



Status of KAP among working Women for Unhealthy Nutrients for health Hazardous in Restaurant Food

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Abstract

Today people eat, an average, five meals away from home per week. Among working women, these numbers are even higher and spent approx Rs1000-3000 per week. Restaurant food both inside and outside of restaurants has become common place, both as a means of consuming quick and convenient meals and socializing. The potential for larger than desirable portions, higher intake of sugars and fats and lower intake of fruits, vegetables and whole grains in restaurant meals that have been documented in numerous publications. Clearly, these factors can affect a person's health. Making an unhealthy restaurant eating a challenge. General strategies for healthy restaurant eating can also be not provided. People need to know to limit the amount of carbohydrate, protein and fat they consume, and how to practice portion control. This paper aims an effort to analyse the status of knowledge, attitude and practices for nutrients in restaurant foods among working women. The paper was prepared among working women working in both Northern and North-Eastern Railways Divisional Railways managers offices Lucknow (UP). The 55 sample were selected for interview in face to face situation through a interview schedule method. It was surprising to know that a cent per cent respondents show their knowledge for nutrients in restaurant foods unhealthy and health hazardous. It was also a 38% respondent shown their negative attitude for restaurant food but they were not practicing. In practice a cent percent subjects were taking restaurant food due to quick availability and socializing. As for concern of the knowledge for types of nutrients in restaurant food. They were not given any nutrients names except types of fast and junk food, carbonated drinks, snacks, meals etc. They were clearly indicating that were health hazardous foods for any one.

Keyword: Status, working, unhealthy, nutrients, hazardous, restaurant, food.

Introduction

In USA today people eat, an average, five meals a week away from home¹. Each family spending approximately half their food dollar away from home. For many people these numbers are even higher and trend data predicts continued growth in dollar spent away from home. The condition in India it is very much common and numbers are even higher and spent approx Rs. 1000-3000 per week on restaurant food in each family. Restaurant food both inside and outside of restaurant has become common place, both as a means and socializing. The potential for larger than desirable portions, higher intake of sugars and fats and lower intake of fruits, vegetables and whole grains in restaurant meals has been documented in numerous publications². Restaurant foods both outside and inside of restaurant mostly of fast food and junk food, it is being consumed by working women in record quantity. Junk food which has traditionally has no nutritional value. It deprives the body of necessary nutrients and its over consumption over time leads to obesity, medical problems and behavioral problems. Fast and junk food, consumption is associated with various ailments including obesity, type- II diabetes, heart attacks, decreased life expectancy³. Because of junk food and fast food women's life expectancy could be lower than our own⁴.

The food as commercial product which has little or no nutritional value but do have plenty of calories, salt and fats, fast food is ready to eat foods served promptly after ordering. Because of commercial emphasis on speed, uniformity and low cost, fast food products were often made with ingredients formulated to achieve a certain flavour or consistency and to preserve freshness hydrogenated vegetable oils are pumped into fast food which contain high amount of trans-fat. Trans fats which are commonly found in fast food have been shown in many tests to have a negative healthy effect on the body. Fast and junk food are altering the structure and function of the human brain while increasing and decreasing insulin levels so quickly that junk food effect the growth of critical areas of brain⁵. The capital requirements to start a fast food restaurant are relatively small, particularly in areas with non-existent or poorly enforced health codes, small individually-owned fast food restaurants have become common throughout the world. Fast food restaurant with higher sit-in-ratios, where customers can sit and have their orders brought to them, are known as fast casual restaurants. Clearly these factors can affect a person's health and make healthy restaurant eating a challenge. General strategies for healthy restaurant eating can also not provided. People need to know how to limit the amount of carbohydrate,

protein and fat they consume, and how to practice portion control for example, if a person eats these lunches a week at a fast food hamburger chain and their usual order is a double cheese-burger, large fries, and diet beverage. The person was not the amount of calories grams of carbohydrate they consume in this or other restaurant meals they consume. They were not aware for food choice at healthier food because the restaurant was not providing the information regarding food ingredients. A wider variety of healthy options etc. much less information is available from sit down style national chain restaurants and independent restaurant. This includes restaurant serving, hamburgers, chicken, pizza, Mexican food, coffee shops, salad, sandwich shops and bengal bakeries. Therefore the questions arises that what are information available particularly the knowledge for the restaurant foods ingredients, the altitudes towards these foods and their practice for consuming these restaurant food. Fast/Junk food consumption is associated with various physical ailments including obesity, DM-II, heart attacks, decreased life expectancy. Metabolic disorders are increasing at a greater extent. Because of junk food, fast food the life expectancy could be lower than our own. Junk food is defined as commercial product which has little or no healthy nutria-national value but do have plenty of calories, salt and

fats, fast food is ready to eat foods served promptly after ordering. In Indian context, our fast food recipe such contains a variety of unhealthy fast food recipes. Fast food diet is very popular these days as in todays hectic life one does not have enough time to cook Frideval dishes. But fast food is generally associated with junk food.

The term junk food, was carried by Michael Jacobson, (Director, Centre for Science in the public interest 1972) is an informal term applied to some food that one perceived to have little or no nutritional value (i.e. containing “empty calories), or to products with nutritional value but which have ingredients considered unhealthy when regularly eats or to those considered unhealthy to consume at all. Junk foods, are typically ready to eat convenience foods containing high levels of saturated fats, salt or longer and little or no fruits, vegetable or dietary fiber, junk foods thus have little or no health benefits. Common junk foods include salted snacks foods (chips, crisps) candy, gum, most sweet desserts, food fast food and contrains beverages.

Objectives: The paper aims an effort to analyzed the status of knowledge, altitude and practice for nutrients in restaurant food among working women.

Table-1
Fast food Recipes

Aloo Anardana Chaat	Cauliflower Fritters	Grilled Pizza Margherita
Aloo Chaat Dilli style	Cheese Pakora	Cheese and sausage pizza
Aloo Kachori	Chicken Chow Mein	Cherry tomato pizza Margherita
Aloo Tikki Burger	Choley Bhature	Chili Potato
Aloo Took	Coconut sandwich	Cinnamon- Spiced Sweet potato fries
Apple Sandwich	Corn Kebab	Colcannon
Bacon Pie	Cumin Potato	Crab Fondue
Baked stuffed clams	Cutlet	Currywurst
Banana Twisters	Egg chow mein	Egg chaat
Bhajias	Falafel	Eggplant burgers
Bhatura	Finger chips	Fast food Biscuits
Bhel Puri	Fried Meat Balls	Fried cabbage and Egg noodles
Bread Puri	Garlic Pepper blue cheese Burger	Fruit leather
Bread Bhel Puri	German style egg noodles	German bierocks
Bread Pizza	Greek-style penne	Golden fried baby corn
	Green Chili cheese ball	Gyro Pizza

Methodology

Study Area: The paper was prepared among working women working in both Northern Railway and North-Eastern Railways Divisional Railway Manager Offices, Lucknow.

Sample Size: Nearly all the working women, 55 subjects were selected for interview in face to face situation.

Tools: Interview schedule Method.

Research Design: Explanatory cum exploratory research design was used.

Parameter: Rating scale

Results and Discussion

Analysis of Data: The collected data were tabulated and analyzed in accordance with statistical and scientific method.

Findings: Age wise distribution of the subjects a maximum 32% of subjects within the age group upto 25 years, followed by 26%, 25-30 years, 20% 30-35 years, 10%; 35-40 years and rest 12% of age group 40+ years. As for the concerned of religion and caste 34% respondents of upper class hindus, 20% of schedule caste hindu whereas only 4% respondents were found muslim religion and rest 42% of backward class. The categories of their working 48% of their monthly salaries of Rs. 50,000 and above, 28% of Rs. 30,000 to Rs. 50,000 and rest 24 of having their monthly income below Rs. 30,000 per month. All the subjects families earning depend on their family members working government jobs.

On the basis of 24 hours dietary recall: i. On an average approx 135gm cereal was taking by respondent excluding fast and junk food. ii. The intake of pulses a 68% respondents were taking on an average 50gms and rest 42% were taking more than 50gms.

Cooking media used mostly refined oils approx 82% respondent families and rest 18% mustard oils. The intake of desi ghee it was found that a cent percent subjects families using desi ghee and on an average 22gms per day. The intake of milk it was found very poor 68% respondents were taking milk only in tea or coffee on the other hand 32% sample taking approx one glass of milk. Seasonal fruits and vegetables intake were found satisfactory. The intake of dry fruits it was found to take only 28% respondents cashew nut. Whereas at seasonal ground nut

intake was found a cent percent. The non-vegetarian foods were taking by 12% respondents approx 42 gm/day and poultry egg. The sweets intake was found average approx 22 gm/day. The intake of cold drink was observed among cent percent respondents. The intake of cold drink was found 44%. Thums up, Pepsi, 24% Coke, 22 Sprite/Dew and rest 10% other such as Mirinda etc. The modern fast food and junk food was found to intake very much common among respondents and it was found to take daily in order of preference, Noodles, Chowmen, Maggie, Berger, Hotdog and Pizza. The samosa, patties were found intake very much common among working women more than twice, thrice or even more. The status of knowledge, attitude and practice on rating scale for unhealthy eating it was found:

A 68% working women showing a good awareness towards their unhealthy for restaurant food and their intake and having their knowledge for these food increasing metabolic disorders such as diabetes-II, obesity, hypertension etc. But for unhealthy nutrients such as cholesterol (LDL), Hydrogenated oils, salts, colorizing agents, vinegars, etc. are health hazardous nutrient respondent not shown anyone. On the attitude rating scale it was decreased to 46% as compared to knowledge for unhealthy for restaurant food. As for concerned of practices for restaurant it was reduced only 6% on rating scale among working women avoiding to take in restaurant foods and meals but due to socializing practices they were taken as they desired amount. Thus a cent percent working women taking restaurant food per week.

Conclusion

Fast and junk food should be alter in to healthy, ready made food recipe at quick delivery. For further research more assessment studies should to carried out. A awareness generating programs should be carried out at individual level for women. Each dish should be marked with food leveling.

References

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