

# Dietary habits and macronutrients intake of muslim people (Sunni) of 25 to 45 years

Pooja Singh and Vinita Singh

In muslim society, Muslims are divided into two divisions, shias and sunnis. Sunnis are a majority. In Turkey, about 60 per cent of people fast regularly during Ramadan, while others fast often, sometimes or never during this period (Barem Research, n.d. Erdem, 2011). Distinctively Pakistani cuisine was known for its rich, “highly seasoned” and “spicy flavours” along with the extensive non-vegetarian and meat dishes. Main dishes include biryani, kebab, keema, shami kebab and muglai pulao, chicken soups etc. Present investigation was carried out in various areas of Kanpur. The following areas were selected for the survey such as Nawabganj, Purana Kanpur (kerbala), Paraid (Chamanganj), Beconganj, Maswanpur. 100 muslim respondents (sunni) were selected randomly for the study. The nutritional awareness level and food habit among the muslim people (sunni) was assessed through the questionnaire. Maximum 15.15 per cent deficient energy was found in 25 to 35 years of age group and 8.43 per cent deficient energy was found in 35 to 45 years of age group. Maximum 18.18 per cent increased protein was found in 35 to 45 years of age group and 8.72 per cent increased protein was found in 25 to 35 years of age group. Maximum 134.0 per cent increased fat was found in 35 to 45 years of age group and 133.2 per cent increased fat was found in 25 to 35 years of age group. 95.0 per cent muslim people were keeping fast, 5.0 per cent muslim people were not keeping fast, 68.0 per cent muslim people were consuming three meals per day, 32.0 per cent muslim people were consuming two meals per day, 42.0 per cent respondents were consuming outside food most often, 37.0 per cent of respondents were consuming outside food daily, 12.0 per cent respondents were consuming outside food once in a week, 90.0 per cent muslim respondents preferred spicy food and 10.0 per cent muslim respondents were preferring plain food.

**Key Words :** Dietary habits, Energy, Protein, Fat

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