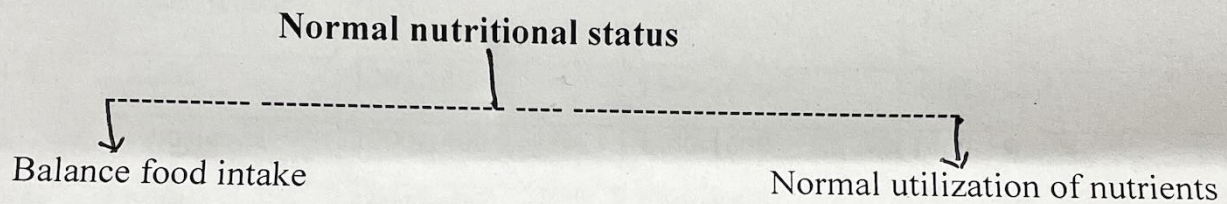


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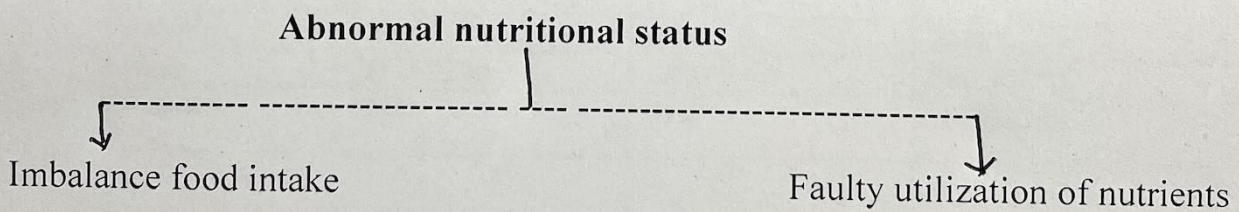
### Nutritional status and dietary required of different target groups

**Nutritional Status** –The condition of health of person that is influenced by the intake and utilization of nutrients is called nutritional status. There are two type of nutritional status-1.**Normal nutritional status** 2.**Abnormal nutritional status**

**Normal nutritional status**- When the nutrients provided in diet in a appropriate amount so as to meet the needs of the body ,then we are in the state of good nutrition .This is know as normal nutritional status.



**Abnormal nutritional status** When the nutrients provided in diet in adequate amount or not utilized properly, it results in a state of imbalance in the body when there is alack or excess of intake of one or more nutrient and /or faulty utilization of nutrient in our body ,it leads to the state of imbalance in body . then we are in the abnormal nutrition .This is know as abnormal/mal nutritional status.



There are two type of mal nutrition 1. **Under nutrition** 2.**Over nutrition**

The condition of health of a person that results due to lack of nutrient/s is known as under nutrition. When there is an excess intake of nutrient/s it results in over nutrition.

Cause of mal nutrition-1. Decreased availability of food due to -A. Increase in population B. Low production C. Exhaustion of stocks

2. Ignorance 3. Economic condition 4. Stress condition

5. Poor hygiene and environmental sanitation.

**Assesment Of nutritional status** 1. By measuring physical growth. 2. By determining dietary intake 3. By recognizing nutritional deficiency diseases.

**Dietary requirement of different target group**

Daily calorie needs based on age gender and activity level

Age (Year)	Gender	Sedentary (Not active)	Moderately active	Active
2-3	Male /female	1000	1000	1000
4-8	Male	1200-1400	1400-1600	1600-2000
	Female	1200-1400	1400-1600	1400-1800
9-13	Male	1600-2000	1800-2000	2000-2600
	Female	1400-1600	1600-2000	1800-2200
14-18	Male	2000-2400	2400-2800	2800-3200
	Female	1800	2000	2400
19-30	Male	2400-2600	2600-2800	3000
	Female	1800-2000	2000-2200	2400
31-50	Male	2200-2400	2400-2600	2800-3000
	Female	1800	2000	2200
51-above	Male	2000-2200	2200-2400	2400-2800
	Female	1600	1800	2000-2200

Reference-Food Nutrition Health, Dr. Vijaya Khader. Food preservation and peocessing – M, Kalia and Sanggeta sood , [www.google.net](http://www.google.net)