LIST OF FIGURES

Contents

1. Age and sex distribution of 1355 individuals selected for nutritional assessment. 60
2. Socio-economic and demographic data of the subjects surveyed. 61
2a. Graphical representation of literacy level among the Kamars. 62
3. Distribution of the Kamar families as per their housing, environment and transport condition. 63
4a. Distribution of 516 male Kamar (>7 years) as per their consumption of alcohol, tobacco, pan and bidi smoking. 114
4b. Distribution of 535 female Kamar (>7 years) as per their consumption of alcohol, tobacco, pan and bidi smoking. 115
5a. Mean food intake of 1-3 years age group of 71 male Kamars compared with other M.P. tribal group. 147
5b. Mean food intake of 1-3 years age group of 61 female Kamars compared with other M.P. tribal group. 148
6a. Mean food intake of 4-6 years age group of 74 male Kamars compared with other M.P. tribal group. 149
6b. Mean food intake of 4-6 years age group of 60 female Kamars compared with other M.P. tribal group. 150
7a. Mean food intake of 7-9 years age group of 56 male Kamars compared with other M.P. tribal group. 151
7b. Mean food intake of 7-9 years age group of 48 female Kamars compared with other M.P. tribal group. 152
8a. Mean food intake of 10-12 years age group of 51 male Kamars compared with other M.P. tribal group. 153
8b. Mean food intake of 10-12 years age group of 58 female Kamars compared with other M.P. tribal group. 154
9a. Mean food intake of 13-15 years age group of 36 male Kamars compared with other M.P. tribal group. 155
9b. Mean food intake of 13-15 years age group of 38 female Kamars compared with other M.P. tribal group.

10a. Mean food intake of 16-18 years age group of 22 male Kamars compared with other M.P. tribal group.

10b. Mean food intake of 16-18 years age group of 43 female Kamars compared with other M.P. tribal group.

11a. Mean food intake of >18 years age group of 442 male Kamars compared with other M.P. tribal group.

11b. Mean food intake of >18 years age group of 348 female Kamars compared with other M.P. tribal group.

12a. Adequacy range of the average food consumption of 684 male Kamars.

12b. Adequacy range of the average food consumption of 671 female Kamars.

13. Mean food intake of pregnant and lactating Kamar women as compared to recommended dietary allowances.

14. Mean food intake of the Kamars and other tribal groups - A comparative study.

15a. Mean food intake of the Kamar and other M.P. tribal group in winter season - A comparative study.

15b. Graphical representation of mean food intake of the Kamars in winter season.

16a Mean food intake of the Kamar and other M.P. tribal group in summer season - A comparative study.

16b. Graphical representation of mean food intake of the Kamars in summer season.

17a. Mean food intake of the Kamar and other M.P. tribal group in rainy season - A comparative study.

17b. Graphical representation of mean food intake of the Kamars in rainy season.
18a. Mean nutrient intake of 1-3 years age group of 71 male Kamars compared with other M.P. tribal group.

18b. Mean nutrient intake of 1-3 years age group of 61 female Kamars compared with other M.P. tribal group.

19a. Mean nutrient intake of 4-6 years age group of 74 male Kamars compared with other M.P. tribal group.

19b. Mean nutrient intake of 4-6 years age group of 60 female Kamars compared with other M.P. tribal group.

20a. Mean nutrient intake of 7-9 years age group of 56 male Kamars compared with other M.P. tribal group.

20b. Mean nutrient intake of 7-9 years age group of 48 female Kamars compared with other M.P. tribal group.

21a. Mean nutrient intake of 10-12 years age group of 51 male Kamars compared with other M.P. tribal group.

21b. Mean nutrient intake of 10-12 years age group of 58 female Kamars compared with other M.P. tribal group.

22a. Mean nutrient intake of 13-15 years age group of 36 male Kamars compared with other M.P. tribal group.

22b. Mean nutrient intake of 13-15 years age group of 38 female Kamars compared with other M.P. tribal group.

23a. Mean nutrient intake of 16-18 years age group of 22 male Kamars compared with other M.P. tribal group.

23b. Mean nutrient intake of 16-18 years age group of 43 female Kamars compared with other M.P. tribal group.

24a. Mean nutrient intake of >18 years age group of 442 male Kamars compared with other M.P. tribal group.

24b. Mean nutrient intake of >18 years age group of 348 female Kamars compared with other M.P. tribal group.

25. Mean nutrient intake of adult male and female individuals expressed percentage of the recommended intake.
26a. Adequacy range of the average nutrient intake of 684 male Kamars.

26b. Adequacy range of the average nutrient intake of 671 female Kamars.

27. Mean nutrient intake of the pregnant and lactating Kamar women as compared to recommended dietary allowances.

28a. Percentage distribution of 611 male individuals as per their daily nutrient intake.

28b. Percentage distribution of 656 female individuals as per their daily nutrient intake.

28c. Mean protein energy ratio of the subject surveyed

29. Comparison of mean nutrient intake of the Kamar with other tribes of Madhya Pradesh.

30. Average intake of nutrient (CU/DAY) among the Tribal Groups.

31. Food analysis of the eight rare food items consumed by the Kamars.

32. Food analysis of the eight rare food items consumed by the Kamars in terms of their mineral content.
A KAMAR VILLAGE
Location of Chhattisgarh and Raipur in India and distribution of places from which data was collected.