

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Lacto-Vegetarian and Non-Vegetarian Adolescence Girls

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



Submitted by

**Rakhi Pal**

**Roll:1125129**

**No.:220172**

**Regn. No.: VU221291129 of Session: 2022-2023**

**Dept. of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**Bhupatinagar, Purba Medinipur; Pin-721425**

Supervised by -

**Prof. Pranati Bera**

**SACT Teacher, Dept. of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya





# Mugberia Gangadhar Mahavidyalaya

Bhupatinagar : Purba Medinipur : West Bengal : 721425

Email: mugberia\_college@rediffmail.com

Website: <https://www.mugberiagangadharmahavidyalaya.ac.in>

Affiliated to Vidyasagar University; Recognized by NCTE; College with Potential for Excellence (CPE) ; Awarded with DBT Star College Strengthening Scheme and Reaccredited by NAAC(4<sup>th</sup> Cycle) with 'A' Grade college with CGPA 3.12

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This is to certify that Mr. /Miss. Rakhi Pal  
.....of UG/PG student under CBCS/CCFUP-NEP,  
.....Semester 5<sup>th</sup> Roll 1125129 Number 220172  
Reg. No. V.U. 221291129 Year 2022-2023  
Department of Nutrition  
has successfully completed a dissertation / project entitled A Comparative Study on Health Status between Lacto-vegetarian and Non-vegetarian Adolescence Girls  
for the course B.Sc. subject Nutrition  
paper EC-12P in the year/session 2024-2025  
He /She has submitted the dissertation / project on 18/03/2025

Date:  
Seal:



Signature of Supervisor / HOD

Head  
Dept. of Nutrition

Signature of Principal  
Principal

Mugberia Gangadhar Mahavidyalaya



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## Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur

West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;

Affiliated to Vidyasagar University)

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### TO WHOM IT MAY CONCERN

This is to certify that Rakhi Pal (Roll:1125129; No.: 220172; Regn. No.: VU221291129 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 Girls' 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

Pranati Bera

(Prof. Pranati Bera)

SACT Teacher

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya



# **A Comparative Study on Health Status between Lacto-vegetarian and Non-vegetarian Adolescence Girls**

## **ABSTRACT**

Adolescence is a critical phase of growth and development, where nutrition plays a vital role in overall health and well-being. In the present study a survey was conducted to compare health status between lacto-vegetarian and non-vegetarian adolescence girls. A lacto-vegetarian girl, is an adolescence female 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. Some symptoms of a lacto-vegetarian are iron deficiency anemia, vitamin B12 deficiency anemia, zinc deficiency, iodine deficiency etc and some complications are osteoporosis, growth and development issues and digestive problems. A non-vegetarian girl, is an adolescence female who consumes a diet that includes plant-based foods as well as animal-based foods, such as meat, poultry, seafood, and sometimes eggs.. Some complications of a non-vegetarian, are heart disease risk, digestive issues, hormonal imbalance and foodborne illness etc. The aims and objectives of the study to compare the dietary habits, health status and disease outcomes of lacto-vegetarian and non-vegetarian adolescence girls. The survey was carried out at Bhagwanpur-II block area, Purba Medinipur, West Bengal. The data was collected for lacto-vegetarian adolescence girls (n=15) and non-vegetarian adolescence girls (n=15). In this survey different types of measurement was taken including height, weight, blood pressure, pulse rate, waist and hip circumferences, skin fold thickness (biceps, triceps). After data analysis it was found that there was no significant ( $p>0.05$ ) differences in body mass index, systolic pressure, diastolic pressure, pulse pressure, pulse rate, triceps and biceps and waist hip ratio between lacto-vegetarian and non-vegetarian adolescence girls. It was observed that more percentage of lacto-vegetarian adolescence girls were suffering from hypertension(20%), constipation(20%), breathing problem(33%), headache(33%) as compare to non-vegetarian adolescence girls and also observed that the more percentage of non-vegetarian adolescence girls was suffering from anemia(13%) and acidity(33%). Both lacto-vegetarian and non-vegetarian adolescence girls were suffering from menstruation problem and eczema equally.



**Keywords:** Lacto-vegetarian adolescence girls, non-vegetarian adolescence girls, Health Comparison, Body mass index, Waist-hip ratio, Disease.

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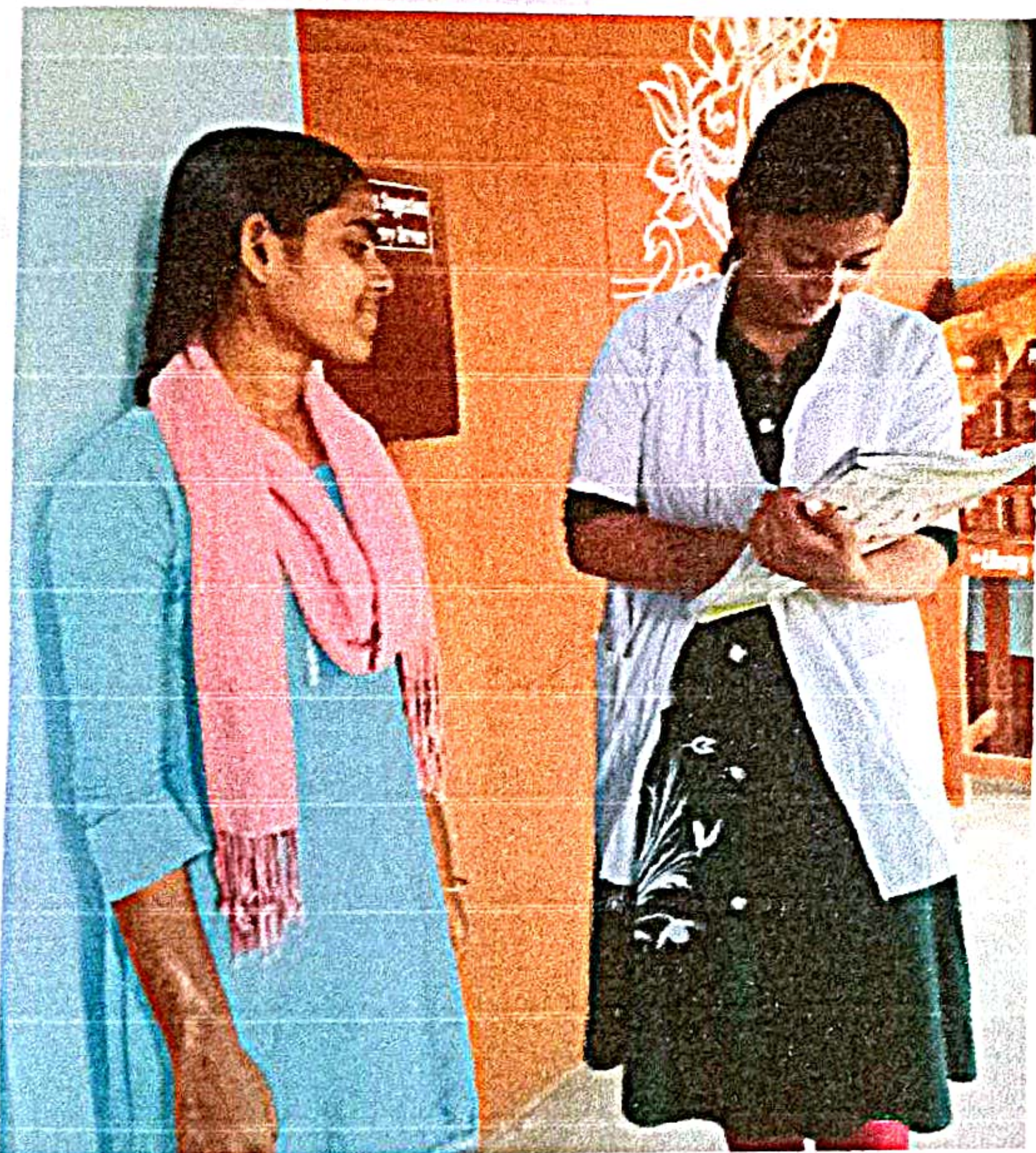
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**Plate 3: Different activities during survey of Lacto-Vegetarian adolescence girl of Bhagwanpur-II Block area**





**Plate 4: Different activities during survey of Non-Vegetarian adolescence girl of Bhagwanpur-II Block area**