



Shaleypurva Bachon ke Aharvishayak Adate Tatha Arogya ka Adhyayan

'kky;ioi cPp̄k dī vlgkjfo"̄k;d vkn̄rī rFkk vk̄jX; dk v/;;u

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KEYWORDS :

*vé r̄kj| vé ekj| vé ukuk fodkj** bl ejk|h dḡlor dī vulkj gekj| thou ei vlgkj dk egr̄Ro vlgkj.k g A ge ftl Ádj vlgkj dj̄r m̄lh Ádj gekj| Ánr̄h ḡr̄h g A i"kd vlgkj l gh ekuo dk vk̄jX; vP̄Nk jgr̄k g A ekuo d lok̄xh.k fodkl rFkk dk;{kerk d fYk, i"kd vlgkj dh vko";dr̄k ḡr̄h g A

lj j.cvi edfjlu dī vulkj| **i"kd vlgkj ;gh vk̄jX; dk ,dek̄k dkj.k g rFkk v;X; vlgkj ;gh j̄x dk ,dek̄k dkj.k gA** ;ku vP̄Nk vk̄jX; d fYk, rFkk j̄x" ij Áfrc/k dju d fYk, vP̄k/h l T;knk vlgkj dk eḡo T;knk g A vlgkj d i"kd ?kVd" l i"vj̄h d i"vj̄h Luk;| xFkh| vo;o fuf̄erh dk fodkl ḡr̄k g A ipu f̄o;| xFkh Lok̄o dk dk;| 'k̄jhfjd| ekufld o j̄lk;fud dk;| d fYk, vlgkj d i"kd ?kVd dh vko";dr̄k ḡr̄h g A

c<r̄h me ei cPp̄ d i"kd ?kVd" dh vko";dr̄k ḡr̄h g A vlgkj vxj f̄bd u ḡr̄ cPp̄ dī fodkl ij ifj.kke ḡr̄k g A mud" ge"kk| l̄n| t̄dk| c[kj| b̄QD"ku vkn̄r l̄x̄t̄; j̄x ḡr̄ jgr̄ g A mudh j̄x Áfrc̄k 'k̄h de ḡr̄h g A vxj i"kd ?kVd" dk v̄ōko c<r̄k gh x;k r̄ ck̄Yd dī f̄r̄ ḡdj Dok̄|h| v̄j̄d̄j| ej̄le| vk̄| dh l̄L;| Ropk fodkj bl Ádj d j̄x ḡ l̄dr̄ g A bu l̄k̄h ckr̄ dk x̄h̄jrk l̄ fopj dj **k̄Y;ioi cPp̄ dī vlgkjfo"̄k;d vkn̄r rFkk vk̄jX; dk v/;;u** bl fo"̄k;ij vul/ku dj̄." dk Á;l̄ fd;k g A

vul/ku dh m̄f̄V̄ |

1# 'k̄Y;ioi cPp̄ dh vlgkjfo"̄k;d vkn̄r l̄e> Ȳuk A

2# 'k̄Y;ioi cPp̄ dī vk̄jX; dk v/;;u dj̄.k A

vul/ku i)rh |

v̄h;kl f̄"̄k & v̄h̄j̄x̄c̄kn 'k̄j d f̄l̄m̄d" ,u & 7 dī 'k̄Y;ioi me; 13 l̄ 6 o"̄k̄ dī cPp̄ dī v̄h;kl dj̄k A

ueuk |

v̄h̄j̄x̄c̄kn 'k̄j d f̄l̄m̄d" ,u & 7 {k̄k d 3 l̄ 6 l̄k̄ me; d 80 cPp̄ dī ;kn̄P̄Nd ueuk p;u i)rh |k̄j ueuk Ákr̄ fd;k g A

rF; l̄dȲku rFk;| dk ox̄d̄j̄.k |

rF; l̄dȲku d fYk, Á"ukoȲh i)rh dk Á;x̄ fd;k x;k g A ble cPp̄ dī īk̄Yd" |k̄j cPp̄ dī vlgkjfo"̄k;d vkn̄r t̄udj rFkk vlgkj d i"kd ?kVd" dī v̄ōko dī Ȳk̄k̄ dk v/;;u dj̄dī cPp̄ dī vk̄jX; dk Lr̄j r; fd;k g A

pp̄k ,o fud"̄k |

rk̄Ȳdk Ø- 1 & cPp̄ dī ifjokj dk l̄ekt̄k̄f̄kd Lr̄j

?kVd	xV	l̄; k	Áfr̄'kr
ifjokj dk Ádj	l̄; ä foöä	20 60	25 75
ifjokj dh l̄nL; l̄; k	3&4 l̄nL; 5&6 l̄nL; 7&10 l̄nL;	46 34 00	57-5 42-5 0-0
firk dk 0;olk;	ūd̄j̄h 0;olk; l̄r̄h et̄nj̄h	38 32 00 10	47-5 40 00 12-5
ek̄f̄ld m̄rié	3000&5000 5000&8000 8000&10000 10000&15000	15 36 18 11	18-75 45 22-5 13-75

m̄j̄k̄Dr̄ rk̄Ȳdk̄l̄kj īk̄Yd dī l̄ekt̄k̄f̄kd Lr̄j n̄[k̄ x;k A m̄le l̄;|ä ifjokj 25 Áfr̄'kr r̄ foöä ifjokj 75 Áfr̄'kr fn̄[k̄b̄ fn̄; g A ifjokj dh l̄nL; l̄;|k n̄[k̄ l̄e; 3 l̄ 4 l̄nL; l̄;|k ḡuok̄Y" 57-5 Áfr̄'kr 5 l̄ 6 l̄nL; l̄;|k ok̄Y" 42-5 Áfr̄'kr l̄keu vk̄; A firk d 0;olk; l̄e/ck̄ bl Ádj dh t̄ud̄kj̄h Ákr̄ ḡr̄h g & ūd̄j̄h d̄juok̄Y" 47-5 Áfr̄'kr 0;olk; d̄juok̄Y" 40 Áfr̄ rFkk et̄nj̄h d̄ju ok̄Y" 12-5 Áfr̄'kr fn̄[k̄b̄ fn̄; r̄ l̄r̄h d̄juok̄Y" ,d Ōh īk̄Yd uḡ g A ifjokj d ek̄f̄ld m̄rié bl Ádj g & 3000 l̄ 5000 :- 18-75 Áfr̄'kr r̄ 5000 l̄ 8000 : 45 Áfr̄'kr 8000 l̄ 10000 :- 22-5 Áfr̄'kr v̄j̄ 10000 l̄ 15000 :- 13-45 Áfr̄'kr A

rk̄Ȳdk Ø- 2 cPp̄ dī nfud vlgkj

v-Ø-	vlgkj dk Ádj	cPp̄ dh l̄; k	Áfr̄'kr
1	j̄Vh l̄c̄th n̄k̄Y p̄koYk	39	48-75%
2-	j̄Vh l̄c̄th	41	51-25%

cPp̄ dī j̄t̄ fd̄l Ádj dk vlgkj fn̄;k t̄rk̄ ,l̄k Á'u iNu d i'p̄r 48-75 Áfr̄'kr cPp̄ ;X; vlgkj Ȳr̄ ḡ r̄ 51-25 Áfr̄'kr d̄oYk l̄c̄th&j̄Vh gh vlgkj ei Ȳr̄ g A

rk̄Ȳdk Ø- 3 cPp̄ dī fo"̄k̄ Ádj dk vlgkj

अ.क्र.	आहार	हररोज (%)	साप्ताहिक (%)	कमी-कमी (%)
1	बिरिकट	63 (78.75%)	07 (8.75%)	10 (12.5%)
2	मैगी	54 (67.5%)	15 (18.75%)	11 (13.75%)
3	पिझ्झा	10 (12.5%)	12 (15%)	58 (72.5%)
4	चौकलेट, कुरकुरे	80 (100%)	—	—

rk̄Ȳdk Ø- 3 dī vulkj gj̄j̄t̄ f̄c̄f̄ldV [k̄uok̄Y" 78-75 Áfr̄'kr] ḡl̄r̄ ei f̄c̄f̄ldV [k̄uok̄Y" 8-75 Áfr̄'kr r̄" ,[k̄n̄ ck̄j f̄c̄f̄ldV [k̄uok̄Y" 12-5 Áfr̄'kr cPp̄ fn̄[k̄b̄ n̄r̄ g A 67-5 Áfr̄'kr cPp̄ gj̄j̄t̄ ex̄h [k̄r̄ g] 18-75 Áfr̄'kr cPp̄ ḡl̄r̄ ei ex̄h [k̄r̄ g] r̄ 13-75 Áfr̄'kr cPp̄ d̄Ōh&d̄Ōh [k̄r̄ g A gj̄j̄t̄ fīŌ>k [k̄uok̄Y" 12-5 Áfr̄'kr] ḡl̄r̄ ei fīŌ>k [k̄uok̄Y" 15 Áfr̄'kr r̄ d̄Ōh&d̄Ōh fīŌ>k [k̄uok̄Y" 72-5 Áfr̄'kr cPp̄ g A l̄cl̄ v̄f̄kd ;ku 100 Áfr̄'kr cPp̄ gj̄j̄t̄ p̄,dȲV ,o d̄j̄dj̄ [k̄r̄ g A

fp̄f̄d̄R̄ld i)rh̄|k̄j̄k̄ cPp̄ dī vk̄jX; dh t̄kp

v-Ø-	cPp̄ dh vk̄jX;fo"̄k;d l̄el;k	l̄; k 80 %100%
1	n̄rk̄ ei l̄Mu	64 %80%
2	ipu f̄o; k ei f̄c?k̄M	02 %2-5%
3	t̄cu ij t̄l̄e	05 %6-25%
4	f̄ul̄r̄t vk̄	02 %2-5%
5	f̄ul̄r̄t Ropk@n̄lx	03 %3-75%
6	ck̄Yk	04 %5%
7	l̄tu	&

fp̄f̄d̄R̄ld i)rh̄|k̄j̄k̄ cPp̄ dī vk̄jX; dh t̄kp d̄ju d i'p̄r cPp̄ ei n̄rk̄ ei l̄Mu dh l̄el;k l̄cl̄ v̄f̄kd ;ku 80 Áfr̄'kr fn̄[k̄b̄ n̄h A ipu f̄o;|k dh l̄el;k 2-5 Áfr̄'kr t̄cu ij t̄l̄e dh l̄el;k 6-25 Áfr̄'kr vk̄| dh l̄el;k 2-5 Áfr̄'kr Ropk l̄c̄h l̄el;k 3-75 Áfr̄'kr rFkk ck̄Yk dh l̄el;k 5 Áfr̄'kr fn̄[k̄b̄ n̄h A

fud"̄k |

ÁLr̄r v/;;u ei cPp̄ dī vlgkjfo"̄k;d vkn̄r dī vulkj vlgkj ei i"kd ?kVd" dk v̄ōko fn̄[k̄b̄ n̄rk̄ g A D;f̄d T;kn̄rj cPp̄ f̄c̄f̄ldV

p,dYV] e'xh vfn inE'k [kkr g' A

;X; vlgkj djuokY" cPp de ekokk e' fn[kkb nr gA f'p'dRld i)
rh}kjk t'kp dju d i'pkr cPp e' vkj'X; fo'k;d l'eL;k dkQh xÔhj
: i l' fn[kkb nrh g' A b'l l' ;g Li"V g'r'k g' fd cPp e' i"kd r'ôo'
dk vÔko gA

mik; ;"tuk }

1- cPp e' vkj'X; r'Fkk vlgkjfo'k;d tkx:drk fuek'k dju d' fyk,
ikYkd" u' Á;l dju p'fg, A

2- cPp d' vlgkj e' T;knk l' T;knk i"kd r'ôo' d' fyk, ikYkd" u'
?kj ij gh u;&u; inE'k [kku e' nu p'fg, A

3- c'gj d' ;k [kYkh txg" d' inE'k ug' nuk p'fg, A

4- cPp dh 'k'jhfjd LoPNrk ij /;ku nuk p'fg, A mnk- fnu e' n"
ckj c'k dju' [kku l' igY" g'Fk /k'uk vfn A

5- cPp e' g'jh l'cth;,) QYk l'cth;k dk :fp fuek'k djuh p'fg, A

6- cPp d" dkt] cnke] eud' vfn fnu e' ,d ckj nuk p'fg, ft l l'
mudh p,dYV [kku dh vknr de g" l d' A

REFERENCES

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