

**Impact of Nutrition Intervention and Dress Code on  
Vitamin D Nutriture of Muslim Women**

*By*

**Habeeba. B**

**(17PHFNF004)**

*Supervisor*

**Dr.C.A.Kalpana**

Thesis Submitted to the  
Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore – 641 043.

In Partial Fulfilment of the Requirements for the Degree of  
**Doctor of Philosophy in Food Science and Nutrition**

**January 2022**

## **80\_Recommendation**

- Policy changes and regulations to be implemented on exclusive RDA for the Muslim women.
- Organize long term, large scale intervention studies to determine the effectiveness of enhanced practices on Vitamin D status.
- Prevalence of Vitamin D deficiency among Muslim women may be assessed in a larger population.
- The study may be extrapolated to other districts of Tamilnadu.
- Supplementation of calcium and Vitamin D rich foods among Muslim women may be studied
- Bioavailability of Vitamin D fortified foods may be studied.
- Calcium and Vitamin D rich ready to eat and ready to serve food products may be developed.