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Nutritional evaluation and cost efficacy of Punjabi breakfast preparations

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ABSTRACT

Information regarding breakfast preparations was collected from eighty Punjabi families from the urban localities near the Punjab Agricultural University Ludhiana. Maximum families preferred parathas stuffed or plain with vegetable preparation for breakfast. Potato stuffed paratha, ofcourse was the favorite breakfast. The protein content of breakfast preparations varied from 6.95 ± 0.38 g to 12.62 ± 0.29 g per 100 g on dry weight basis, minimum for vegetable sandwich and maximum for missa paratha. Energy value of breakfast preparations ranged from 291 to 418 Kcal/100 g, minimum for plain bread and maximum for Ajwain paratha. Children did consume chocos and cornflakes with milk usually in the evening. Ready -to- eat preparations though costly give more calcium and vitamins A and C.

Key words : Paratha, Bread, Chapati, Ready -to- eat breakfast

INTRODUCTION

Breakfast is like a king, lunch like a prince, dine like a pauper.' True to this old adage, breakfast is the most important meal of the day. Consumption of a nutritious breakfast is associated with better physical and mental performance. Ideally a good breakfast should provide one-fourth to one-third of the day's energy and nutrient needs. So, people who skip breakfast usually fall short of their daily dietary needs. Furthermore, the skipping of breakfast sometimes results in adverse effects such as muscle tremors, fatigue, dizziness, nausea and vomiting when strenuous physical activity is undertaken (Tuttle *et al.*, 1983). Benefits of good breakfast are mainly due to the protein, irrespective to its source whether animal or plant food as it helps maintain blood sugar at normal levels. Holt *et al.*, 1999 observed that the high fibre, carbohydrate rich breakfast was less palatable but more filling than fat rich breakfasts. A cereal based breakfast also supplies more of B-complex vitamins (Ruxton *et al.*, 1993). With a rise in availability of 'Ready-to-eat' foods, breakfast cereals and a large variety of baked products end up on the breakfast table.

A spurt in the growth of convenience foods has been

witnessed in the recent years triggered by increasing urbanization and industrialization. More and more people are going for instant and ready-to-eat foods.

MATERIALS AND METHODS

Eighty families of Ludhiana City were selected purposively to collect information related to their breakfast consumption pattern and preparations. A questionnaire was developed to collect the information on the food preferences of family members regarding breakfast.

Analysis of common breakfast preparations:

The frequently consumed breakfast preparations like stuffed *paratha*, plain *paratha*, *chapati* with seasonal vegetable and sandwiches were analyzed for proximate composition by the method of AOAC (2000).

Market survey:

A market survey was carried out to find out the most commonly purchased breakfast cereals by the people, their nutritional content, net weight of the product and their price.