

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparison study on Health Status between Lacto-vegetarian and Non –vegetarian Adolescence Boys

This project work is submitted for the partial fulfillment for the award of  
degree of B.Sc. (Hons) from Vidyasagar University



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### TO WHOM IT MAY CONCERN

This is to certify that **Shyama Hazra** (Roll: 1125129; No.: 220178; Regn. No.: **VU22129178** of Session: 2022-2023) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**A comparative Study on Health Status between Lacto-vegetarian and Non-vegetarian adolescence boys**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 13/03/2025

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# **A Comparative study on Health Status between Lacto-vegetarian and Non-vegetarian adolescence boys.**

## **ABSTRACT**

A lacto-vegetarian boy is an adolescence boy who follows a diet that includes plant-based foods and dairy products (such as milk, cheese, and yogurt) but excludes eggs, meat, poultry, and seafood. This diet provides essential nutrients from dairy and plant sources while avoiding animal flesh. A non-vegetarian boy is an adolescence boy who consumes a diet that includes plant-based foods as well as animal-based foods, such as meat, poultry, seafood, and sometimes eggs. This diet typically provides higher protein intake from animal sources, along with essential micronutrients like vitamin B12 and heme iron. Lacto-vegetarian boys may experience fatigue, weakness, and slower muscle growth due to possible iron and B12 deficiencies, increasing the risk of anemia and weaker bones. Non-vegetarian boys may face weight gain, cholesterol imbalance, and digestive issues due to higher fat intake and lower fiber, potentially leading to obesity and heart concerns. In the present study a survey was conducted to compare health status between lacto- vegetarian and non-vegetarian adolescence boys. The survey was carried out at Bhagwanpur-II block area, Purba Medinipur, West Bengal. The data was collected for lacto- vegetarian boy (n=15) and for non-vegetarian boy (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skinfold thickness) were carried out. The participants were asked about their diseases condition. It was found that there was no significant ( $p>0.05$ ) differences in body mass index, systolic pressure, diastolic pressure, pulse pressure, pulse rate, biceps between lacto-vegetarian and non-vegetarian adolescence boys but it has noticed that triceps significant in both lacto and non-vegetarian adolescence boys. But it has noticed that waist hip circumference are significantly ( $p<0.05$ ) lower in lacto -vegetarian boy as compare to non- vegetarian boys. It was observed that more percentage of non- vegetarian boys was suffering from constipation 6%, rashes 13%, acidity 40% as compare to lacto -vegetarian boys.

**Keywords:** Lacto- vegetarian boys, Non -vegetarian boys, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.



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**Plate 3: Different activities during survey of Lacto-vegetarian adolescence boy of Bhagwanpur-II Block area**





**Plate 4: Different activities during survey of non vegetarian boy of Bhagwanpur-II Block area**