

# **Bangladesh Journal of Nutrition**

Volume- 28-31

December 2018



**Institute of Nutrition and Food Science**

University of Dhaka  
Dhaka -1000, Bangladesh

©

As of December 2018 the Copyright of all articles submitted to *Bangladesh Journal of Nutrition* are retained by the authors or their institutions. For all communications and permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form should be addressed to:

Prof. Dr Nazma Shaheen

Editor, Bangladesh Journal of Nutrition

Institute of Nutrition and Food Science

University of Dhaka, Dhaka-1000, Bangladesh.

Phone: 880-2-9661900/8400, 8401; Fax: 880-2-9667222

E-mail: [directorinfs@du.ac.bd](mailto:directorinfs@du.ac.bd); [nazmashaheen@du.ac.bd](mailto:nazmashaheen@du.ac.bd)

web: <http://journal.library.du.ac.bd/index.php?journal=BJN>

Printed by :

---

**Al- Kawsar Printers**

67, Motijheel Circular Road, (Hotel Eden Complex) Motijheel, Dhaka-1000

Phone: 7193946, Mobile: 01819239269, E-mail: [azadakp16@gmail.com](mailto:azadakp16@gmail.com)

## **Editorial Board**

### **Editor**

Prof. Dr. Nazma Shaheen  
Institute of Nutrition and Food Science  
University of Dhaka

### **Executive Editor**

Prof. Dr. Abu Torab M A Rahim  
Institute of Nutrition and Food Science  
University of Dhaka

## **Members**

Prof. Dr. Md. Aminul Haque Bhuyan  
Institute of Nutrition and Food Science  
University of Dhaka

Prof. Dr. Sheikh Nazrul Islam  
Institute of Nutrition and Food Science  
University of Dhaka

Prof. Sultana Sayeed  
Institute of Nutrition and Food Science  
University of Dhaka

Prof. Dr. Khan Moududur Rahman  
Institute of Nutrition and Food Science  
University of Dhaka

Prof. Dr. Md. Nazrul Islam Khan  
Institute of Nutrition and Food Science  
University of Dhaka

## **External Members**

Prof. Dr. Sagarmay Barua  
Honorary Professor  
Institute of Nutrition and Food Science  
University of Dhaka

Prof. Dr. Shahid Akhtar Hossain  
Dept. of Soil, Water & Environment  
University of Dhaka

Editorial Assistant  
Taposi Banerjee  
Assistant Librarian, Institute of Nutrition and Food Science  
University of Dhaka

## **Advisory Board**

**Emeritus Prof. Dr. A. K. Azad Chowdhury**  
Department of Clinical Pharmacy and Pharmacology  
University of Dhaka, Bangladesh

**Dr. Keith P. West**  
Program Director  
Human Nutrition, Johns Hopkins Bloomberg School of Public Health  
Johns Hopkins University, USA

**Prof. A.K. Azad Khan**  
Secretary General, Diabetic Association of Bangladesh  
BIRDEM, Bangladesh

**Dr. Thingnganing Longvah**  
Head, Food Chemistry Division, National Institute of Nutrition  
Hyderabad, India

**Dr. Lalita Bhattacharjee**  
Senior Nutritionist  
Meeting the Undernutrition Challenge-MUCH  
Food and Agriculture Organization of the United Nations  
Bangladesh

**Dr. Tahmeed Ahmed**  
Senior Scientist and Director, Centre for Nutrition and Food Security  
icddr,b, Bangladesh

**Dr. Benoy Kumar Barman**  
Senior Scientist, WorldFish Center  
Bangladesh and South Asia

## Information for Contributors BANGLADESH JOURNAL OF NUTRITION

The Bangladesh Journal of Nutrition is published in June and December of the year by the Institute of Nutrition and Food Science, University of Dhaka-1000, Bangladesh. The journal publishes original research articles, review articles, short communications dealing with the aspects of nutrition and letters to the editor. Articles are accepted for publication only when they are submitted solely to this journal.

### Manuscripts

Manuscripts should be submitted in quadruplicate, type written, double spaced on one side of good quality paper. The manuscript should be prepared in the following sequence :

- **Title page** : The title page should include title of the article with name and address of the contributor (s), and the name and mailing address of the author responsible for correspondence.
- **Abstract and key words** : Abstract should state the purpose of the study, basic procedures, main findings and conclusions. Key words should be provided below the abstract.
- **Text** : The text should follow the following sequence : (1) Introduction (2) Materials and Methods (3) Results and (4) Discussion.
- **Acknowledgements**
- **References**

### Reference

References should be indicated by consecutive numbers in superscripts in the text and listed sequentially in the bibliography. Examples of format are :

- **Journals** : Cook JD, Dassenko SA and Lynch SR. Assessment of the role of non-heme iron availability in iron balance. *Am J Clin Nutr* 1991; 54 : 717-22. Books : Longencker JB. *Newer Method of Nutritional Biochemistry*. Academic Press Inc. New York 1963 : 113.
- **Chapter in book** : Abdullah M, The effect of Seasonally on Intra-household Food Distribution and Nutrition in Bangladesh. In: Sahn DE, ed. *Seasonal Variability in Third World Agriculture- The Consequences for Food Security*, The Johns Hopkins University Press, 1989:57-65.
- **Agency publication** : World Health Organization. WHO Technical Report Series No. 724. Energy and protein requirements : Report of a Joint FAO/WHO/UNU Expert Consultation. WHO, Geneva, 1985.

### Tables

Tables should be carefully constructed so that the data presented may be understood easily. All tables must be referred to in the text by arabic numerals in consecutive order. Every table and every column should be supplied with an appropriate heading. The table number and the title should be placed in a continuous heading above in the data presented.

### Figures

Figures must be good quality drawings on white drawing paper or photographic prints on glossy paper with strong contrasts or high quality laser printed copies. The original and three copies of the figures should be submitted. Figures should be referred to in the text by consecutive Arabic numerals as Fig. 1, Fig. 2 etc. Same data should not be used in both tables figures.

### Nomenclature and Abbreviations

Standard abbreviations such as mg, C.F. should be used. Terms such as electrocardiogram, ultra-violet should be written in full first time followed by accepted abbreviation (ECG, UV).

### Submission

A covering letter from the author responsible for correspondence, stating the title of the paper, running head and name (s) of co-authors (if any) is essential. All communications related to the journal should be addressed to the Editor, Bangladesh Journal of Nutrition, Institute of Nutrition and Food Science, University of Dhaka, Dhaka 1000, Bangladesh.

### Subscription Rate

Bangladesh : Taka 500.00. Other countries US\$ 10.

**CONTENTS**

<b>Effectiveness of nutrition education intervention program for improving nutritional knowledge of unmarried adolescent girls in a slum of Dhaka city</b>	01
<i>Md. Aminul Haque Bhuyan, Ali Abbas Mohammad Kurshed, Ila Ismail, and Nafis Md. Irfan</i>	
<b>Effectiveness of intervention program in improving maternal reproductive health practices among the rural poor of Bangladesh</b>	09
<i>Ruhina Binta A Ghani, Md. Abdullah Al Mamun, and Nazrul Islam Khan</i>	
<b>Analysis of proximate nutrient content in some selected fish of Bangladesh</b>	19
<i>Md. Abdullah Al Mamun, Md. Masud Rana, Ruhina Binta A Ghani, and Sheikh Nazrul Islam</i>	
<b>Dietary intake pattern of lactating mother and under five children in selected districts of southern Bangladesh</b>	25
<i>Ishrat Nourin Khan, Kazi Turjaun Akhter, Rakhi Nandi, Syed Mahfuz Al Hasan, Abu Torab MA Rahim, Lalita Bhattacharjee, and Nazma Shaheen</i>	
<b>Varietal differences in proximate composition of selected commonly consumed vegetables of Bangladesh</b>	33
<i>Rakhi Nandi, Kazi Turjaun Akhter, Nafis Md. Irfan, Ishrat Nourin Khan, Nuhat Raisa Seoty, and Nazma Shaheen</i>	
<b>Dietary pattern of the elderly people: a comparison between urban and rural communities</b>	39
<i>Nurun Nahar Dillruba and Sagarmay Barua</i>	
<b>Urban diabetes: a cross-sectional study in a ward of Dhaka metropolitan city</b>	47
<i>Rumana Rashid, Nurun Nahar Dillruba, and Abu Torab M A Rahim</i>	
<b>Nutritional status of the street food consumers of a private university in Bangladesh</b>	55
<i>Ayesha Akhter, Farzana Sultana Bari, and Mohammad Abdul Mannan</i>	
<b>Detection of formalin in fish and milk and perception of the household-heads on formalin contamination in Bangladesh</b>	65
<i>Gazi Md. Shahinul Islam, Farzana Sultana Bari, and Mohammad Abdul Mannan</i>	
<b>Prevalence of child underweight, maternal malnutrition and pregnancy weight gain of urban poor of Dhaka and Chittagong, Bangladesh: an analysis of growth monitoring and promotion cards</b>	73
<i>Md. Ruhul Amin, Asfia Azim, Syed Mahfuz Al Hasan and Masum Ali</i>	