Figure – 1
Monthly Expenditure Pattern
Figure – 2
Percent monthly expenditure on major food items by various income groups
Before and After Nutrition Education
Figure-3
Food consumption pattern of SHG women
Figure – 4
Knowledge gain through nutrition education
Figure 5
Knowledge retention through nutrition education

Percentage

Balance diet: 33.8% (Knowledge gained), 86.45% (Knowledge retention)
Health status: 52.83% (Knowledge gained), 93.91% (Knowledge retention)
Hygiene and sanitation: 66.72% (Knowledge gained), 91.67% (Knowledge retention)
Figure-6
Grading of nutritional status based on BMI

BMI kg/m²

- <18.5 (underweight)
- 18.5 - 25.0 (normal weight)
- 25.0 - 30.0 (overweight)
- >30 (obese)
Figure-7
Clinical examination of the SHG women
Figure 8
Hemoglobin level of the SHG women

<table>
<thead>
<tr>
<th>Hemoglobin (mg/dl)</th>
<th>LIG</th>
<th>MIG</th>
<th>HIG</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe (&lt;7.0)</td>
<td>16</td>
<td>12</td>
<td>12</td>
<td>40</td>
</tr>
<tr>
<td>Moderate (7.0 - 10.0)</td>
<td>32</td>
<td>30</td>
<td>26</td>
<td>98</td>
</tr>
<tr>
<td>Mild (10.0 - 10.9)</td>
<td>38</td>
<td>36</td>
<td>36.66</td>
<td>110</td>
</tr>
<tr>
<td>Normal (11.0 - 12.0)</td>
<td>10</td>
<td>16</td>
<td>14</td>
<td>40</td>
</tr>
<tr>
<td>Non anemia (12 or above)</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>18</td>
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</tbody>
</table>
Table 9
Problems

Inadequate finance

Financial Problem

Marketing Related Problems

Distributions Related Problems

Promotion Related problems