

Consumption pattern of green leafy vegetables among selected urban households in Bangalore, India

R. PRABHA, KAMAL G. NATH AND B.S. RAMYA

Accepted : October, 2008

ABSTRACT

The study was carried out to understand the consumption pattern of green leafy vegetables among the selected households. The sample size included 100 women each from employed and unemployed groups. A schedule was formulated to obtain data and was pretested on a sub sample of 10 per cent. A list of all recipes commonly prepared incorporating green leafy vegetables was collected from respondents. The recipes were standardized in the laboratory. Nutritive value (Ca, Fe, Fibre, β -carotene) of green leafy vegetables consumed by the respondents was calculated by taking an average of all the commonly consumed greens. Curry and coriander leaves were mainly used daily as the ingredients for seasoning and also in chutney powder etc. Amaranth, spinach were also used by 90 per cent of the respondents. Majority of the respondents (51%) consumed greens twice a week and immediately after purchase or within one day. Only 10 per cent of respondents stored greens for more than a day and used polythene bags with refrigeration as common and major method of storage. Per capita consumption of greens ranged between 48-66 g for the adult and adolescents as against a figure of 100 g recommended by ICMR. The prevalence of nutritional deficiencies like anemia among women in reproductive age vitamin 'A' deficiency among pre-school children may easily be prevented by incorporating a handful of greens in their daily diets. One of the methods of combating these deficiencies is through non formal nutrition education to all the members of the family and specially of the women folk, who are mainly involved in managerial aspects of household; purchase and preparation of food for the family.

See end of the article for authors' affiliations

Correspondence to:
KAMAL G. NATH
Department of Food
Science and Nutrition,
University of Agricultural
Science, GKVK,
BANGALORE
(KARNATAKA) INDIA

Key words : Consumption pattern, Green leafy vegetables, Per capita consumption cooking practices, Storage.

Many types of greens are rich source of vitamins such as vitamin 'C' carotene, calcium, iron, riboflavin, folic acid, crude fibre and bulk required for growth and maintenance of health. Even the greens are liked for their flavour and taste for human palate. Very important factor to be considered is that the greens are least expensive and are easily grown and can be made available throughout the year from small plot of land. Hence, green leafy vegetables must form a part of everybody's diet specially the vulnerable group which includes children, adolescents, pregnant, nursing and aged people where in their requirements for vitamins and minerals are higher. As the information on consumption pattern of the green leafy vegetables specifically is scanty, the study aims at understanding the consumption pattern of green leafy vegetables within the families of employed and unemployed women.

METHODOLOGY

The sample size included 100 women each from both the groups that is, employed and unemployed. A schedule was formulated to obtain data on general and socio-economic background and general practices involved in consumption of green leafy vegetables (Thimamyamma

and Rau, 1987). A list of all recipes commonly prepared incorporating green leafy vegetables was collected from respondents. The recipes were standardized in the laboratory. Nutritive value (Ca, Fe, Fibre, Beta-carotene) of green leafy vegetables consumed by the respondents was calculated by taking an average of all the commonly consumed greens (Gopalan *et al.*, 2000). Categories pertaining to characters *viz.* income and family size were made using \pm standard deviation. The data were analyzed using 't' test to test the significant difference between the groups and chi-square test to measure association between groups.

RESULTS AND DISCUSSION

The study was conducted on 200 women comprising of 100 employed and 100 unemployed women. The reason for the consumption of greens was obtained from the respondents. Table 1 reveals that 24.5 % of the respondents were of opinion that, green leafy vegetables are good for health. 21% answered that they prevent anemia etc. and 15.5 % expressed as rich source of nutrients. The occupational status of the respondents had no influence on the knowledge and use of green leafy vegetables.