

REFERENCES:

- Srilakshmi. B, 2008, Nutrition Science, 3rd edition, new age international publishers, New Delhi.
- Srilakshmi. B, 2011, Dietetics, 6th edition, new age international publishers, New Delhi.
- RDA annual report 2011, National Institute of Nutrition, Hyderabad.
- Nutrition and physical activity: www.cdc.gov/nccdphp/dnpa/
- Vitamins & minerals deficiency disorders, www.pmfias.com.
- McKinley Health Center (2014), Macronutrients.
- Bellamy Carol, 2003, the state of the world's children UNICEF.
- World Health Organization report on energy requirements (1985).
- BMI –accepted measure of assessing weight ,www.dishmaps.com.
- Indian Council of Medical Research (ICMR), revised report on RDA, 2011, New Delhi.