

4.3.3 DIET

The survey assessed dietary practices of adolescents, which included a series of questions related to breakfast information and frequency of consumption of high salt, high sugar and oily food. The responses to these questions are presented in figures and tables below.

KEY FINDINGS

- **48.3%** had skipped breakfast on at least any one day in the past 30 days.
- **54.9%** consumed chocolates or toffees, **52.1%** consumed chips or namkeen and **18.2%** consumed cold drinks or other aerated drinks at least once in a week.

Skipping breakfast

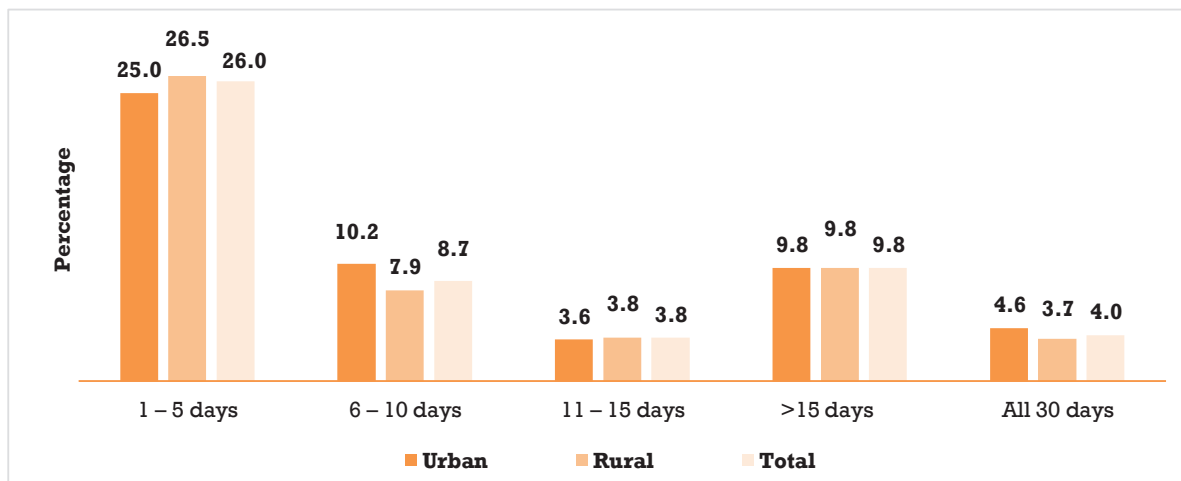


Figure 4.3.3.1 Adolescents who skipped breakfast in the past 30 days by area of residence (Percentage)

Table 4.3.3.1 Number of days breakfast was skipped in past 30 days by area of residence and gender (Mean)

15 – 17 years	Urban	Rural	Boys	Girls	Total
Mean number of days breakfast was skipped	9.5	9.7	9.3	10.0	9.6

The mean number of days breakfast was skipped in the past 30 days was 9.6 days, girls skipped an extra day than boys with least difference across area of residence (*Table 4.3.3.1*). 48.3% skipped breakfast on at least one day in the past 30 days (50.9% girls and 45.8% boys) (*Annexure table 4.3.3.1a*) and 4.0% skipped breakfast on all 30 days. (*Figure 4.3.3.1*)

Frequency of consumption of food items

The survey captured responses on frequency of consuming food items like achar/papad, fried items (chole bature/pakora/samosa/kachori/bhajji/bonda/vada/pazhampori), chips/namkeen, pizza/burger, instant noodles, cake/pastry/patties, cold drinks/other aerated drinks, fresh fruits/fruit juices, high energy/high protein drinks or drinks rich in caffeine, ice cream/milk shakes, chocolates/toffees, salads/fruit/fruit chaat, canned fruit juice, sweets, and french fries. The responses were recorded as daily (>5 days a week) or at least once a week, at least once a month or less than once a month, never or don't know or no response have been presented below.

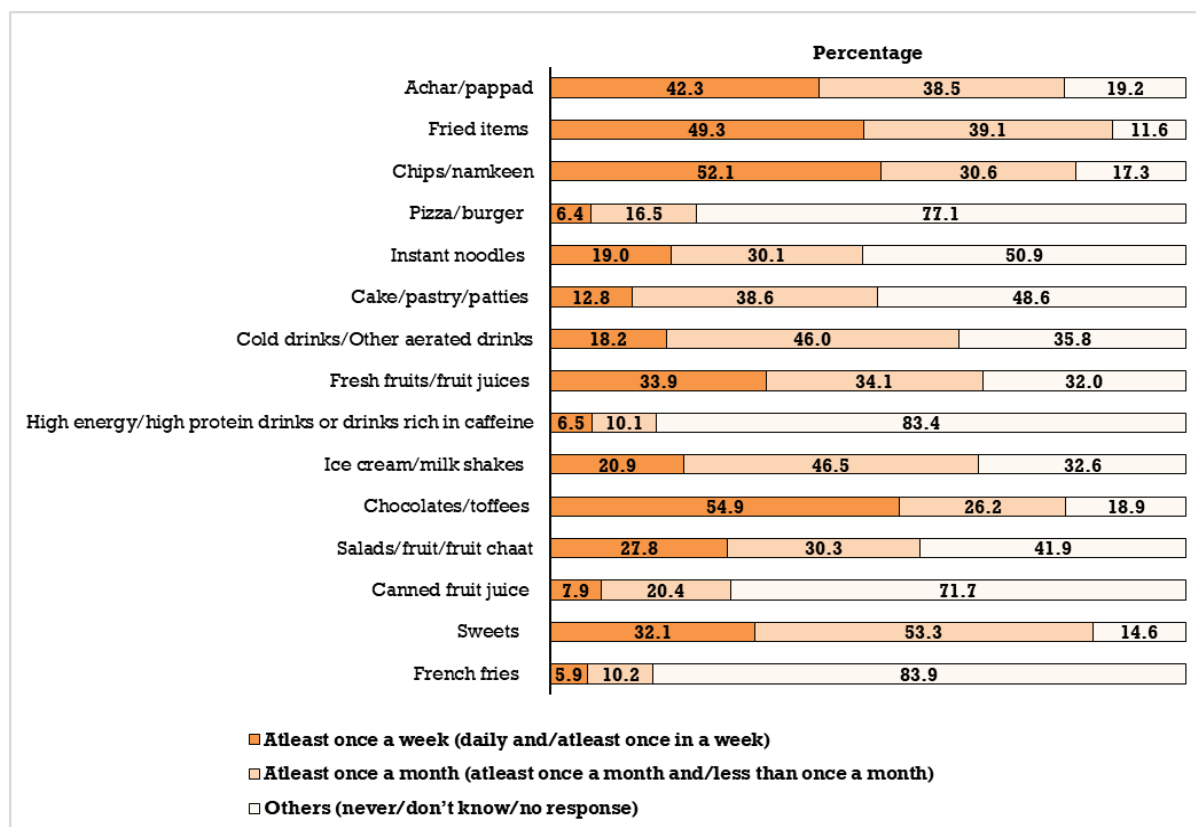


Figure 4.3.3.2 Frequency of consumption of food items (Percentage)

Chocolates/toffees (54.9%) and chips/namkeen (52.1%) consumption constituted majorly, followed by sweets (32.1%) and ice cream/milk shakes (20.9%) in daily and/at least once a week interval. 33.9% and 27.8% consumed fruits in the form of fresh fruits/fruit juices and salads/fruit chaat daily and/at least once a week respectively. 20.4% had canned fruit juice at least once a month. 19.0% and 30.1% had instant noodles daily and/at least once a week and at least once a month respectively. (Figure 4.3.3.2 and annexure table 4.3.3.3a)