

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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INTRODUCTION

Islam is a religion founded and based on faith in one supreme God, Allah. The Quran, the holy book of the

MEMBERS OF RESEARCH FORUM

Author for correspondence :

Pooja Singh, Department of Food Science and Nutrition, College of Home Science, C.S.A. University of Agriculture and Technology, Kanpur (U.P.) India

Associate Authors' :

Vinita Singh, Department of Food Science and Nutrition, College of Home Science, C.S.A. University of Agriculture and Technology, Kanpur (U.P.) India

Email: svinita2008@gmail.com

religion is a compilation of all of God's revelations to the prophet. Distinctively Pakistani cuisine is known for its rich, buttery spicy flavours along with the extensive non-vegetarian (meat dishes like chicken murchurian, biryani, kebab, keema etc. Main dishes such as Baigan bartha and sarson da saag are eaten in most homes.

METHODOLOGY

The study was under taken for period of six months *i.e.* from January to June 2019. The sample consisted of 100 muslim respondents (sunni) of 25 to 45 years.

Purposive random sampling is used for the study. This research study focuses on the research methodology and design selected for this proposed study which incorporates the overall structure of the study of the muslim people (sunni) in Kanpur city age group 25-35 years.

There are two approaches used in research, qualitative and quantitative research. But quantitative research is unable to consider the individuality of human experience and for this reason qualitative approach is more suited to the proposed study. Qualitative research

aim to help understand social phenomena emphasizing the experience, attitude and view in the form of words, based on observation and interview.

OBSERVATIONS AND ASSESSMENT

Table 1 shows the energy consumption of muslim respondents as compared to recommended dietary allowance (RDA). The maximum 15.15 per cent deficient energy was found in 25 to 35 years of age group and

Table 1 : Energy consumption of muslim people as compared to R.D.A.

Sr. No.	Age group	N	Energy (kcal/d)	RDA	Deficit/Increase (%)
1.	25 to 35 years	46	1892.1	2230	15.15
2.	35 to 45 years	54	2042.0	2230	8.43
	Total	100	1967.0	2230	11.79

Table 2: Protein consumption of muslim people as compared to R.D.A.

Sr. No.	Age group	N	Protein (g/d)	RDA	Deficit/Increase (%)
1.	25 to 35 years	46	59.8	55	-8.72
2.	35 to 45 years	54	65.1	55	-18.36
	Total	100	62.45	55	-13.54

Table 3 : Fat consumption of muslim people as compared to R.D.A.

Sr. No.	Age group	N	Fat (g/d)	RDA	Deficit/Increase (%)
1.	25 to 35 years	46	58.5	25	-134
2.	35 to 45 years	54	58.3	25	-133.2
	Total	100	58.4	25	-133.6

Table 4 : Distribution of muslim people according to food habits

Sr. No.	Food habits	Frequency	Per cent
Fasting			
1.	Yes	5	5.0
2.	No	95	95.0
No. of meals consumed daily			
1.	Two	32	32.0
2.	Three	68	68.0
Frequency of food eating outside			
1.	Daily	37	37.0
2.	Most often	42	42.0
3.	Once a week	12	12.0
4.	Once a month	3	3.0
5.	Occasionally	6	6.0
Prefer			
1.	Spicy food	90	90.0
2.	Plain food	10	10.0

8.43 per cent deficient energy was found in 35 to 45 years of age group.

Table 2 shows the protein consumption of muslim respondents (sunni) as compared to recommended dietary allowance (RDA). The maximum 18.36 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. The protein consumption of muslims respondent was found high, because they were consume high quality proteins in their diets such as eggs, meat, fish and poultry etc.

Table 3 shows the fat consumption of muslim respondents as compared to recommended dietary allowance (RDA). The maximum 134.0 per cent increased fat was found in 25 to 35 years of age group, and 133.2 per cent increased fat was found in 35 to 45 years of age group. Muslim respondents were including healthful fats in a regular meal, such as monounsaturated and polyunsaturated fats, which include omega-3 and omega-6 fatty acids which protects against heart diseases and diabetes.

Table 4 shows that 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, 6.0 per cent of muslims were consuming outside food occasionally, 90.0 per cent muslim respondents preferred spicy food and 10.0 per cent muslim respondents were preferred plain food. Similar

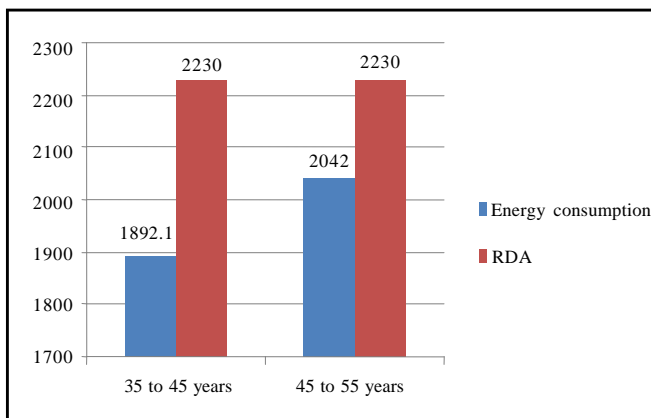


Fig. 1 : Energy consumption of muslim people as compared to R.D.A.

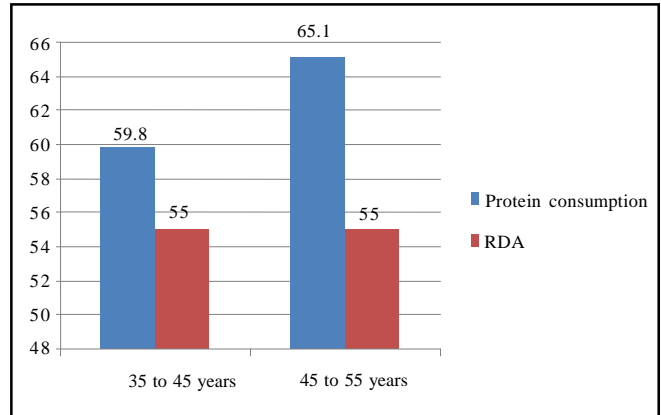


Fig. 2 : Protein consumption of muslim people as compared to R.D.A.

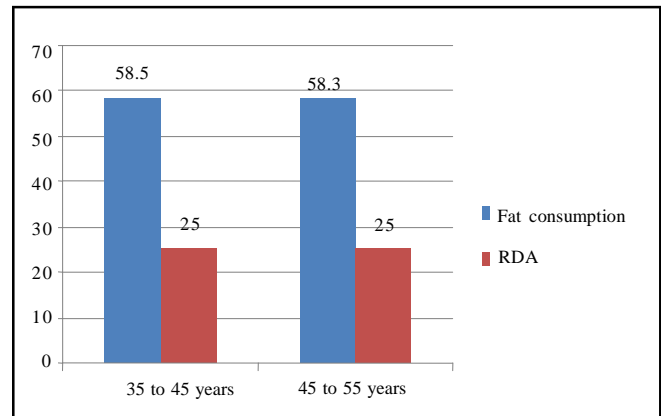


Fig. 3 : Fat consumption of muslim people as compared to R.D.A.

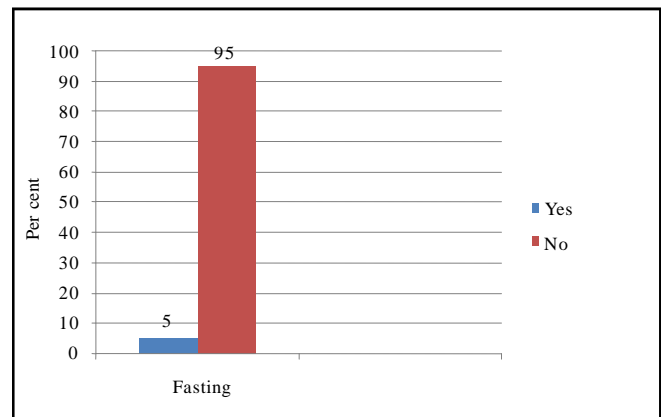


Fig. 4 : Distribution of muslim people according to food habits

work related to the present investigation was also carried out by Bohrer and Mullee (2017); Ferry (2003) and Singh *et al.* (2014).

Conclusion :

It was evident from data that the energy consumption was found 1973.1 kcal, protein 62.7 g, fat 58.4 g. Low energy intake was found compared to RDA. Muslim people (sunni) should include pulses, energy dense foods, milk and milk products, fibre rich foods, yoghurt, green leafy vegetables etc. in their diet to prevent nutrient deficiencies.

in relation to education and economic level. **19**(2): 147-153.

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