

Dietary Profiles of 30 to 50 Year Females of Punjab

Kawaljit Kaur, Ph.D.

Lecturer, # 18-GF, MIG Flats, Panj Peer, Mall Mandi, Near Jalandhar Chungi, Amrtisar, Punjab
E-mail: kawal74here@yahoo.com

Abstract

The results of the present study conducted on 400 females indicate that females especially after the middle age consume greater calories in their daily diets both total as well as in relation to their body weight and also exceed the recommended values. In addition to this the dietary composition reveals greater fat consumption as well as protein in their daily diets. The energy expenditure profiles point to positive energy balance in these group of females. All these factors are indicative of a negative life style lead by them and increase the risk of obesity and other related diseases. It is therefore felt necessary to sound the health planners regarding all these facts. Preventive measures in this regard are necessitated. These include the ingestion of healthful diets containing optimal amounts of various nutrients both major and minor as well as increase in the physical activity in their daily life.

Key Words: **Carbohydrates, Proteins, Fats, Fibres, Cholesterol, RDA**

Introduction:

Today as a result of applications of Science & Technology many significantly change in our food supply and thus food consumption have occurred. There are new varieties of edible plants, large-scale methods of agriculture and animal husbandry, rapid mean of transporting food over long distances and large scale processing and storage methods for preservation of food. The food we eat is grown and prepared away from home; with the result the agribusiness and food processing industry exert much control over the food supply. Effect of these changes in the nutritional status is visualized to be both positive and negative. Seasonal foods are available throughout the year and perishable items last longer. Nutritional quality definitely depends on all the factors [Stafford, 1979 and Arnold & Roberts, 1982]. In addition to this faster life in urban areas has forced the people to go for the fast food, thus leading to major nutritional

drawback in their eating behavior, which include lack of variety, high calcium density, high sugar contents, high proportion of saturated fat, high sodium contents and preponderance of refined foods and lack of food sources of fibers.

In India a number of surveys conducted on diets consumption revealed that majority of population depends on cereal based diet. Because cereals being the cheapest source of calories contributed 70 – 80 percent of the total calories in diet [Gopalan *et al* 1985 and Rao *et al* 1986]. The consumption pattern in Andhra Pradesh was studied by Pushpamma *et al* [1984] who reported that the average intake of fruits and vegetables was below the recommended level because fruits were taken occasionally in that state.

Hira *et al* [1991] conducted a study on 160 farming families from 8 villages of Ludhiana district of age group 30 – 60 years. The results showed that the energy consumption was low in landless (no land) low-income group (0-5 acres) and middle-