

## Evaluation of dietary Intake and Food Patterns of Adolescent Girls in Sistan and Baluchistan Province, Iran

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### **Abstract:**

**Background:** The evidence suggests a relationship between lifestyle and diet-related risk factors.

**Objective:** This study assessed the dietary intake and habits of high school girls in Sistan and Bluchistan province, in southeastern Iran.

**Methods:** In a cross-sectional, descriptive study, 753 high school girls aged 14-18 years old were enrolled by a clustered random sampling method. Dietary intake and food habits were evaluated by a two-day, 24-hour dietary recall, and a food frequency questionnaire (FFQ).

**Results:** The analysis of dietary intakes showed that energy, calcium, zinc, vitamin C and folate intake, compared to the Dietary Reference Intake (DRI), were found to be lower. The, infrequent intake of milk and dairy products, fruits and vegetables, and a high consumption of empty calorie foods e.g. salty snacks, sweets, soft drinks and junk foods were seen among adolescents.

**Conclusions:** The adolescent girls had an improper dietary intake and food habits. Thus, the implementation of nutrition education programs in schools and the designing of proper patterns towards healthier food choices could help improve eating behaviors, the health maintenance of adolescents, and also prevent diet- related diseases in adulthood.

**Key words:** Adolescent girls, Dietary intake, Food habits.