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NUTRITIONAL STATUS ASSESSMENT AND PREFERENCES OF FAST FOOD IN YOUTH OF AJMER

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In today's scenario food consumption pattern is changing in all age groups of people in all over the world. Mainly in developing countries food pattern is changed and people are shift from traditional food to fast food. This changing food pattern is adopted by people because of less time due to jobs and development of so many fast food outlets, which attracts people so much. People are lured by fast foods. People eat fast foods more and more times. But fast foods are not good for health. They contain harmful chemicals, colors, additives and fewer nutrients. People who eat more fast foods more prone to the major health related problems like obesity, heart problems, diabetes, high blood pressure, etc. Other than major health problems people also suffers from frequent headache, stress, less sleep, etc. People know about the harmful effects of fast foods and then also they are eating fast foods.

Keywords: Fast food, Harmful effects, Health problems, Consumption, Low nutrient food

INTRODUCTION

Healthy eating habits are necessary for healthy and long life. But due to urbanization and globalization people consume those foods which have adverse effect on health. People consume high calorie and low nutrient food, which is popularly known as fast foods (Ashakiran and Deepthi, 2012). If people do not have healthy eating habits than poor eating habits can contribute to overweight. Studies shows that if children and adolescents are overweight they are also carry their extra weight in adulthood. Because eating habits which are developed in childhood are also remain same in adulthood. That's why the timing of development of healthy eating habits is important (Brunner and Mary Jo, 2006). Urbanization and globalization is takes place very frequently in India. Due to this people shifts from their native places to the cities for jobs. They do not have time for cooking, so they shift from the traditional food to fast foods. Because fast foods are cheap, easily available and less time

consuming. Fast foods are nothing but just high calorie foods which provide only empty calories and low nutrients, which are not good for health. If people consume fast foods for long time they can be suffered from nutritional deficiency diseases like Vitamin A, iron, Vitamin C, etc. Fast food consumption is also associated with health problems like obesity, heart problems and diabetes. Consumption of fast food can also contribute to the skin allergies, stress, concentration problem, less sleep, hypertension etc. So many studies have been done in India on fast food preferences but in Ajmer studies have been done on Lifestyle Trends on Changing Food Habits of Indian Consumers and nutritional status assessment only. There is no studies has been done on Preferences of fast food. So I take this opportunity to do research on Nutritional status assessment and preferences of fast foods. For this I have done surveys and collect information regarding preferences of fast foods and measure nutritional status of youth.

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METHODOLOGY

A questionnaire is used to collect information about preferences of fast foods in youth. Information about some basic health problems, which are associated with frequent fast food eating habits, are also collected with the help of questionnaire. To collect the information samples are taken from colleges and university. All the samples are lying in the 18- 35 yrs age group. Two type of information is collected through questionnaire. First, General information like-Name, Age, Gender, Height, Weight and Educational status and Second, Specific information like-fast food preferences, preferences of outlets and information about common health problems are collected. After the collection of information results are drawn with the help of statistical methods.

RESULTS AND DISCUSSION

In present study information has been collected through questionnaires. Information has been collected with two type of information

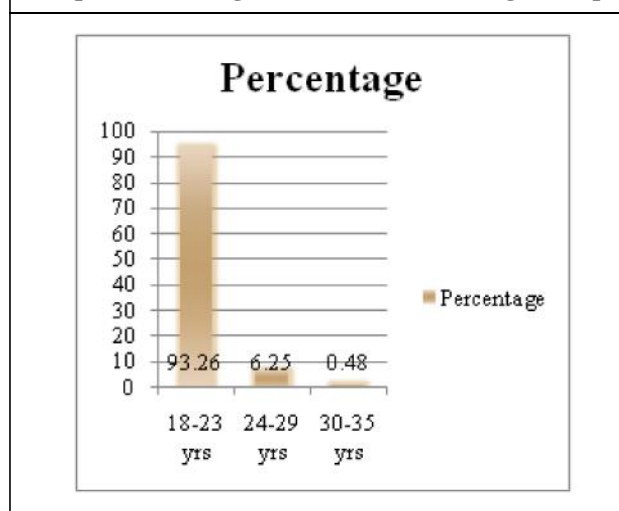
- General Information
- Specific information related to fast food preferences

Results of the study are also drawn in two type of information, which are as follows:

General Information

In the present study data has been collected from 200 youths of different colleges. Results of the study shown that from 208 samples 93.26% youth are from 18-23 yrs age group, 6.25 are from age group of 24-29 yrs and 0.48% youth are belongs to 30-35 yrs of age (shown as Graph 1).

Graph 1: Percentage of Youth in Different Age Group



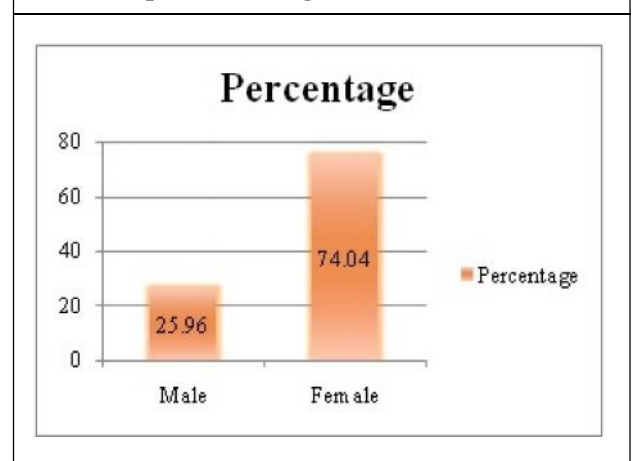
In Graph 2 results shown that from all the subjects 25.96% are male and 74.04% are female.

In Graph 3 results shown that out of the all subjects 48.55% are belongs to Joint family and 51.44% belongs to Nuclear family.

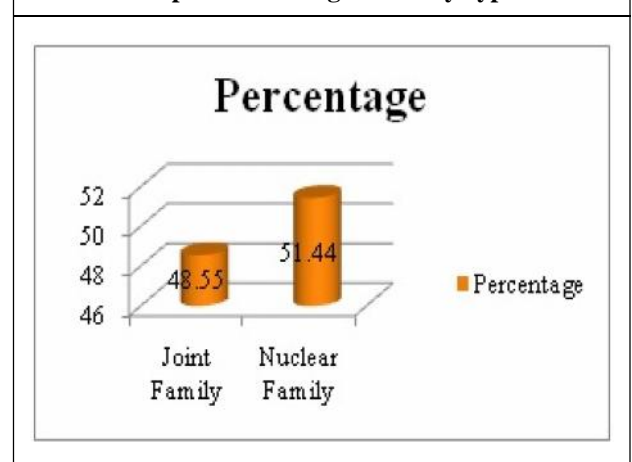
Results revealed that from all the subjects 5.7% are from the poor income group families (6000-12,000), 9.13% belongs to rich class families (2,40,000-12,00,000), 12.01 belongs to lower class families(12,000-20,000), 32.21% belongs to Upper income group families(60,000-2,40,000) and 37.98% are from middle income group families (shown in Graph 4).

Results revealed that from all the subjects 26.64% get 200 rupees as pocket money, 24.03% get 801-1000 rupees, 23.07% get 401-600 rupees, 14.90% get 201-400 rupees, 9.13% get 601-800 rupees and 2.4% get more than 1000 rupees as pocket money (shown in Graph 5).

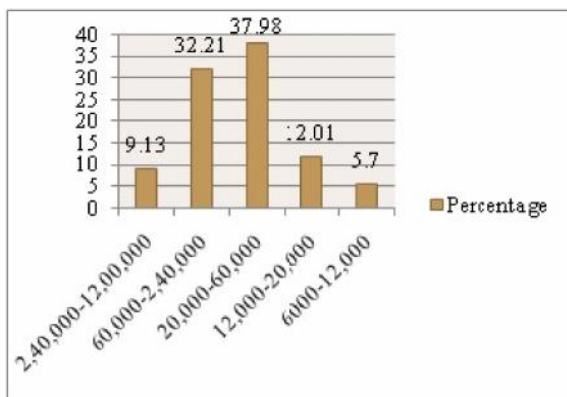
Graph 2: Percentage of Male and Female



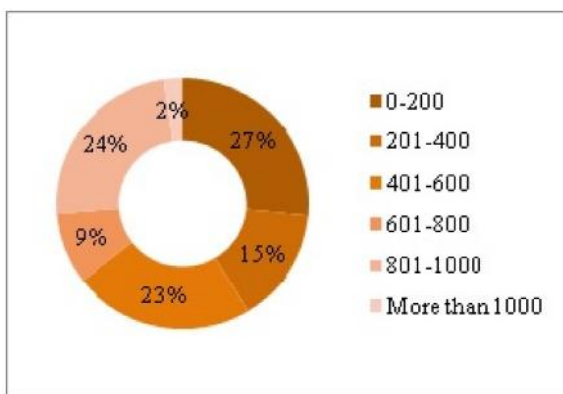
Graph 3: Percentage of Family Type



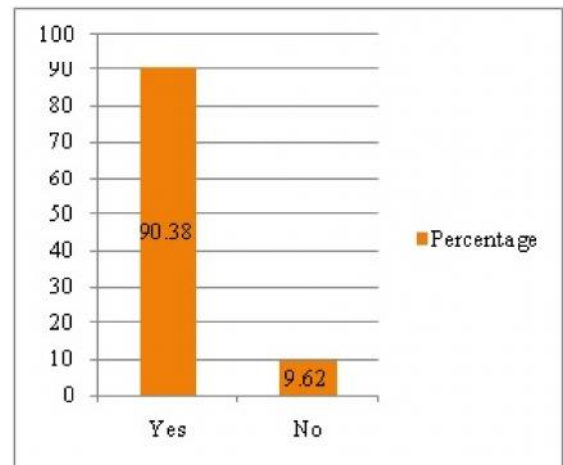
Graph 4: Percentage of Youth in Different Income Groups



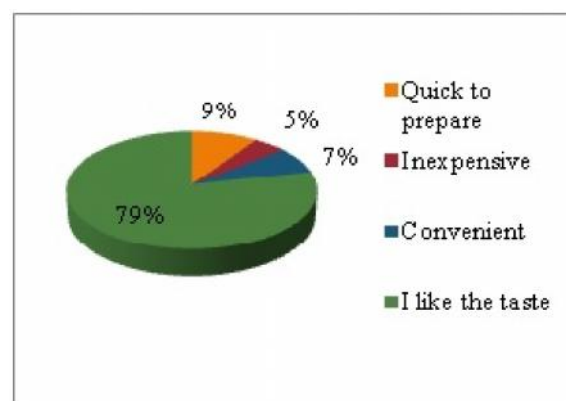
Graph 5: Percentage of Amount of Pocket Money of the Subjects



Graph 6: Percentage of Youth Who Eat Fast Food



Graph 7: Reasons of Eating Fast Food



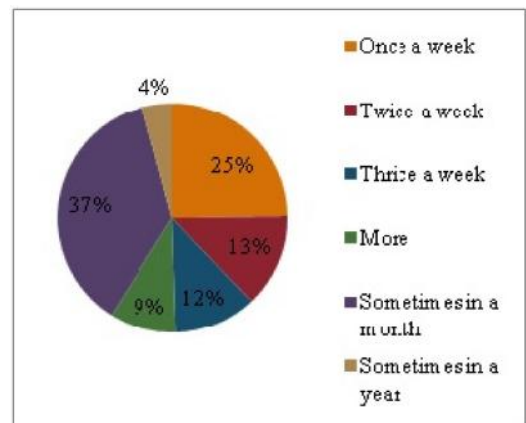
Specific Information Related to Fast Food

From all the subjects 90.38% are eat fast food and 9.62% are not eat fast food. Results are shown in Graph 6.

In Graph 7 results shown that 79% youth like to eat fast food because of their taste, 9% youth eat fast food because they are quick to prepare, 7% youth like to eat fast food because fast food are convenient and 5% youth eat fast food because they are inexpensive.

In Graph 8, Results shown that 37% of the youth eat fast food sometimes in a month, 25% youth eat fast food once a week, 13% youth eat fast food twice a week, 12% youth eat fast food thrice a week, 9% of youth eat fast food more than thrice a week and 4% youth eat fast food sometimes in a year.

Graph 8: Frequency of Eating Fast Food



In Graph 9, Results shown that 15.78% youth like to eat pizza, 14.05% youth like burger, 10.48% like to eat pasta, 9%, like samosa, 8.87% like kachori, 7.27% like chowmein, 5.79% like noodles, 5.67% like sandwich, 5.5% like to eat Manchurian, 5.43% like French fries, 5.43% like pav bhaji, 3.33% like vada pav and 3.33% youth like to eat momos.

Results shown in Graph 10 that 41% youth said fast food contain harmful additives, 24% youth said fast food contains harmful chemicals, 20% youth said fast food contain nutrients and 15% youth said fast food contains color.

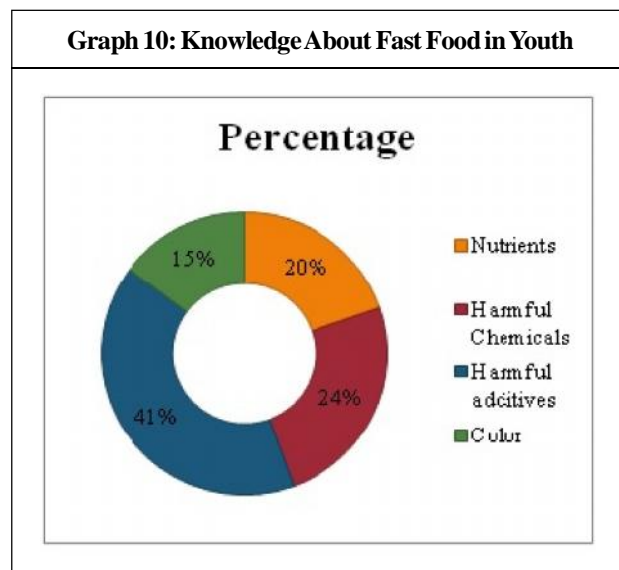
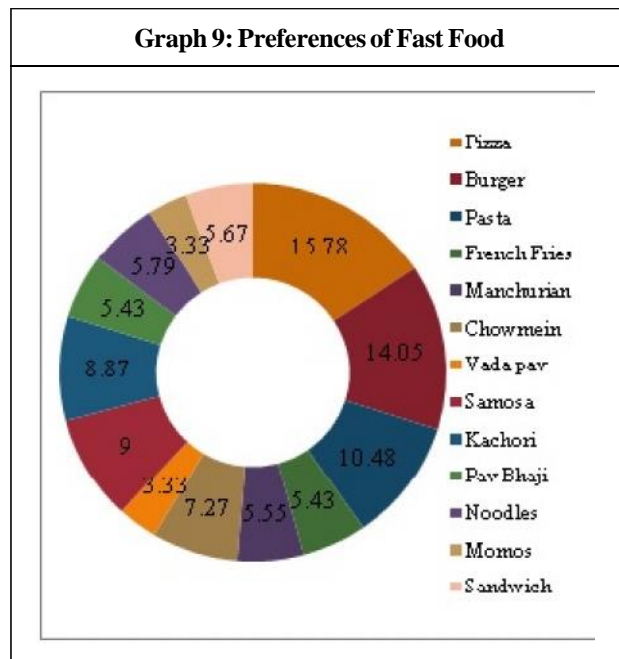


Table 1: Total Sleeping Hours of Youth in a Day

Sleeping Hours	No. of Youth	Percentage
6 hrs	73	35.09
8hrs	97	46.63
Less than 6 hrs	11	5.28
More than 8 hrs	27	12.98

Table 2: Weight Gain in Past 6 Months

weight gain in past 6 months	No. of youth	Percentage
0-5 kg	99	47.59
5-10 kg	9	4.32
10-15 kg	3	1.44
No weight gain	97	46.63

Table 3: Health Problems of Youth

Health Problems	No. of youth	Percentage
Stress	28	9.93
Concentration problems	33	11.70
Allergy Problems	22	7.80
Sleeplessness	21	7.45
Restlessness	12	4.25
Digestion Problems	24	8.51
Frequent Headache	37	13.47
Acne/ Skin Disorders	24	8.51
No one	81	28.72

In Table 1, results shown that out of all subjects 46.63% sleep 8 hrs in a day, 35.09% subjects sleep 6 hrs in a day, 12.98% subjects sleep more than 8 hrs in a day and 5.28% subjects sleep less than 6 hrs a day.

Results have shown that out of the total subject 47.59% of the subjects gain 0-5 kg in past 6 months, 46.63% of the subjects were not gain the weight (Table 2).

In Table 3, results revealed that out of all the subjects 28.72% were not any health problems, 13.47% were facing frequent headache, 11.70% were facing concentration problems, 9.93% were facing stress problems, 8.51% were facing digestion problems, 8.51% were facing Acne/skin disorders, 7.80% were facing allergy problems and 7.45% were facing sleeplessness.

CONCLUSION

Results of the study revealed that most of the subjects eat fast food and they are facing many health problems also. These problems are may be the results of eating more fast foods and they can lead to many big health problems. That's why it is really very necessary that fast food eating has to be decline, so that health problems can be reduced.

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