



Assessment of dietary intake pattern of muslim families during entire Ramzan period

■ S.M. Dhavan and R.M. Kamble

Department of Home Science, Rajaram College, KOLHAPUR (M.S.) INDIA
(Email: rajcumarkamble69@gmail.com)

ARTICLE INFO :

Received : 16.01.2014
Revised : 17.04.2014
Accepted : 03.05.2014

KEY WORDS :

Ramzan fasting, Muslim families, Food intake pattern, Nutrient intake pattern

HOW TO CITE THIS ARTICLE :

Dhavan, S.M. and Kamble, R.M. (2014). Assessment of dietary intake pattern of muslim families during entire ramzan period. *Adv. Res. J. Soc. Sci.*, 5 (1) : 15-22.

ABSTRACT

Present study was undertaken to evaluate the food intake pattern of Muslim families during entire Ramzan period. The sample was selected from Kolhapur city of Maharashtra. Purposive sampling technique was used to draw a sample for the study. A self-structured questionnaire was used as a tool for data collection. A significant change in food intake pattern during Ramzan was observed. This change was more prevalent in females compared to males. The nutrient intake pattern also significantly changed during Ramzan. In females, nutrient intake pattern was changed more prevalently than males. In a nutshell, it can be concluded that, Ramzan fasting has a significant impact on food and nutrient intake pattern of females than males.