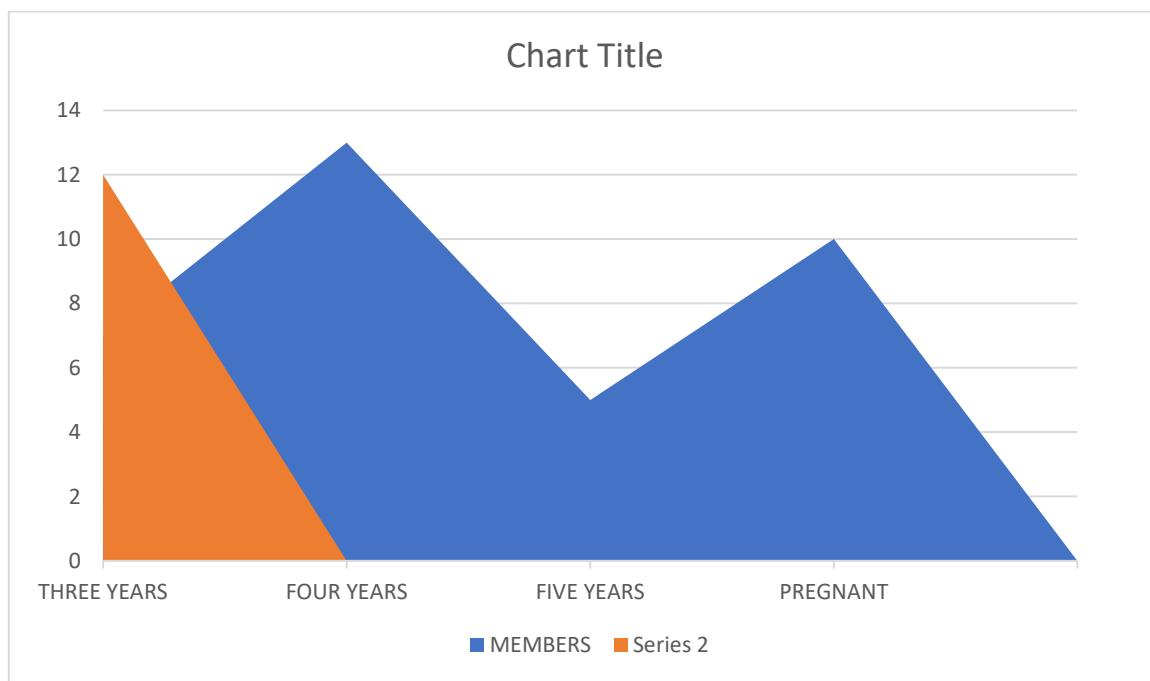
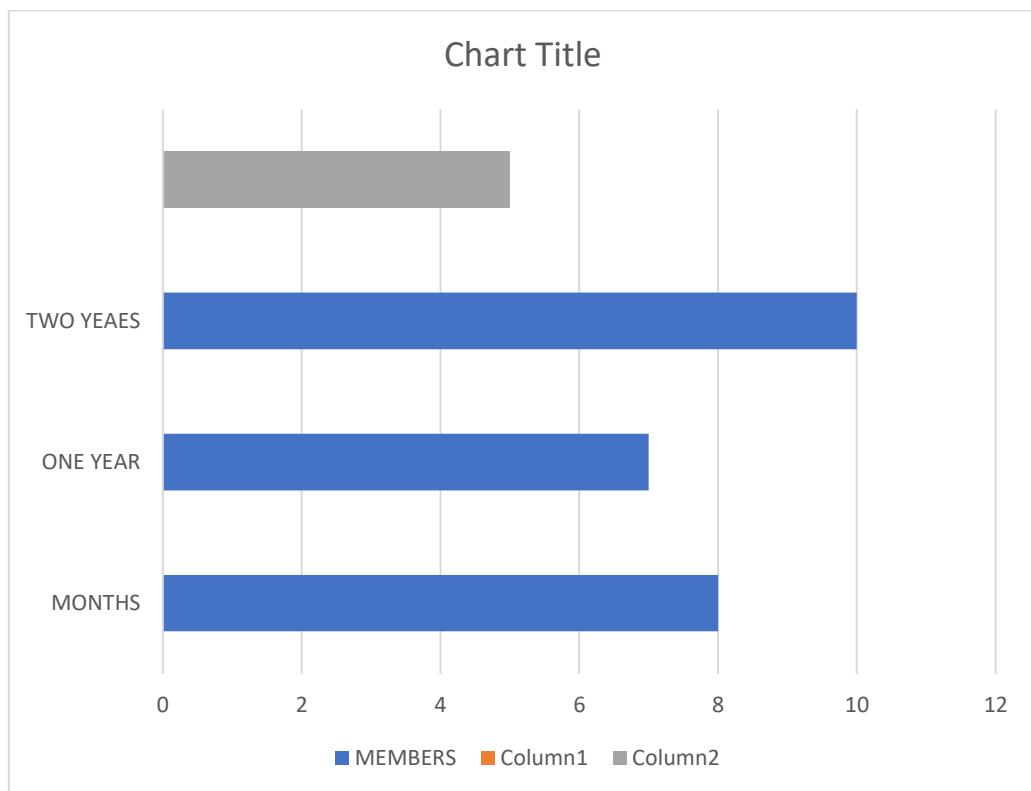
While snacks is not mandatory, it is better to feed the toddler something every 2 hours, it need not be elaborate snacks like beetroot rolls or spring rolls, just a simple whole fruit like apple would do.

# DATA ANALYSIS

# SURVEY REPORT ON NUTRITION

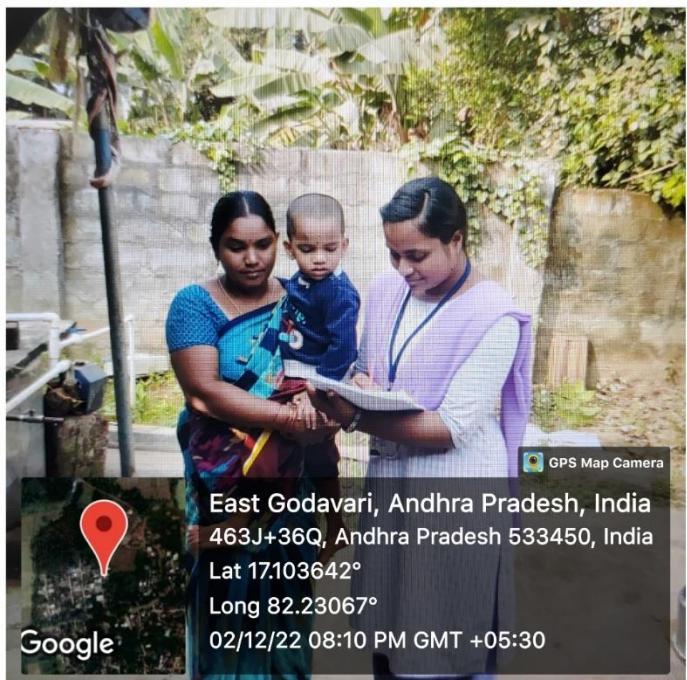


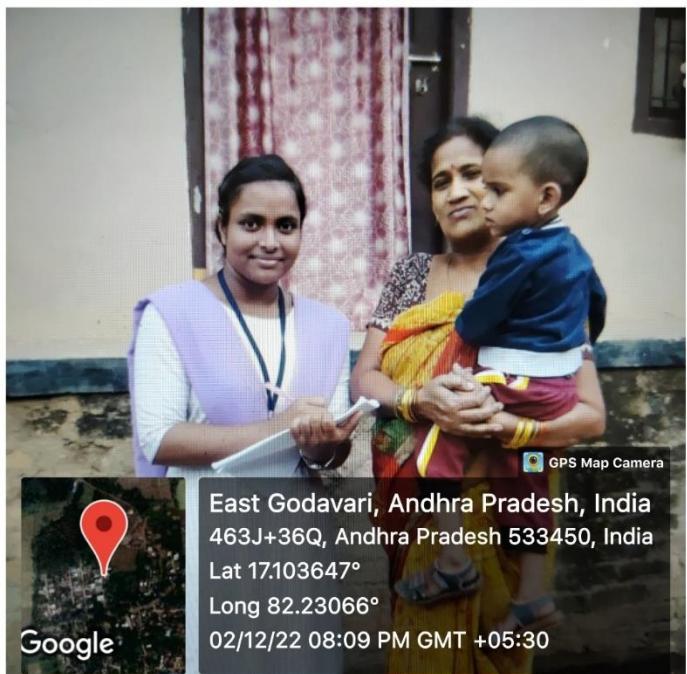
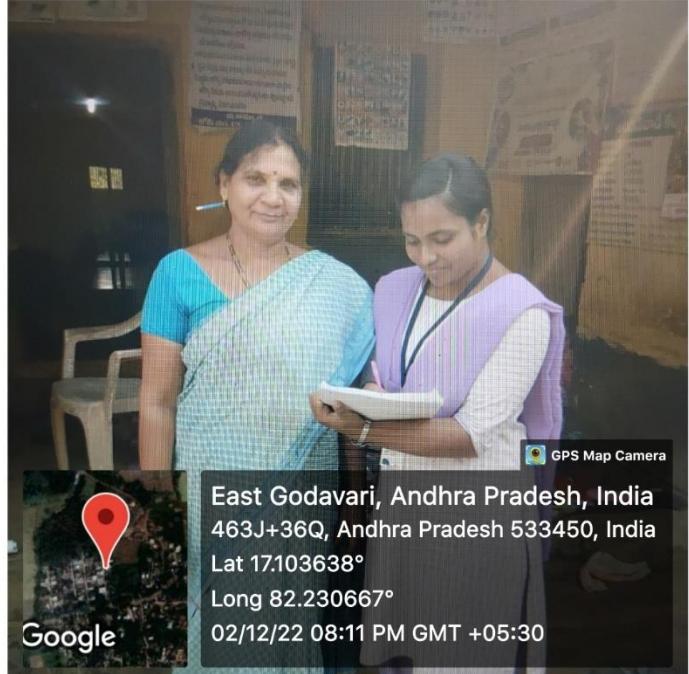


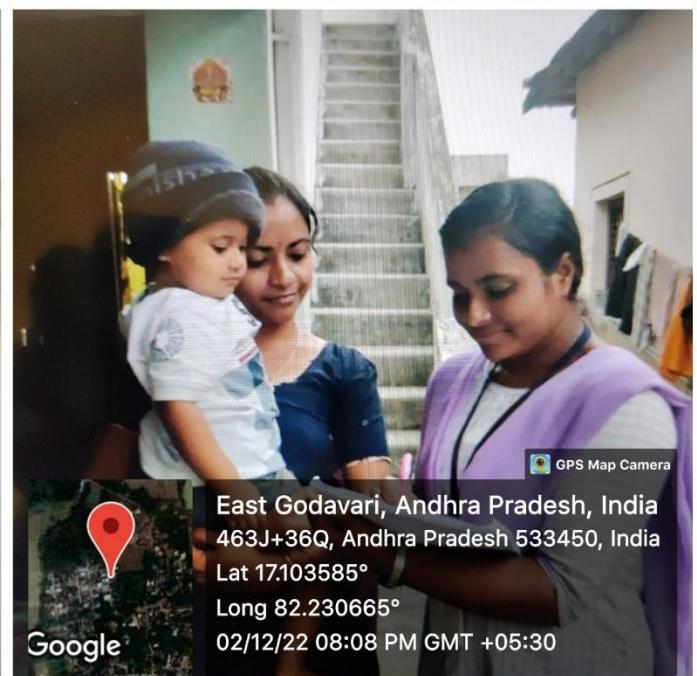
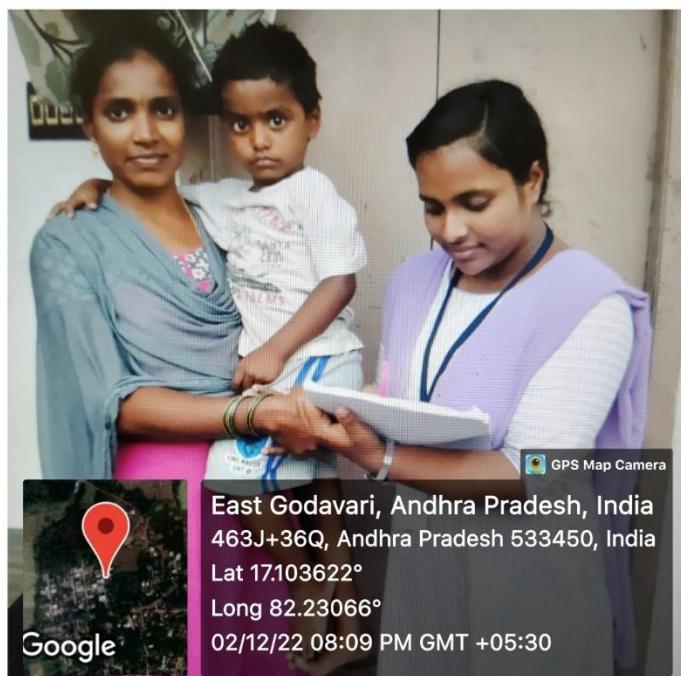
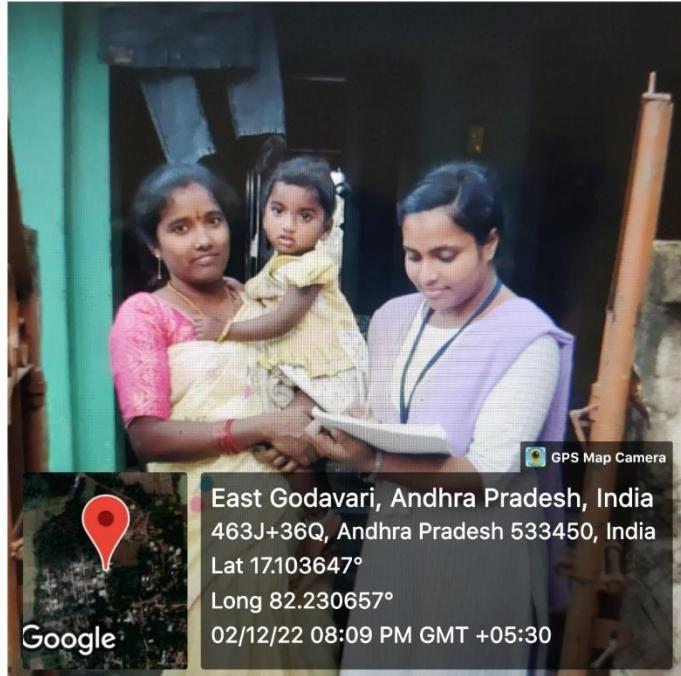


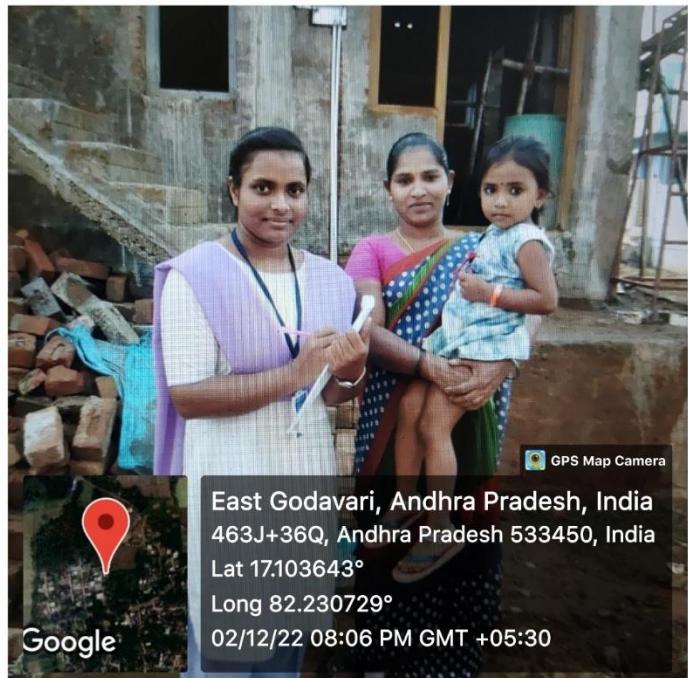
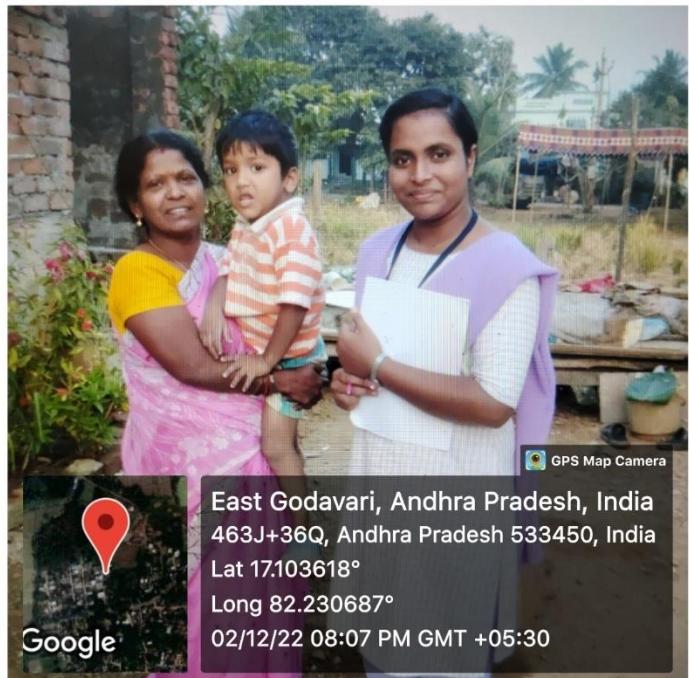
# PHOTOS

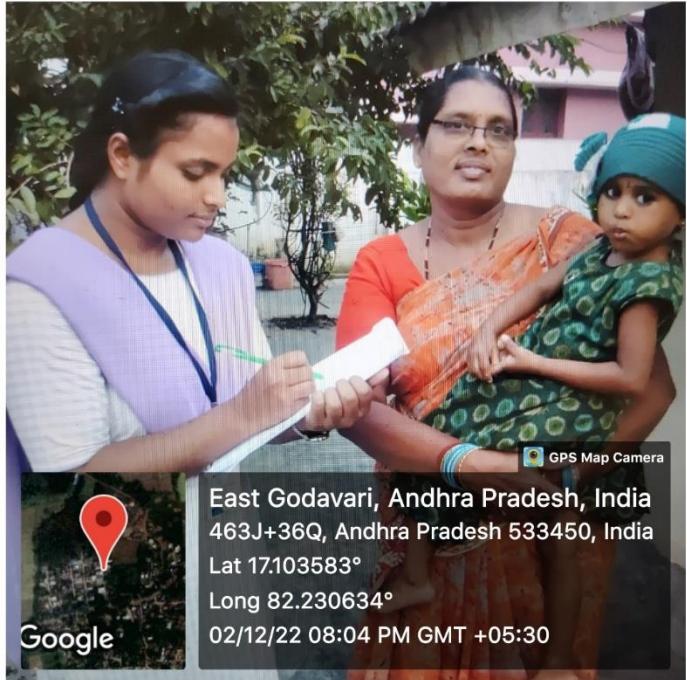


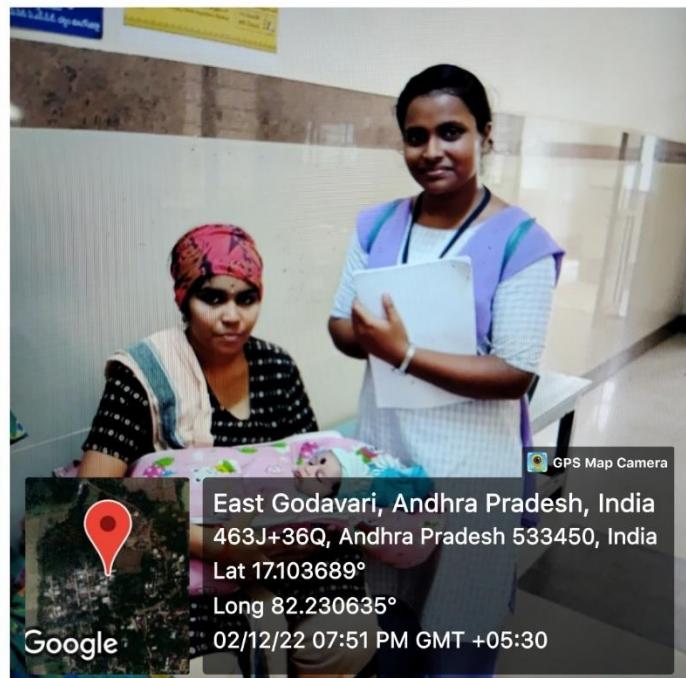
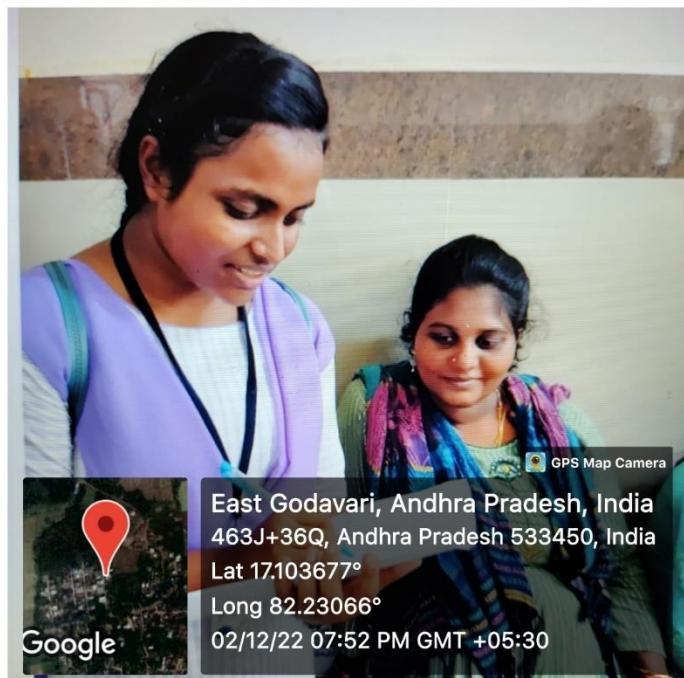
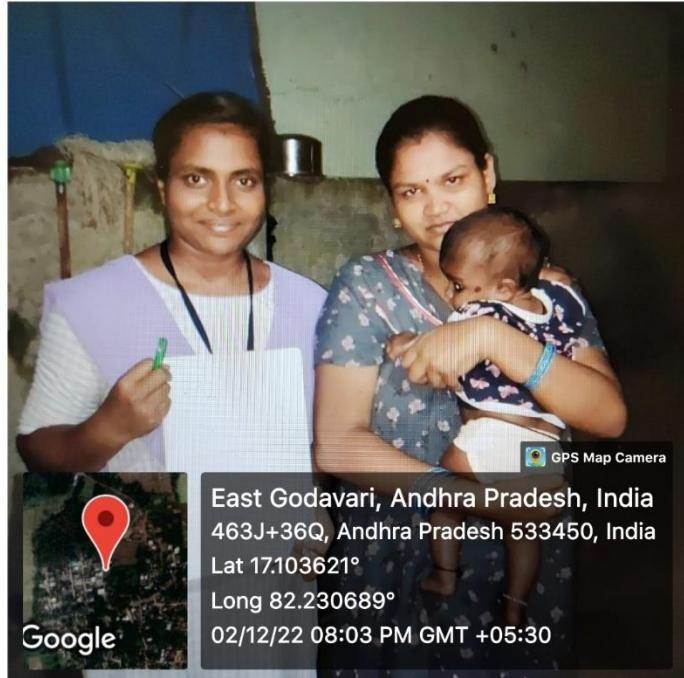


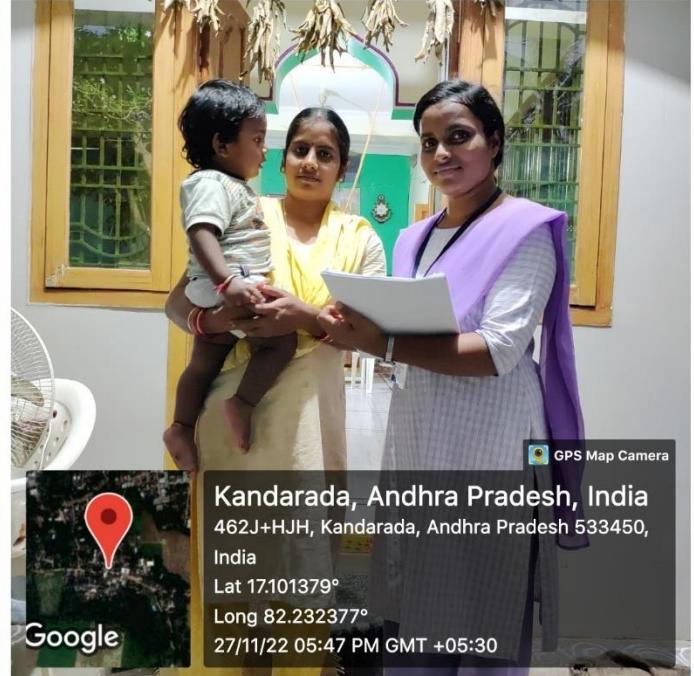




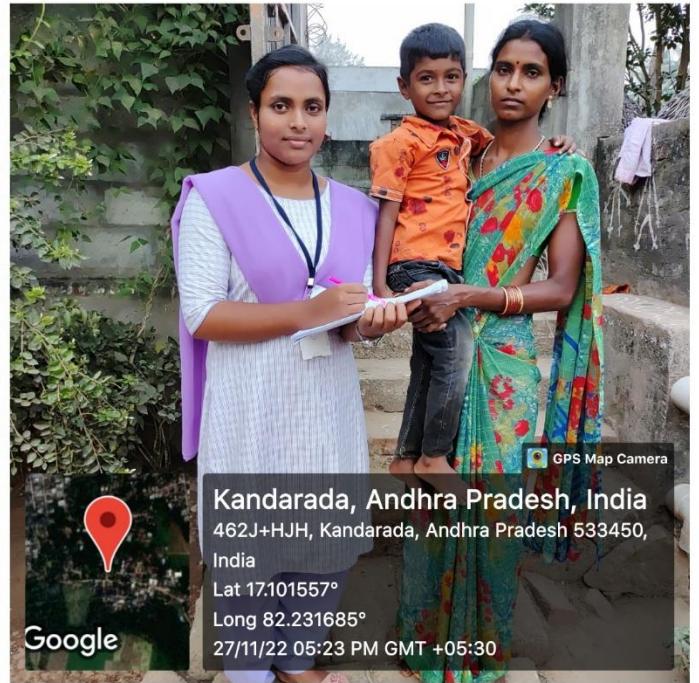
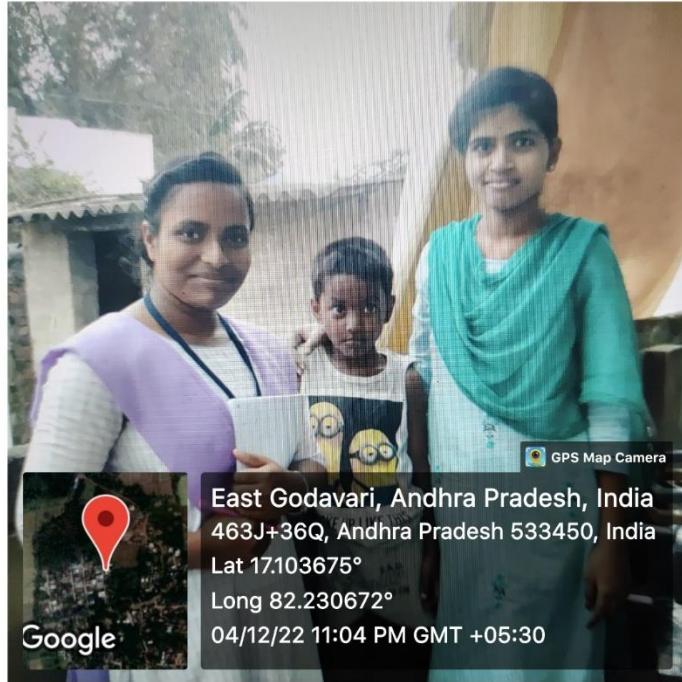












# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	205	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	A. Lakshmi	Female	29	10th	House wife
2	A. Surya	Male	33	Degree	Supervisor
3	A. Ravi Kiran	Male	2	-	-

### 2. Social Status details:

- i) Cast: BC-A      ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [No]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [No]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-2-25	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	M. Manga	Female	26	10th	House wife
2	M. Krishna	Male	32	Diploma	worker
3	M. Vinod	Male	4	-	-

#### 2. Social Status details:

- i) Cast: BC-C      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [No]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to your children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-6-78	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	N. Gayatri	Female	31	SSC	House wife
2	N. Ramu	Male	36	Inter	Farmer
3	N. Priya	Female	5	-	-

#### 2. Social Status details:

- i) Cast: BC-D      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [NO]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-6-77	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	B. Ammaji	Female	26	SSC	Tailor
2	B. Bhaskar	Male	30	Inter	Tailor
3	B. Abhi	Male	3	-	-

#### 2. Social Status details:

- i) Cast: BC-D      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [No]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-1-73	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	V. Sujatha	Female	25	Degree	Worker
2	V. Raju	Male	31	Inter	Painter
3	V. Shyam	Female	4	-	-

#### 2. Social Status details:

- i) Cast: OC      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [c]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-1-76	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	C. Shanthi	Female	29	Inter	Voluntary
2	C. Konda babu	Male	36	IT	Contractor
3	C. Shalini	Female	4	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [C]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [No]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

*Name of the Student : T. Preethi Sowmya*

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-1-73	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	L. Devi	Female	25	Inter	House wife
2	L. Ravi Teja	Male	28	MSc	Teacher
3	L. Pandu	Male	2	-	-

**2. Social Status details:**

- i) Cast: BC-A      ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [No]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-2-26	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	k. Kumari	Female	29	Degree	Chief
2	K. Krishna	Male	32	Inter	Daily worker
3	K. Raju	Male	11 months	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [No]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-2-16	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	J. Kamala	Female	29	Inter	House wife
2	J. Rajesh	Male	36	Inter	Teacher
3	J. Hema	Male	3	-	-

#### 2. Social Status details:

- i) Cast: OC                            ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [ye

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [No]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	217	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Jyothi	Female	30	Inter	Teacher
2	H. Kishore	Male	35	Degree	Driver
3	H. Lucky	Female	8 Months	-	-

### 2. Social Status details:

- i) Cast: BC-C                            ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [No]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : *T. Preethi Sowmya*

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	6-1-59	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	G. Merry	Female	38	10th	House wife
2	G. John	Male	41	MSc	Lecturer
3	G. Peter	Male	5	-	-

**2. Social Status details:**

- i) Cast: SC                          ii) Religion: Christian

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	7-4-32	Habitat	7	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	F. Laxmi	Female	20	10th	House wife
2	F. Kishore	Male	25	Inter	Welder
3	F. Reethu	Female	9 Months	-	-

#### 2. Social Status details:

- i) Cast: OC                            ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [No]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-2-36	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	D. Durga	Female	22	10th	House wife
2	D. Laxman	Male	26	Inter	Daily worker
3	D. Eshwar	Male	2	-	-

### 2. Social Status details:

- i) Cast: BC-D                                   ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-321	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	S. Seetha	Female	30	10th	House wife
2	S. Surya	Male	35	Inter	Driver
3	S. Neethu	Female	3	-	-

### 2. Social Status details:

- i) Cast: SC                                    ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-110	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	P. Shanthi	Female	26	SSC	House wife
2	P. Krishna	Male	32	Inter	Daily worker
3	P. Ramu	Male	4	-	-

#### 2. Social Status details:

- i) Cast: BC-C    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-743	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	U. Usha rani	Female	28	10th	House wife
2	U. Yesu Babu	Male	31	Inter	Daily worker
3	U. Nitish	Male	2 months	-	-

**2. Social Status details:**

- i) Cast: BC-B                            ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [c]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-546	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	Y. Ratnam	Female	28	10th	House wife
2	Y. Subbarao	Male	36	Inter	Farmer
3	Y. Ramya	Female	1	-	-

#### 2. Social Status details:

- i) Cast: BC-D                              ii) Religion: Hindu

### **DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [c]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	11	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	T. Bhavani	Female	30	SSC	House wife
2	T. Surya	Male	36	Inter	Daily worker
3	T. Sasi	Male	3	-	-

#### 2. Social Status details:

- i) Cast: BC-B                            ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-158	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	R. Ramya	Female	22	10th	Tailor
2	R. Lokesh	Male	26	Inter	Auto Driver
3	R. Srihan	Male	2 months	-	-

### 2. Social Status details:

- i) Cast: BC-B                          ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [No]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [No]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-945	Habitat	3	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	E. Radha	Female	22	Inter	House wife
2	E. Eshwar	Male	30	Inter	Daily worker
3	E. Gowthami	Female	3	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-197	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	S. Laxmi	Female	21	Inter	House wife
2	S. Subbarao	Male	29	Degree	Teacher
3	S. Sandhya	Female	3 months	-	-

#### 2. Social Status details:

- i) Cast: BC-C                          ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-759	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	Sk. Fatima	Female	22	SSC	House wife
2	Sk. Bhasha	Male	28	10th	Carpenter
3	Sk. Maulana	Male	2	-	-

### 2. Social Status details:

- i) Cast: BC-B
- ii) Religion: Muslim

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [b]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-548	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	G. Priya	Female	19	10th	House wife
2	G. Ganesh	Male	23	Inter	Daily worker
3	G. Vinod	Male	11 months	-	-

#### 2. Social Status details:

- i) Cast: BC-D    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-546	Habitat		Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Harika	Female	27	10th	Tailor
2	H. Harish	Male	28	Inter	Teacher
3	H. Surya	Male	2	-	-

### 2. Social Status details:

- i) Cast: OC                                  ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-753	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	J. Janaki	Female	19	10th	House wife
2	J. Pavan	Male	22	Inter	Taxi Driver
3	J. Hema	Male	3	-	-

#### 2. Social Status details:

- i) Cast: OC    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [c]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**

**NUTRITION**

*Name of the Student* : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-965	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	R. Ramya	Female	24	10th	House wife
2	R. Ramu	Male	28	SSC	Painter
3	R. Malleswari	Female	2	-	-

**2. Social Status details:**

- i) Cast: BC-B                          ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-570	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	M. Ananta	Female	26	7th	House wife
2	M. Babi	Male	30	10th	Daily worker
3	M. Santosh	Male	5	-	-

**2. Social Status details:**

- i) Cast: OC                                  ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-396	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	L. Devi	Female	22	Inter	House wife
2	L. Laxman	Male	27	10th	Driver
3	L. Lalitha	Male	3	-	-

#### 2. Social Status details:

- i) Cast: OC    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-743	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	G. Surekha	Female	28	10th	House wife
2	G. Srinu	Male	30	BA	Business
3	G. Gopal	Male	4	-	-

**2. Social Status details:**

- i) Cast: OC                                  ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-794	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	V. Vinu	Female	30	10th	House wife
2	V. Venkatesh	Male	35	Degree	Teacher
3	V. Vardhan	Male	4	-	-

### 2. Social Status details:

- i) Cast: BC-A                      ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-593	Habitat	9	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	M. Supriya	Female	22	10th	House wife
2	M. Kishore	Male	24	B Tech	Engineer
3	M. Manasa	Female	2 Months	-	-

### 2. Social Status details:

- i) Cast: SC                                  ii) Religion: Christian

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-574	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Vasudha	Female	28	7th	House wife
2	H. Harinadh	Male	33	7th	Farmer
3	H. Nishant	Male	2	-	-

**2. Social Status details:**

- i) Cast: OC                                  ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-956	Habitat	3	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	B. Bhuvana	Female	30	SSC	House wife
2	B. Apparao	Male	35	BA	Worker
3	B. Srinu	Male	2	-	-

#### 2. Social Status details:

- i) Cast: BC-D                                    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-846	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	T. Jyothi	Female	28	10th	House wife
2	T. Rambabu	Male	33	Degree	Pastor
3	T. Sowmya	Female	11 Months	-	-

**2. Social Status details:**

- i) Cast: BC-B      ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-747	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	R. Ramya	Female	23	10th	House wife
2	R. Ganesh	Male	28	Inter	Worker
3	R. Kumar	Male	5	-	-

### 2. Social Status details:

- i) Cast: OC
- ii) Religion: Hindu

## **DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-856	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	B. Ganga	Female	25	10th	House wife
2	B. Naresh	Male	30	Degree	Contractor
3	B. Sandhya	Female	6 Months	-	-

#### 2. Social Status details:

- i) Cast: BC-A                            ii) Religion: Hindu

### **DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [Yes]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [No]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-862	Habitat	7	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	E. Asha Jyothi	Female	27	7 <sup>th</sup>	House wife
2	E. Ramesh	Male	31	10 <sup>th</sup>	Daily worker
3	E. Yogi	Male	5	-	-

#### 2. Social Status details:

- i) Cast: BC-B                          ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-746	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	N. Geetu	Female	19	Degree	Teacher
2	N. Bhupesh	Male	25	B tech	Engineer
3	N. Priya	Female	9 Months	-	-

#### 2. Social Status details:

- i) Cast: OC    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [c]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-907	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	M. Manga	Female	22	10th	House wife
2	M. Mohan	Male	25	Inter	Daily Labour
3	M. Raju	Male	1	-	-

**2. Social Status details:**

- i) Cast: ST    ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [No]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-483	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	G. Bhagya	Female	22	10th	House wife
2	G. Nageswara Rao	Male	28	IT	Welder
3	G. Malleswari	Female	1	-	-

**2. Social Status details:**

- i) Cast: OC                                    ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# **C.B.R DEGREE COLLEGE, PITHAPURAM**

## **NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-970	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	V. Lakshmi	Female	29	10th	House wife
2	V. Naresh	Male	32	Degree	Business
3	V. Vasu	Male	5	-	-

### 2. Social Status details:

- i) Cast: OC                            ii) Religion: Hindu

## **DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [Yes]

A. Yes/No

6. Did you give a high fibre food to your baby? [No]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# **C.B.R DEGREE COLLEGE, PITHAPURAM**

## **NUTRITION**

*Name of the Student : T. Preethi Sowmya*

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-584	Habitat	3	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

## 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	Md. Fatima	Female	22	10 <sup>th</sup>	House wife
2	Md. Razzak	Male	25	10 <sup>th</sup>	Painter
3	Md. Khazan	Male	1	-	-

## 2. Social Status details:



## **DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes / No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes / No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-385	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	T. Kusuma	Female	22	10th	House wife
2	T. Srinivas	Male	28	Inter	Daily worker
3	T. Madhu	Female	3	-	-

#### 2. Social Status details:

- i) Cast: BC-C                                    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [No]

A. Yes/No

2. Do you take healthy fats in our food? [Yes]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# C.B.R DEGREE COLLEGE, PITHAPURAM

## NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-847	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Jyothi	Female	20	Inter	House wife
2	H. Ramesh	Male	22	Diploma	Photographer
3	H. Lavanya	Female	3 Months	-	-

### 2. Social Status details:

- i) Cast: ST                          ii) Religion: Hindu

## DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [No]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [No]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-947	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	G. Gnana Bhavani	Female	27	10th	House wife
2	G. Naga Surya	Male	30	Inter	Daily worker
3	G. Sathvik	Male	5	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-184	Habitat	1	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	S. Anusha	Female	27	B.Sc.	Nurse
2	S. Srinu	Male	31	IIT	Software
3	S. Deena	Female	2	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-505	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Bhavani	Female (Pregnant) (4 <sup>th</sup> month)	25	B. Com	House wife
2	H. Naga Surya	Male	32	Degree	Business

#### 2. Social Status details:

- i) Cast: BC-D      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-127	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	D. Harika	Female (Pregnant) (7 <sup>th</sup> month)	26	M.Sc.	Teacher
2	D. Hema Shankar	Male	30	Degree	Business

#### 2. Social Status details:

- i) Cast: SC                    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

**C.B.R DEGREE COLLEGE, PITHAPURAM**  
**NUTRITION**

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-175	Habitat	9	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

**1. Family Details:**

S.no	Name of the person	Gender	Age	Education	Profession
1	T. Joysi	Female	26	Inter	House wife
2	T. Samuel	Male	29	Degree	Army
3	T. Dillep	Male	2	-	-

**2. Social Status details:**

- i) Cast: BC-B      ii) Religion: Hindu

**DETAILS OF NUTRITION**

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	3-106	Habitat	5	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	D. Madhuri	Female (Pregnant) (6 <sup>th</sup> month)	28	PG	Teacher
2	D. Varma	Male	35	MBBS	Doctor

#### 2. Social Status details:

- i) Cast: BC      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-537	Habitat	4	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	M. Jyothi	Female	27	SSC	House wife
2	M. Ram Babu	Male	31	BA	Daily worker
3	M. Shanthi	Female	4	-	-

#### 2. Social Status details:

- i) Cast: OC      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-543	Habitat	8	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	K. Swapna Reddy	Female (Pregnant) (9 <sup>th</sup> month)	23	Degree	Worker
2	K. Samuel Reddy	Male	27	B. tech	Software

#### 2. Social Status details:

- i) Cast: Reddy                    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-574	Habitat	3	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	N. Nandini	Female	24	10th	House wife
2	N. Vikram	Male	29	Inter	Daily worker
3	N. Shanvitha	Female	3	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	2-476	Habitat	2	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	B. Suneetha	Female	23	Inter	Tailor
2	B. David	Male	29	IIT	Contractor
3	B. Lakshmi Tulasi	Female	5	-	-

#### 2. Social Status details:

- i) Cast: SC      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	1-587	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	B. Meghana	Female	23 (Pregnant) (5 <sup>th</sup> month)	B.Sc.	Teacher
2	B. Durga Prasad	Male	28	Inter	Car Driver

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	3-154	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	N. Sujatha	Female	28	Inter	House wife
2	N. Victor Babu	Male	32	SSC	Lorry driver
3	N. Sathvik	Male	2	-	-

#### 2. Social Status details:

- i) Cast: BC-D      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	5-17	Habitat	3	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	U. Santhi Priya	Female (Pregnant) (7 <sup>th</sup> month)	24	Degree	Teacher
2	U. Satish Kumar	Male	28	B. Tech	Engineering

#### 2. Social Status details:

- i) Cast: BC      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	5-13	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	S. Asha Jyothi	Female	28	BA	Chief
2	S. Gagan Reddy	Male	35	Degree	Business
3	S. Manohar	Male	2	-	-

#### 2. Social Status details:

- i) Cast: SC                    ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

## C.B.R DEGREE COLLEGE, PITHAPURAM

### NUTRITION

Name of the Student : T. Preethi Sowmya

Group : B.sc (BZC)

Registration Number : 200757110067

House No.	4-73	Habitat	6	Panchayat/Municipality	Municipality
Post Office	Pithapuram	Mandal	Pithapuram	District	Kakinada

#### 1. Family Details:

S.no	Name of the person	Gender	Age	Education	Profession
1	H. Satya Sri	Female	25	Degree	House wife
2	H. Rajesh	Male	30	Diploma	Worker
3	H. Sirisha	Female	4	-	-

#### 2. Social Status details:

- i) Cast: BC-B      ii) Religion: Hindu

### DETAILS OF NUTRITION

1. Do you take essential nutrients in our daily life? [yes]

A. Yes/No

2. Do you take healthy fats in our food? [No]

A. Yes /No

3. Did you give more chocolates and sweets to your baby? [No]

A. Yes /No

4. Do you have any food allergies (or) food intolerances? [yes]

A. Yes/No

5. Are you currently following a special diet? [No]

A. Yes/No

6. Did you give a high fibre food to your baby? [yes]

A. Yes/No

7. Would you manage your diet during pregnancy? [Yes]

A. Yes /No

8. Did you take vitamins during pregnancy? [yes]

A. Yes/No

9. What type of food should be avoided during pregnancy period? [d]

A. (a) Papaya (b) Pineapple (c) Raw fish (d) All the above

10. Will you provide proteins to your baby in daily meals? [yes]

A. Yes/ No

11. Did you give vegetables to your baby in meals? [yes]

A. Yes/ No

12. If your baby takes fruits daily? [yes]

A. Yes/No

13. Did you give egg to you children in breakfast? [yes]

A. Yes/ No

14. Are you give same food every day to your children's? [No]

A. Yes/ No

15. Have you ever been on a diet? [Yes]

A. Yes/ No

# CONCLUSION

Eating a healthy, well-balanced diet during pregnancy is essential for the growing baby as it is just waiting to slurp up all those nutritious meals you consume. There are a whole lot of nutritious foods that you can eat to ensure your baby is safe and healthy. Follow the diet chart above and keep your [gynaecologist](#) informed about your eating choices so that they can guide you with additional supplements if needed. Enjoy a healthy, well-nourished pregnancy

One should develop good nutritional habits with a balanced diet right from early age. Since such habits cannot be changed overnight, children should be taught the value of eating nutritional food and ill effects of junk food in life. A balance diet and appropriate meal timings are important for a healthy body and mind. Eating nutritious food not only helps in weight management and disease prevention in adults but also contributes proper growth of children and their better performance in studies and sports. Nutrition is the broader term which is not limited to developing only healthy dietary habits but also a healthy lifestyle patterns from an early age. A healthy lifestyle excludes smoking, alcohol consumption etc and includes regular exercise, regular meals as well as appropriate sleeping hours. Learning such things from early age helps one to lead a healthy life as an adult and even in old age. Thus, a proper nutrition for everyone can enhance the productivity of individuals and contribute to development of a nation as a whole. Nutrition education is an important factor in overall improvement for society health and prevention of all forms of malnutrition. For spreading such education schools are ideal platforms, for promoting lifelong healthy eating habits and lifestyles in community. Most countries nowadays implement health education programme in schools which include feeding to students, deworming, vitamin and mineral supplementation, etc. Children must understand the importance of minerals, vitamins proteins, fluid balance etc as well as limiting calorific value of food that one should consume at different ages. All of us must realize the value and significance of good nutritional habits for a longer and healthier life.



**C.B.R Degree College**  
**Pithapuram, Kakinada Dist, Andhra Pradesh**  
**(Affiliated to Adikavi Nannaya University)**