

# Vidyasagar University



## A Project report On

“A comparison study on nutrition and health status between extra table salt intake and non intake (40-60 years) female person”



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SACT

**DEPT .OF NUTRITION**

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## Certificate of Completion

This is to certify that Mr. /Miss. Ankita Das  
.....of UG/BG student under CBCS/CCFUP-NEP,  
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Reg. No. VU221291026 year 2022-2023  
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has successfully completed a dissertation / project entitled A comparative study on nutrition and health status between extra table salt intake and nonintake (40-60) Female Person  
for the course.....subject Nutrition  
paper.....in the year/session 2024-2025

He /She has submitted the dissertation / project on .....



Date:

Seal:

10/03/2025

Tomoy Kumar Giri  
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# Mugberia Gangadhar Mahavidyalaya

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### TO WHOM IT MAY CONCERN

This is to certify that **Ankita Das** (Roll:1125129; No.: 220156; Regn. No.: VU221291026 of Session: 2022-2023) a student of B.Sc.5<sup>th</sup> sem, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**A Comparison Study on Nutrition and Health Status between extra table salt intake and non intake (40-60 years) female person**' 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: 18.03.25

*Tonmay Kumar Giri*  
.....  
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## **ABSTRACT**

This study aims to compare the nutrition and health status of females aged 40-60 years who consume extra table salt with those who do not. The increasing use of salt in daily diets has raised concerns regarding its potential impact on health, especially among middle-aged women. The study includes two groups: one with regular extra salt intake and the other without. A sample of 200 women was analyzed for dietary habits, blood pressure, body mass index (BMI), and other health markers such as cholesterol levels and kidney function. The results indicated that excessive salt intake is significantly associated with higher blood pressure, increased risk of cardiovascular diseases, and impaired kidney function. The group without extra salt showed better health indicators, including normal blood pressure and balanced cholesterol levels. Additionally, nutrient intake was higher in the non-salt group due to better overall diet choices. This study highlights the potential risks of excessive salt consumption and emphasizes the need for greater awareness and moderation in salt usage among middle-aged women.

**Keywords:** Extra table salt, health status, nutrition, blood pressure, cardiovascular disease, kidney function, middle-aged women, dietary habits.

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EXAMINED





**Plate 1: Different activities during survey of extra salt intake of Khejuri-I Block area**





**Plate 2: Different activities during survey of salt non-intake of Khejuri-I Block area**