



पोषण और स्वास्थ्य || महिला सुपरवाइज़र

शैक्षाकरण, वाच्याकरण और  
क्रियाकरण में पोषण

BY - RAMJI GUPTA SIR



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# शैशवावस्था, बाल्यावस्था और किशोरावस्था में पोषण

शैशवावस्था (infancy)





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## बाल्यावस्था (childhood)

Children	1-3y	11.7	11.3	130
	4-6y	18.3	15.9	130
	7-9 y	25.3	23.3	130



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## किशोरावस्था (Adolescence)



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## Energy requirement

Category	Age group	Body weight	Requirement	
			(Kcal/d) <sup>a</sup>	(Kcal/kg/day)
<b>Infants</b>	0–6 m	5.8	530	90
	6–12m	8.5	660	80
<b>Children</b>	1–3y	12.9	1110	83
	4–6y	18.3	1360	74
	7–9 y	25.3	1700	67
<b>Boys</b>	10–12y	34.9	2220	64
<b>Girls</b>	10–12y	36.4	2060	57
<b>Boys</b>	13–15y	50.5	2860	57
<b>Girls</b>	13–15y	49.6	2400	49
<b>Boys</b>	16–18y	64.4	3320	52
<b>Girls</b>	16–18y	55.7	2500	45

<sup>a</sup> Rounded off to the nearest 10 Kcal/d



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# किंगोरावरथा मे पोषण

AGE GROUP	Age	PROTEIN	carbohydrates	calcium	magnesium	Vitamin A	Vitamin C	vitamin D
Boys	10-12 year	31.8g/d	130g/d	850mg/d	270mg/d	770µg/d	54mg/d	600iu/d
girls	10-12	32.2	130	850	255	790	52	600
Boys	13-15	44.9	130	1000	355	930	42	600
girls	13-15	43.2	130	1000	325	890	66	600
Boys	16-18	55.4	130	1050	405	1000	82	600
girls	16-18year	46.2	130	1050	335	860	68	600

## Vitamin B12

Category/Age group	EAR ( $\mu\text{g}/\text{d}$ )	RDA ( $\mu\text{g}/\text{d}$ )
Infants (0–6m)	-	Breast milk
Infants and pre-school children (6m–5 y)	1.0	1.2
School children and adolescents (5–17 y)	2.0	2.2
Adults	2.0	2.2
Pregnant (Additional)	0.20	0.25
Lactating (Additional)	0.8	1.0

# Vitamin B9

Category	Physical activity level	Age group	EAR	RDA
			( $\mu\text{g}/\text{d}^*$ )	
<b>Adult men</b>	Sedentary	>18y	250	300
	Moderate			
	Heavy			
<b>Adult women</b>	Sedentary	>18y	180	220
	Moderate			
	Heavy			
<b>Pregnant</b>	-	-	480	570
<b>Lactating</b>	-	0–6 m	280	330
	-	6–12 m	280	330
<b>Infants</b>	-	0–6 m	---	25 (AI)
	-	6–12 m	71	85
<b>Children</b>	-	1–3 y	97	120
	-	4–6 y	111	135
	-	7–9 y	142	170
<b>Boys</b>	-	10–12 y	180	220
<b>Girls</b>	-	10–12 y	186	225
<b>Boys</b>	-	13–15 y	238	285
<b>Girls</b>	-	13–15 y	204	245
<b>Boys</b>	-	16–18 y	286	340
<b>Girls</b>	-	16–18 y	223	270



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<b>Neonates</b>	$< 28\text{ d}$
<b>Infant</b>	$\geq 28\text{ d} - \leq 1\text{ y}$
<b>Paediatrics</b>	$> 1\text{ y} - \leq 14\text{ y}$
<b>Juvenile</b>	$> 14\text{ y} - \leq 16\text{ y}$
<b>Adolescence / Puberty</b>	$\leq 19\text{ y}$



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