

## FOOD HABITS OF MALE PATIENTS SUFFERING FROM PEPTIC ULCER

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**ABSTRACT** : A sample survey was conducted to understand the food habits and average daily nutrient intake of the hospitalized patients suffering from peptic ulcers at Allahabad. The results showed that majority of them were non vegetarian and consume alcohols, on regularly basis. 24 hours dietary recall shows that majority of them consuming diet which is nutritionally inadequate, whereas the difference between the intake Energy, Protein, Fat, Carbohydrate, Fibre, Calcium, Iron and Vitamin C among the nutrients with regard to recommended dietary allowances (RDA) ( $P < 0.05$ ) was significant.

**Key Words** : Peptic ulcer, nutrients, food habits.