

Food consumption pattern among rural and urban people of Mansa district of Punjab

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ABSTRACT

Poor food consumption pattern is widely recognized as an important risk factor in development of non-communicable diseases. This study was carried out on food consumption pattern existing among the rural and urban people of Mansa district, Punjab. The results of the study showed that both rural and urban respondents consumed wheat throughout the month. Among pulses green gram was their favourite pulse (6.5 days/month). During the season most frequently used was potato (14 days/month). The consumption of banana was more in a month (7.5 days/month). The consumption of milk and milk products was average (25 days/month.) Among fats and oils, mustard oil was the most common oil used in both the areas (20 days/month). The consumption of protein-rich food like dry fruits was more in urban and low in rural area as dry fruits were costly. The urban people consumed more fruits as they were aware of the importance of fruits.

Keywords: Food consumption pattern; dietary habits; rural; urban; nutrition

INTRODUCTION

Food consumption pattern plays a major role in determining the nutritional status whereas unbalanced diet is main reason for the health problems that may occur due to inadequate consumption of balanced food. Many factors are responsible for inadequate consumption like lack of nutritional knowledge, poor purchasing power, wrong feeding practices and food taboos etc. Rao et al (2010) reported that inadequate dietary intake especially hidden hunger was responsible for the nutritional-borne diseases. Ahuja and Sharma (2014) observed that 45.3 per cent farming families were not keeping any dairy animals and therefore the milk was available only 0.456 kg/day/family. Poor dietary intake of an individual is one of the major risk factors for non-communicable diseases.

Cereal intake particularly coarse cereals is declining and very low. Increase in consumption of other food items in the rural diets has often been explained as an expected outcome of economic growth while with increase in per capita income, decline in cereal consumption is expected to some extent. It is important

to note that cereals are considered to be among the best sources of energy and they also provide important nutrients to the body. But they lack some micronutrients such as vitamins and minerals. The lack of these micronutrients in the body may result in increasing health risks. Consumption of fruits and vegetables is important for protection against the cardiovascular and other chronic diseases

There is an urgent need to initiate nutrition supplementary intervention measures as well as nutrition education programmes to improve the health and nutritional status of women from deprived communities. The situation calls for nutritional intervention and educational programmes to educate rural young women (Nagamani 2014).

METHODOLOGY

The study was based on simple random sampling and a part of village- and town-wise survey of food consumption pattern in Mansa district of Punjab. Four villages in rural area named Jawarke, Chakarian, Khokhar Kalan and Khokhar Khurd, four urban localities named Radherka Mohalla, Guru Angad Dev

Nagar, Guru Nanak Dev Nagar and professors' colony were selected. The respondents (240 each from rural and urban areas) comprised adults from 18 to 49 years of age residing in the selected places at the time of survey. Two respondents (one male and one female) were selected from each family. Data were collected through a pre-tested and pre-designed questionnaire. Information obtained included demographic and socio-economic characteristics as well as a 7 days' dietary recall where participants were asked how often they consumed specific foods. Frequencies, percentages and means were analyzed.

RESULTS and DISCUSSION

The demographic profile of the respondents is given in Table 1. Most of them (45.83%) were in the age group of 23-27 years. Majority of them (67.70%) were educated up to secondary level; were farmers (41.60%) and earning Rs 40,000 to 60,000 per month (28.10%).

Data given in Table 2 depict that both rural and urban respondents consumed wheat throughout the month followed by rice (6.0 days/month) maize (5.5 days/month). Among pulses green gram was their favourite pulse (6.5 days/month) followed by black gram (5.5 days/month) but the consumption of the two was more in urban as compared to rural area. During the season most frequently used was potato (14.0 days/

month) but it was taken more in rural (16.0 days/month) as compared to urban (12.0 days/month) area. The next frequently consumed vegetables were carrot (11.0 days/month) and peas (10.0 days/month). The consumption of banana was more in a month (7.5 days/month) but it was more in urban (10.0 days/month) as compared to rural area (5.0 days/month). The other fruits which were eaten by them comprised mango apple, kinnow and guava.

The consumption of milk and milk products was average 25.0 days/month but it was more in rural (30.0 days/month) as compared to urban (20.0 days/month) area. Even all the other milk products were also taken more frequently in rural area. The possible reason for it could be that all the rural households possessed milch animals.

Among fats and oils, mustard oil was the most common oil used in both the areas (20.0 days/month) but its consumption was more in rural (25.0 days/month) as compared to urban area (15.0 days/month). Canola oil was found to be used only in urban area (10.0 days/month) whereas the use of refined oil was quite high in urban (25.0 days/month) as compared to rural (5.0 days/month) area. But the reverse was true for ghee as only rural people used it almost whole month (27.0 days/month) as compared to urban (5.0 days/month) area. Pandey and Neerubala (2014) reported that fats and oils consumption that included ghee and mustard

Table 1. Demographic profile of respondents (n= 480)

Variable	Respondents				
	Category	Rural	Urban	Total	Percentage
Age (years)	18-22	50	52	102	21.25
	23-27	100	120	220	45.83
	28-32	90	68	158	32.91
Sex	Male	100	100	200	41.66
	Female	140	140	280	58.33
Education	Primary	70	20	90	18.75
	Secondary	160	165	325	67.70
	Graduate	10	50	60	12.50
	Post graduate	-	5	05	1.04
Occupation	Farmer	120	80	200	41.60
	Teacher	-	25	25	5.20
	Govt employee	-	25	25	5.20
	Businessman	40	80	120	25.00
	Other	80	30	110	22.90
Family income/month (Rs)	<20,000	70	50	120	25.00
	20,000-40,000	70	46	116	24.10
	40,000-60,000	70	65	135	28.10
	>60,000	30	79	109	22.70

Table 2. Frequency of consumption of different food groups (days/month)

Food group	Rural	Urban	Average
Cereals			
Wheat	30	30	30.0
Maize	5	6	5.5
Rice	4	8	6.0
Barley	0	1	0.5
Pearl millet	2	3	2.5
Others	-	-	-
Pulses			
Green gram	5	8	6.5
Black gram	4	7	5.5
Red gram	0	0	0.0
Lentil	2	3	2.5
Others	2	3	2.5
Vegetables (in season)			
Potato	16	12	14.0
Lady finger	7	8	7.5
Peas	8	12	10.0
Carrot	12	10	11.0
Pumpkin	9	8	8.5
Bottle gourd	8	8	8.0
Bitter gourd	4	6	5.0
Beans	2	8	5.0
Cauliflower	5	6	5.5
Spinach	6	7	6.5
Others	5	4	4.5
Fruits			
Banana	5	10	7.5
Apple	4	7	5.5
Kinnow	5	6	5.5
Mango	6	6	6.0
Guava	5	5	5.0
Watermelon	2	3	4.5
Muskmelon	3	3	3.0
Pomegranate	2	2	2.0
Pear	2	2	2.0
Others	1	2	1.5
Milk and milk products			
Milk	30	20	25.0
Curd	23	10	16.5
Butter milk	20	2	11.0
Butter	20	10	15.0
Fats and oils			
Mustard oil	25	15	20.0
Canola oil	10	0	5.0
Refined oil	5	25	15.0
Ghee	27	5	16.0
Others	3	2	2.5

oil was high in rural in comparison to urban population whereas the consumption of refined oil and soybean oil was higher in urban area.

The data on consumption pattern of protein-, carbohydrate- and fat-rich diet are depicted in Tables

3 to 5. It is evident from the data (Table 3) that all the rural people always consumed cereals whereas only 83.33 per cent urban people did so. The consumption of pulses was higher among urban people as 83.33 per cent of them always consumed them in comparison to only 50.00 per cent in case of rural people. In case of dry fruits consumption, more people in urban area always consumed them (58.33%) in comparison to 16.67 per cent in rural area. The use of milk was regular in both the areas. Potato was used in abundance in rural area as 66.67 per cent rural people always consumed it in comparison to urban area (25.00%) (Table 4). Similar was the case with sugar as 87.50 per cent rural people always used it as compared to 68.75 per cent urban people. However the consumption of roots and tubers and fruits was higher in case of urban area. Urban people always consumed roots and tubers and fruits (37.50 and 95.83% respectively) which was higher than the rural area (20.83 and 50.00% respectively).

Mustard oil was much in use in the rural area as 83.33 per cent people always used it as compared to only 41.67 per cent in urban area (Table 5). Similarly use of ghee was also more in rural area as 83.33 per cent rural people always used it in comparison to 50.00 per cent in urban area. On the other hand urban people used more refined and other oils. In urban area 75.00 per cent people always used refined oil whereas 62.50 per cent rural people never used it. Other oils were also never used by the rural people (70.83%) whereas it was only 29.17 per cent in case of urban area. The consumption of protein-rich food like dry fruits was more in urban and low in rural area as dry fruits were costly. The urban people consumed more fruits as compared to rural people as they were aware of the importance of fruits.

CONCLUSION

The study concluded that there was lower intake of vegetables and fruits in both the areas. The nutrition education efforts should be aimed at strengthening the positive trends in dietary intake, lifestyle and nutritional status of the population.

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Table 3. Consumption pattern of protein-rich diet by the respondents

Frequency	Number of respondents consuming							
	Cereals		Pulses		Dry fruits		Milk	
	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban
Always	240 (100.00)	200 (83.33)	120 (50.00)	200 (83.33)	40 (16.67)	140 (58.33)	240 (100.00)	240 (100.00)
Sometimes	-	40 (16.67)	120 (50.00)	40 (16.67)	80 (33.33)	60 (25.00)	-	-
Rarely	-	-	-	-	50 (20.83)	40 (16.67)	-	-
Never	-	-	-	-	70 (29.17)	-	-	-

Table 4. Consumption pattern of carbohydrate-rich diet by the respondents

Frequency	Number of respondents consuming							
	Potato		Sugar		Roots and tubers		Fruits	
	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban
Always	160 (66.67)	60 (25.00)	210 (87.50)	165 (68.75)	50 (20.83)	90 (37.50)	120 (50.00)	230 (95.83)
Sometimes	80 (33.33)	90 (37.50)	30 (12.50)	65 (27.08)	180 (75.00)	150 (62.50)	120 (50.00)	10 (4.17)
Rarely	-	90 (37.50)	-	10 (4.17)	-	-	-	-
Never	-	-	-	-	10 (4.17)	-	-	-

Table 5. Consumption pattern of fat-rich diet by the respondents

Frequency	Number of respondents consuming							
	Mustard oil		Refined oil		Ghee		Other oils	
	Rural	Urban	Rural	Urban	Rural	Urban	Rural	Urban
Always	200 (83.33)	100 (41.67)	70 (29.17)	180 (75.00)	200 (83.33)	120 (50.00)	10 (4.17)	40 (16.67)
Sometimes	40 (16.67)	40 (16.67)	20 (8.34)	40 (16.67)	40 (16.67)	120 (50.00)	50 (20.83)	60 (25.00)
Rarely	-	60 (25.00)	-	20 (8.34)	-	-	10 (4.17)	70 (29.17)
Never	-	40 (16.67)	150 (62.50)	-	-	-	170 (70.83)	70 (29.17)

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