



بسم الله الرحمن الرحيم



شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

قسم

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ASSESSMENT OF NUTRITIONAL STATUS OF DAKHLIA UNIVERSITY STUDENTS

BY

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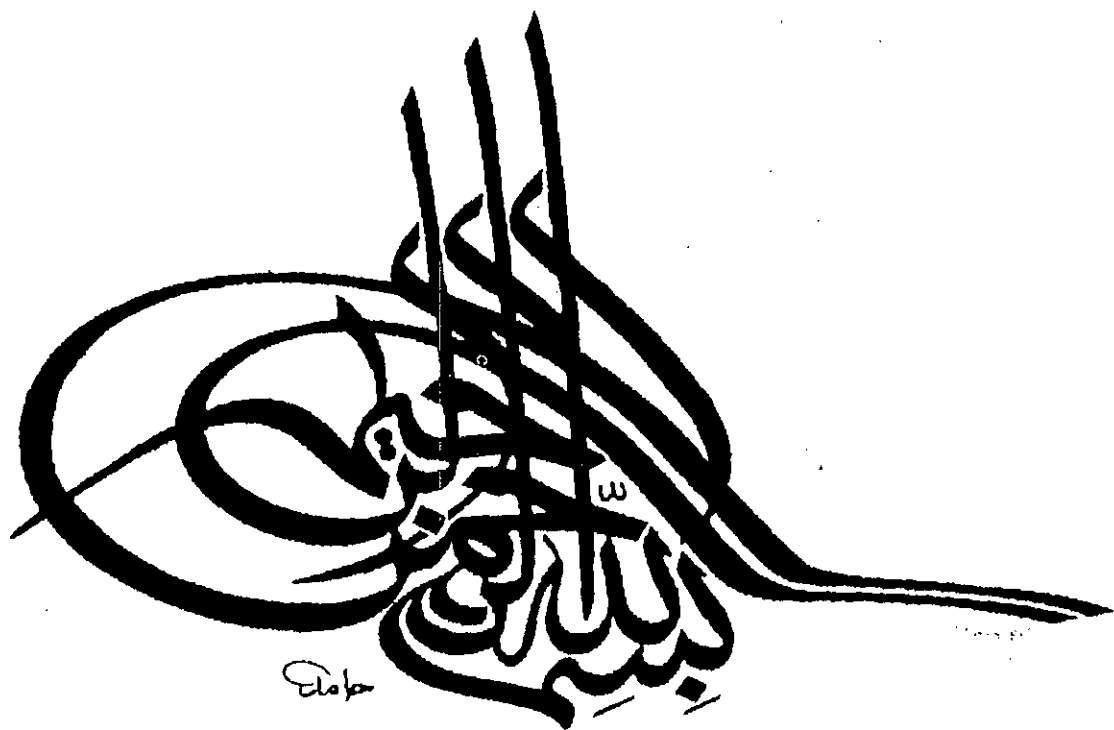
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ARABIC SUMMARY

LIST OF ABBREVIATION

AC	:	ARM CIRCUMFERENCE
AMC	:	ARM MUSCLE CIRCUMFERENCE
BMI	:	BODY MASS INDEX
RDA	:	RECOMMENDED DIETARY ALLOWANCES
SD	:	STANDARD DEVIATION
TSF	:	TRICEPS SKINFOLD

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ABSTRACT

The present study aimed to assess the nutritional status of unboarder university students at Dakhlia Governorate. The study subjects were carried out at a random samples of 190 students divided equally and aging ranging between 19 to 23 years old. The results were summarized as follow: The highest percentage (51.6%) of males father's were at moderate education, compared with (47.4%) for females. The majority of males and female's fathers (55.8% and 51.6% respectively) were governmental employers. The most (82.1% and 76.8% respectively) of males and female's mothers were housewives. When compared the mean of anthropometric measurements with standard measures. For males, it was found that both weight (95.57%) and TSF (91.82%) were decreased, while the other percentage of other variables were equals the standard values. For females, all measures equals or exceed than standard values except for TSF (93.12%) . Total energy yielding in either males or females was (58.93 - 60.33%) from carbohydrate;(26.07 - 26.96%) from fat and (13.6 - 14.11%) from protein. The intake of total energy was (76.2%) for males and (101.9%) for females. Regarding to nutrients intake, the percentage of protein was increased to (132.4%) for males and (172.5%) for females. Also the total iron was increased to (225.2%) in males and (160.7%) in females while calcium was decreased to (38.4%) in males and (41.5%) for females. It was noticed that, some vitamins were decreased especially vitamin A, C₃ and niacin.