

**Title : Dietary Pattern of Obese Adults**

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Introduction:

Overweight and Obesity are major public health problems and the most common nutritional disorders (WHO, 2003, Jahangeer et al., 2010). Globally, the burden of non-communicable diseases is rapidly increasing. Obesity is a major contributor to global burden of chronic diseases. In many developing countries, with increasing urbanization, mechanization of jobs and transportation, availability of processed and fast foods and dependence on television for leisure, people are fast adopting less physically active lifestyle and consuming a major causative factor leading to overweight/ obesity (WHO 2003). The present study aimed to assess the prevalence of food consumption pattern of obese adults.

Methodology:

A total number of 540 adults were selected from various areas of the Parbhani City. Two anthropometric measurements viz. weight and height of all selected adults were taken for screening overweight/obese adults based on percentile of body mass index. It was identified that 145 (27.1%) subjects were overweight and 52 (9.6%) obese subjects. The data on food intake and consumption frequencies was gathered. Food intake of the selected overweight/ obese was assessed by 24 hours dietary recall method. Nutrient intake was calculated and compared with Recommended Dietary Allowances of ICMR, 2010.

Results:

The findings revealed that the energy intake of selected men was more (2561-2544 kcal/day) than women (2129 to 2186 kcal/day) however the energy expenditure of male subjects was 1735 – 1845 kcal per day and of female subject was 1784 – 1826 kcal/day. There is positive association between energy balance and development of overweight and obesity. Energy and Fat intake of selected overweight or obese adult men and women was found to be higher than the RDAs daily. The mean calcium intake was lower for male and female subjects respectively than the RDAs.

Conclusion:

The intake of energy and fat were significantly higher than RDAs among both male and female overweight and obese adults.

References:

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