##### **Assessment on dietary intake**

###### **4.6.1 Survey on Dietary Intake**

In total of 35 respondents, number of meals per day was recorded. It was found that 13 males and 11 female individuals consumed three meals per day. 3 and 7 individuals were consuming 2 meals per day respectively. And only 1 male consuming 1 meal a day

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**Fig 8: represents the number of meals per day consumed by the adult population**

##### **Food Frequency Distribution**

To understand the dietary pattern of respondents, data on food frequency was collected. All the respondents were vegetarian. All the respondents (100%) consumed rice and on daily basis since that was the major staple food. 67.8%of individuals consumed wheat on weekly basis. Whereas 26.4% of individuals consumed wheat on daily basis. Since the wheat is provided through Public Distribution system (PDS) and it can’t be afforded by the low income groups. And ragi was daily consumed by 58% of the population and 38% of individuals consumed it on weekly basis.

Majorly horse gram, Bengal gram whole, cow pea, toor dal were consumed by the population. 56% consumed toor dal fortnightly, 31.2% consumed it on weekly basis n only 7% consumes toor dal on daily basis. Since major population comes under low income category they choose the less cost food. Instead they used to consume their own grown foods like horse gram, cow pea and green gram whole. 78% of individuals consumed cow pea on weekly basis. 17.2% of population consumed horse gram on daily basis, 28% of individuals consumed horse gram on weekly basis, whereas 46.7% consumed it on fortnightly. Green leafy vegetables were consumed on weekly basis by 36% of population, and consumed on fortnightly by 45%. Roots and tubers consumed by 13% on daily basis and weekly basis by 48%. Other vegetables like beans, tomato etc were consume on daily basis by 56% of population. Whereas it is consumed on weekly basis by 35%. Generally fruits were consumed on weekly/ fortnightly since only banana and less cost fruits are available and can’t afford by many other fruits due to the economic condition.

Nuts like groundnut and other were consumed by 73% of population on fortnightly and weekly basis by 16%. Only those belong to upper middle income had consumed it on daily basis by 5% of population. Milk and milk products like coffee, Tea, butter milk and curd were consumed on daily basis since these population have their own cattle for domestic purpose. And it can be afforded by all the population.

Only less population were belongs to Non-vegetarian and by 21.2% of population were consuming fishon occasionally. Meat and meat products were consumed on weekly, fortnightly and monthly by 3, 5 and 6% respectively. And egg was consumed on weekly basis by 18% of population. Oil was daily consumed by all the population. Sugar was daily consumed by 88.7% and jaggery was consumed by 11.3% on everyday basis.