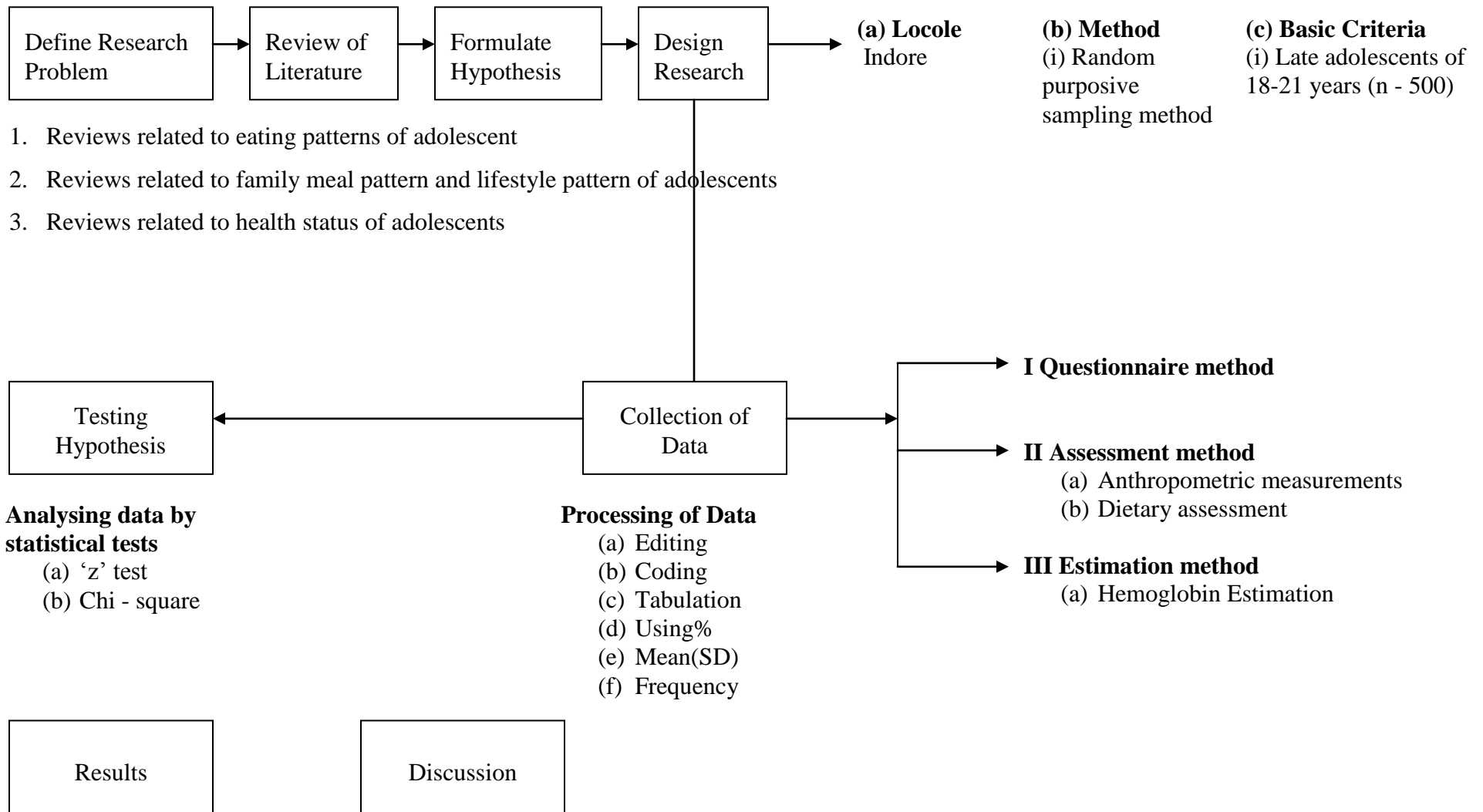


Figure 3.1 DESIGN OF RESEARCH PROCESS AND METHODOLOGY



APPENDIX -IV

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS

Group	Particulars	Body Wt. kg.	Net energy kcal	Pro tein g/d	Visible Fat g/day	Calcium mg/d	Iron mg/d	Vlt. A ug/d		Thia min mg/d	Ribo flavin mg/d	Nico tinic acid mg/d	Pyri doxin mg/d	Asc. orbic acid ug/d	Free folic acid ug/d	Vit. B ₁₂
								Ret-inol	B caro tin mg/d							
Man	Sedentary work	60	2425							1.2	1.4	16				
	Moderate work		2875	60	20	400	28	600	2400	1.4	1.6	18	2.0	40	100	1
	Heavy work		3800							1.6	1.9	21				
Women	Sedentary work		1875							0.9	1.1	12				
	Moderate work	50	2225	50	20	400	30	600	2400	1.1	1.3	14	2.0	40	100	1
	Heavy work		2925							1.2	1.5	16				
	Pregnant woman Lactation	50	+300	+15	30	1000	38	600	2400	+0.2	+0.2	+2	2.5	40	400	1
Infants	0-6 months		+550	+25						+0.3	+0.3	+4				
	6-12 months	50	+400	+18	45	1000	30	950	3800	+0.2	+0.2	+3	2.5	80	150	1.5
	0-6 months	5.4	108/kg	2.05/kg						55 ug/kg	65 ug/kg	710 ug/kg	0.1			
	6-12 months	8.6	98/kg	1.65/kg		500		350	1200	50 ug/kg	60 ug/kg	650 ug/kg	0.4	25	25	
Children	1-3 years	12.2	1240	22			12	400	1600	0.6	0.7	8	0.9		30	
	4-6 years	19.0	1690	30	25	400	18	400		0.9	1.0	11		40	40	0.2.1.0
	7-9 years	26.9	1950	41			26	600	2400	1.0	1.2	13	1.6		60	
Boys	10-12 years	35.4	2190	54	22	600	34	600	2400	1.1	1.3	15	1.6	40	70	0.-2.1.0
Girls	10-12 years	31.5	1970	57			19			1.0	1.2	13				
Boys	13-15 years	47.8	2450	70			41			1.2	1.5	16				
Girls	13-15 years	46.7	2060	65	22	600	28	600	2400	1.0	1.2	14	2.0	40	100	0.2-1.0
Boys	16-18 years	57.1	2640	78			50			1.3	1.6	17				
Girls	16-18 years	49.9	2060	63	22	500	30	600	2400	1.0	1.2	14	2.0	40	100	02-1.0

