

Nutritional and hygienic assessment of paubhaji sold by small vendors in Rajkot city and its comparison with some made sample

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Paubhaji is a popular food, it is crowned as king of evening snack or dinner. As a general pattern, it composed of a Paubhaji base vegetables and made from fermented batter of Maida. Paubhaji served with different toppings of vegetables and butter. Sample of Paubhaji were collected from four different food zones of Rajkot city and its microbial analysis, nutritional analysis and hygienic practices were carried out and was compared with home made Paubhaji. The analysis was done in terms of total microbial lode present per sample and presence of enteric group of organisms. As it is popular in Gujarat, so attempts were carried out for necessary awareness amongst the consumers and necessary remedial actions to prevent the same during its preparation and serving can be suggested.

Key Words : Vendor's food, Home made food, Hygienic practices

How to cite this article : Jotangiya, Daxa J., Bhadaniya, Hina K., Samani and Veena, S. (2013). Nutritional and hygienic assessment of paubhaji sold by small vendors in Rajkot city and its comparison with some made sample. *Food Sci. Res. J.*, 4(1): 80-83.

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