

4. Discussion

There are no previous studies that characterize the impact of nutrition education on nutritional status of college going girls. To the best of our knowledge, this is the first study based on evaluation of nutrition intervention on nutritional status of college going girls from Raipur city. The college going girls are very important segment of society in terms of vulnerability who did not give proper attention towards their nutritional needs.

The data on demographic profile and dietary survey of girls were comparable with other studies conducted in India for the assessment of nutritional status of college going girls. The overall result of present study shows that after nutrition education 87% girls fall in normal BMI category, the results were close to the study conducted by **A. saibaba (2002)** and **varun gaikli et al. (2014)**.

The consumption of food stuff of 42% college going girls was changed after nutrition education. The present result support other previous study results **Leonie et al. (2005)** who worked on adolescents food habits and nutritional status in urban and rural areas in Cameroon, Africa.

The present study and data on prevalence of anaemia and impact of nutrition education on nutritional status of college going girls can be recognized as mile stone in the field of nutrition. Public private partnership and parent's role can improve the nutritional status of girls.

5. Conclusion

Based on the above results it can be concluded that addition of fruits and vegetables in daily diet can increase the nutritional adequacy of other nutrients which will definitely enhance the nutritional status of population. Further studies based on nutrition education particularly promoting indigenous foods are required on other segment of population to improve their fitness.

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