

**INTERNATIONAL JOURNAL OF FOOD AND  
NUTRITIONAL SCIENCES**

**IMPACT FACTOR ~ 1.021**



**Official Journal of IIFANS**

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

Garima Lakhotia<sup>1\*</sup> and Gulraj Kalsi Kohli<sup>2</sup>

\*Corresponding Author: Garima Lakhotia, ✉ garimalakhotia6@gmail.com

Received on: 18<sup>th</sup> June, 2017

Accepted on: 20<sup>th</sup> September, 2017

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.

<sup>1</sup> Ph.D. Scholar, Food Science & Nutrition Department, M. D. S. University, Ajmer.

<sup>2</sup> Head of the Department, Food Science & Nutrition Department, M. D. S. University, Ajmer.

**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 DI SCUSSION ON**

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

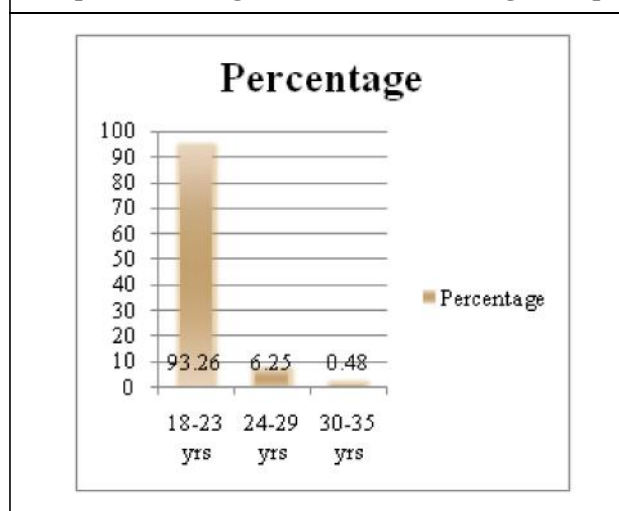
- General Information
- Specific information related to fast food preferences

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**



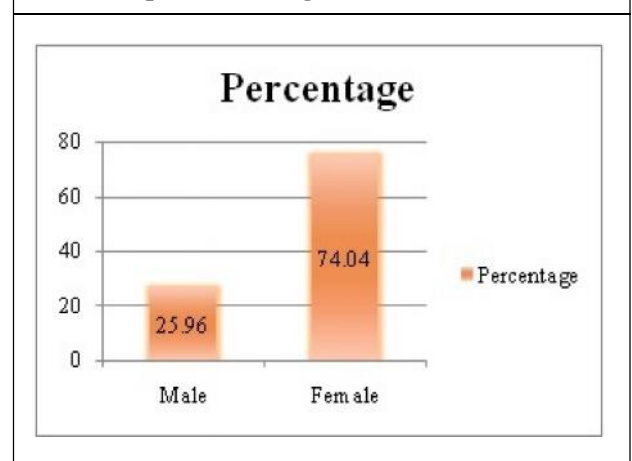
In Graph 2 results shown that from all the subjects 25.96% are male and 74.04% are female.

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.

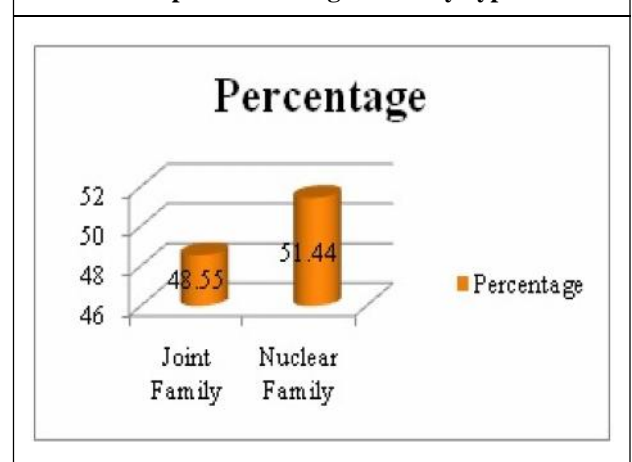
Results revealed that from all the subjects 5.7% are from the poor income group families (6000-12,000), 9.13% belongs to rich class families (2,40,000-12,00,000), 12.01 belongs to lower class families(12,000-20,000), 32.21% belongs to Upper income group families(60,000-2,40,000) and 37.98% are from middle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

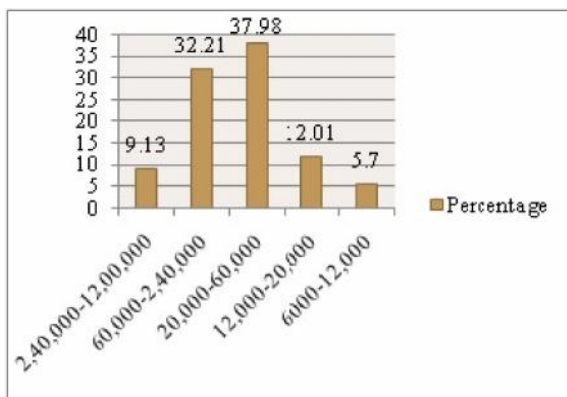
**Graph 2: Percentage of Male and Female**



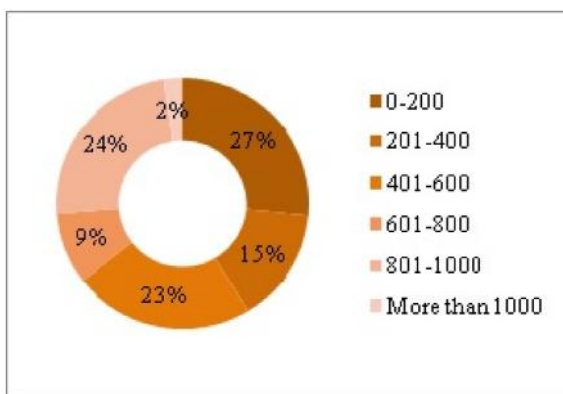
**Graph 3: Percentage of Family Type**



**Graph 4: Percentage of Youth in Different Income Groups**



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



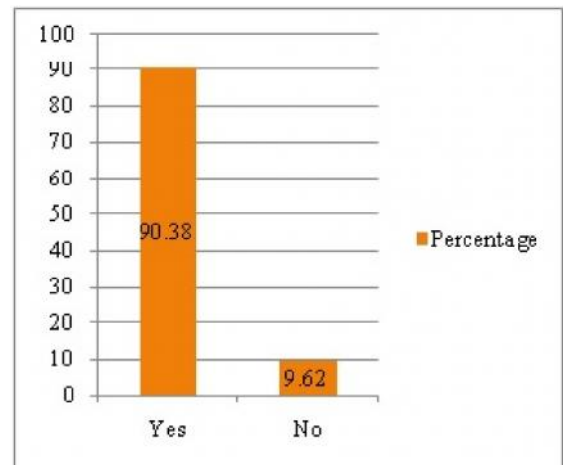
### Specific Information Related to Fast Food

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

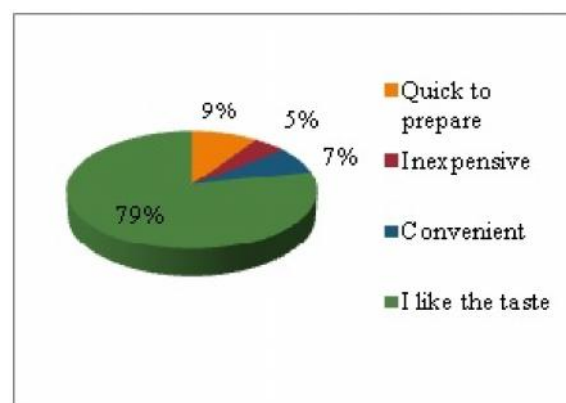
In Graph 7 results shown that 79% youth like to eat fast food because of their taste, 9% youth eat fast food because they are quick to prepare, 7% youth like to eat fast food because fast food are convenient and 5% youth eat fast food because they are inexpensive.

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.

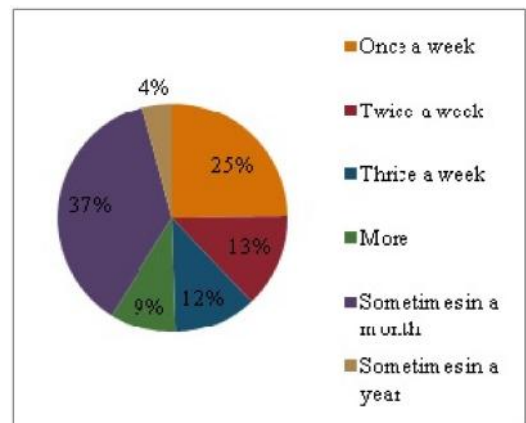
**Graph 6: Percentage of Youth Who Eat Fast Food**



**Graph 7: Reasons of Eating Fast Food**

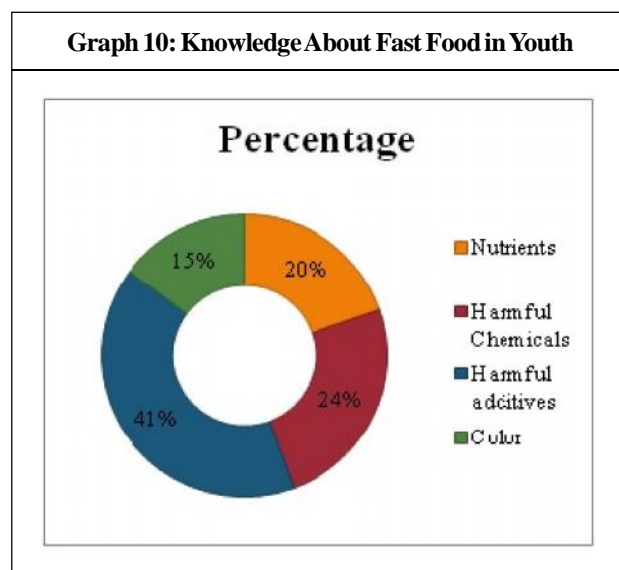
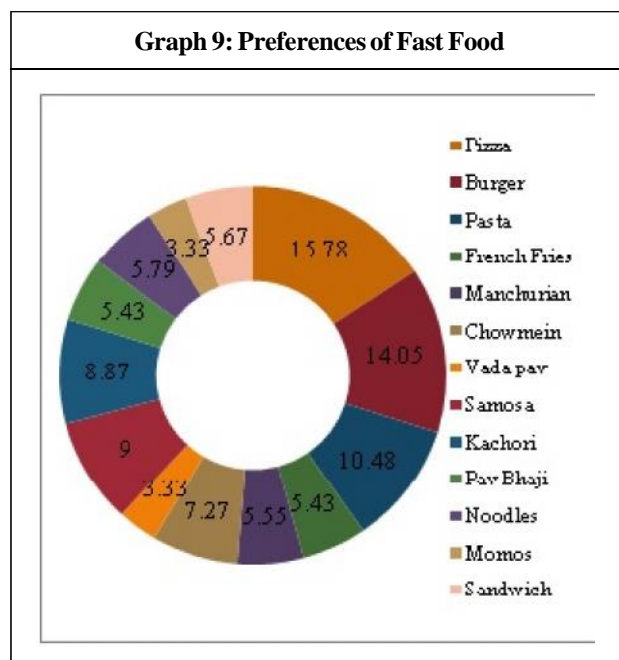


**Graph 8: Frequency of Eating Fast Food**



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.

## REFERENCES

- "Fast Foods: Wikipedia the Free Encyclopedia", available from: [www.en.wikipedia.org/wiki/Fast\\_food](http://www.en.wikipedia.org/wiki/Fast_food), accessed March 1, 2010.
- "The Junk Food Generation: A Multi-Country Survey of the Influence of Television Advertisements on Children", *Consumers International*, 2004, ISBN: 983-41805-0-0, [www.consumersinternational.org/roap/food](http://www.consumersinternational.org/roap/food)
- "The Junk Food Trap: Marketing Unhealthy Food to Children in Asia Pacific", Published by Consumers International in September 2008, ISBN 978-0-9560297-0-6.
- Ashakiran and Deepthi R (July-December 2012), "Fast Foods and their Impact on Health", *Journal of Krishna Institute of Medical Sciences University (JKIMSU)*, Vol. 1, No. 2.
- Brunner and Mary Jo (May 2006), "A Comparison of Food Habits of Middle School Students", M.Sc. Dissertation, The Graduate School, University of Wisconsin Stout.
- Deaton Angus and Drèze Jean (February 14, 2009), "Food and Nutrition in India: Facts and Interpretations", Special Article, *Economic & Political Weekly EPW*, Vol. xlv, No. 7.
- French S A, Story M, Sztainer D Neumark, Fulkerson J A and Hannan P (2001), "Fast Food Restaurant Use Among Adolescents: Associations with Nutrient Intake, Food Choices and Behavioral and Psychosocial Variable", *International Journal of Obesity*, Vol. 25, pp. 1823-1833.
- Gupta Kirti Bardhan (2009), "Consumer Behavior for Food Products in India", International Food & Agribusiness Management Association for 19<sup>th</sup> Annual World Symposium, Budapest, Hungary.
- Harris JL, Schwartz MB and Brownell KD (2013), "Fast Food FACTS: Evaluation of the Nutritional Quality and Marketing of Fast Food to Youth", available at: [www.fastfoodmarketing.org/media/FastFoodFACTS\\_Report.pdf](http://www.fastfoodmarketing.org/media/FastFoodFACTS_Report.pdf)
- Haytowitz David B, Pehrsson Pamela R and Holden Joanne M (2008), "The National Food and Nutrient Analysis Program: A Decade of Progress", *Journal of Food Composition and Analysis*.
- <http://sahm.org/health-fitness/your-kids-become-what-you-feed-them-7-dangers-of-fast-food/>
- [http://www.academia.edu/5309068/Effects\\_of\\_Junk\\_Food\\_and\\_Beverages\\_on\\_Adolescents\\_Health\\_a\\_review\\_article](http://www.academia.edu/5309068/Effects_of_Junk_Food_and_Beverages_on_Adolescents_Health_a_review_article)
- <http://www.wikipedia.com>
- Jaworowska Agnieszka, Blackham Toni, Davies Ian G, and Stevenson Leonard (xxxx), "Nutritional Challenges and Health Implications of Takeaway and Fast Food".
- Johnson Sapna, Sahu Ramakant and Saxena Poornima (March 2012), "Nutritional Analysis of Junk Food", CSE/PML/PR-41/2012, Centre for Science and Environment, New Delhi.
- Kaneria Y, Singh P and Sharma D C (xxxx), "Prevalence of Overweight and Obesity in Relation to Socio-Economic Conditions in Two Different Groups of School-Age Children of Udaipur City (Rajasthan)".
- Kashyap Minal, Kashyap Komal and Sarda Anil (December 2013), "A Study of Growth of Fast Food Industry with Reference to Shift in Consumer's Buying Habits in Nagpur City", *International Journal of Application or Innovation in Engineering & Management (IJAIEEM)*, Vol. 2, No. 12.

- Kaushik Jaya Shankar, Narang Manish and Parakh and Ankit (February 17, 2011), “Fast Food Consumption in Children”, *Indian Pediatrics*, Vol. 48.
- Kumar D, Mittal P C and Singh S (July-September 2006), “Socio-Cultural and Nutritional Aspects of Fast Food Consumption Among Teenagers and Youth”, *Indian Journal of Community Medicine*, Vol. 31, No. 3.
- Lakhota Garima (2011), “Assessment of Fast-Food Habits in Adolescents”, M.Sc. Dissertation, Food Science & Nutrition Department, MDS University, Ajmer, India.
- Madhvapathy Havish and Dasgupta Aparajita (January 2015), “Study of Lifestyle Trends on Changing Food Habits of Indian Consumers”, *IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT)*, Vol. 9, No. 1, Ver. II, pp. 16-22.
- Nickle Melissa and Pehrsson Pamela (2013), “USDA Updates Nutrient Values for Fast Food Pizza”, 36th National Nutrient Databank Conference, *Procedia Food Science*, Vol. 2, pp. 87-92.
- Phillips Katherine M and Stewart Kent K (1999), “Validating Diet Composition by Chemical Analysis”, Book *Well-Controlled Diet Studies in Humans, A Practical Guide to Design and Management*, American Dietetic Association, Chapter 22.
- Pingali Prabhu (September 2004), “Westernization of Asian Diets and the Transformation of Food Systems: Implications for Research and Policy”, Agricultural and Development Economics Division, The Food and Agriculture Organization, of the United Nations, ESA Working Paper No. 04-17.
- Pingali Prabhu and Khwaja Yasmeen (February 5-7, 2004), “Globalisation of Indian Diets and the Transformation of Food Supply Systems”, Inaugural Keynote Address, 17<sup>th</sup> Annual Conference Indian Society of Agricultural Marketing, Hyderabad, ESA Working Paper No. 04-05.
- Prabhavathi Y, Krishna Kishore N T and Kumar M Ramesh (February 2014), “Problems and Changing Needs of Consumers in Fast Food Industry”, *International Journal of Scientific and Research Publications*, Vol. 4, No. 2.
- Rajitha Naredla (2012), “Diet Changes in India Over the Past 40 Years: Implications for the Food System”, Student Organized Event Article MSC Environmental Governance 2012, Albert-Ludwigs-Universitat Freiburg.
- Sharma S (1993), “Practical Biochemistry”, Classic Publishing House, Jaipur.
- Siddiqui Sehar, Bhatnagar Vibha and Lakhawat Sarla (xxxx), “Nutritional Status Assessment of Ghosi Gujjar Women of Ajmer District with Special Reference to Anemia”.
- Singh Monika and Mishra Sunita (June 2014), “Fast Food Consumption Pattern and Obesity among School Going (9-13 Year) in Lucknow District”, *International Journal of Science and Research (IJSR)*, Vol. 3, No. 6, pp. 1672-1674, ISSN: 2319-7064.
- Sinha Piyush Kumar (June 2012), “Indian QSR Industry – Opportunities and Strategies to Harness Them”, W.P. No. 2012-06-07, Research and Publications, IIM Ahmedabad.
- Solanki Daxa G (2011), “Nutritional and Hygienic Assessment of Foods Sold by Small Venders in Rajkot City”, Ph.D. Thesis, Saurashtra University, <http://etheses.saurashtrauniversity.edu/id/eprint/722>
- Vaida Naheed (February 2013), “Prevalence of Fast Food Intake among Urban Adolescent Students”, *The International Journal of Engineering And Science (IJES)*, Vol. 2, No. 1, pp. 353-359.

