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## **A COMPARATIVE STUDY OF FOOD HABITS AND NUTRIENT INTAKES BETWEEN THE MALE AND FEMALE ADOLESCENTS IN KARAULI DISTRICT**

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**Abstract :**

*Adolescents aged 10-19 years account for more than one fifth of the world's population. In India, this age group forms 21.4 percent of the total population. Healthy eating is an important part of a healthy life style and is something that should be taught at a young age. Keeping the above facts, the present investigation is an attempt to compare the food habits and nutrient intakes between the male and female adolescents in Karauli district. In order to fulfill the objective of the study a multistage stratified random sampling technique was used to select four hundred male and female adolescents, aged 10 - 18 years from urban areas of Karauli district (Rajasthan). The food habit, meals per day, food liked and appetite were observed significant between male and female adolescents ( $p < 0.05$ ). Significant differences in nutrient intakes of calories, vitamin-A, vitamin-B1, iron and riboflavin were also observed between male and female adolescents ( $p < 0.05$ ).*

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