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Nutritional assessment of *Panipuri* sold by small vendors in Rajkot city and its comparison with home made sample

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ABSTRACT

This study was carried out considering the nutritional importance and its assessment as compared to homemade *Panipuri*. The samples were collected from different food zones and homemade food samples were also prepared, homogenized and preserved along with these samples. Food samples were stored at -34° in the freezer. By using the chemical method, different nutrients were analyzed by standard methods such as carbohydrate, protein, fat, fibre, moisture, thiamin, riboflavin, niacin, ascorbic acid, calcium, iron, sodium, potassium. It was observed that amount of carbohydrates, protein thiamin, riboflavin, niacin, ascorbic acid, were more in homemade food as compared to vendors food. Vendor's food samples showed high amount of fat and moisture, as they make more use of oil and water. The vendor's food showed fewer amounts of water-soluble vitamins like vitamin B1, B2 niacin, vitamin C. This is because small vendors start preparation of food very early like cutting and boiling of raw vegetables and they practice the habit of heating very often, therefore water-soluble vitamins are destroyed.

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Key words : Vendor's Foods, Home made food, Nutrient composition, *Panipuri*

INTRODUCTION

All the living beings need food. Food is the fuel, which supplies chemical energy to the body to support its daily activities and synthesis of necessary chemicals required by the body. Vendor's food is an essential part of the food system in developing countries. One of the main reasons for it is relocation of vendors in the food centres located at the strategic sites where people congregate in the city. People of all income levels love to eat *Panipuri* from vendors. As apart from savoring their taste buds, it is quickly served and is available at reasonable rates. Now a days numerous variations in this traditional food have become an attraction of customers of all age groups.

This study was important for the broad community interests. The investigation was conducted in Rajkot city, which is the largest city of Saurashtra. This study was carried out considering the nutritional importance and its assessment as compared to homemade *Panipuri*.

MATERIALS AND METHODS

The food items were collected from different food zones of the city and freshly prepared. The samples were collected packed in sterile plastic containers. There after, these samples were individually homogenized in the mixer and packed immediately in the containers. These containers were stored at -34°C in the freezer. Homemade food samples were also standardized, prepared, homogenized and preserved along with these samples.

Next day at 9 A.M, these samples were analyzed to derive nutritive values in laboratory. Carbohydrates, protein, fat, fibre, moisture, pH, calcium, iron, sodium, potassium, vitamin B1, B2, niacin, and vitamin C were estimated. Total carbohydrates by Anthrone method (Sadashivam and Manickam, 1991), fat was analyzed by AOAC (1970), total proteins, ascorbic acid, riboflavin, thiamin by (Sadashivam and Manickam, 1991). Calcium was determined by titrimetric method, AOAC. Sodium, potassium were determined in aqueous solution of ash sample (Jackson, 1973). Colorimetric method using 20%