Title : **Diet Pattern and Haemoglobin Level of Adolescent Girls and Its Impact on their Health**

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Introduction:

The period of transition from childhood to adulthood is called adolescence. Adolescence has been defined bythe World Health Organization as the period of life spanning the ages between 10 to 19 years. During adolescence there is acceleration in physical, biochemical and mental development. Anemia among adolescent girls is the most prevalent nutritional problem worldwide and it is mainly caused due to iron deficiency. Anemia among reproductive age group is moderate public health problem in India. Adolescent is an ideal time to study pre-pregnancy iron status because many girls around world will have had their first child by age 19 years. Adolescent girls may be developing iron deficiency anemia because of rapid growth and the start of menstruation. The field of diet and nutrition of women in India, which has been sadly neglected, pertains to the adolescent girl. The empirical evidence related to Diet and Nutrition of the adolescent girls is limited. Hence there is a need to develop a data based on Diet and Nutrition of adolescent girls from different communities in India.

Methodology:

The objectives of the present data analysis were to examine haemoglobin content and physiological profile of 12-18 year adolescent girls (n=124) in relation to their diet and asses the dietary component and their nutritional value of this adolescent girls diet and its correlation with the nutritional status and health status of these adolescent girls. This study was carried out in Sangli city of Maharashtra State. The sampling method was Random sampling for this study from the population of adolescent in higher secondary schools. A Physical examination, anthropometric measurement and questionnaire were used for data collection.

Result & Conclusion:

This study found that the prevalence of anaemia is 78.23%, iron deficiency is 91.13%.The findings reveal that the major cause of anaemia in the study is due to Dietary deficiency in adolescent girls. The Prevalence of stunting (40.32%) and underweight (58.06%) were associated with low food and nutrient intake. Diets were cereal based with low consumption of animal source food and pulses. These results highlight nutrient deficiency in adolescent girls causing anaemia. Therefore it is suggested to develop healthy eating practices during adolescent period.

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