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A study on emerging fast food culture & its effect on young college girls

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Fast food consumption has been increasing fast for the last decade. They are low in nutritional value causing ill effects on the health of the consumer. The objective of the study was to assess the effect of fast food consumption on health status of young college going girls. 100 college going girls of 18-25 years of age group were selected randomly from Indore City. A structured questionnaire was formed containing general information, family background, type and frequency of fast food consumption and Health problems like - Constipation, Indigestion, Acidity, Acne, Menstrual problems, Leucorrhea, weakness, hair loss, and Weight status and was given to them. The girls taking fast food daily or 2-3 times in a week were considered as high consumption group and the girls taking weekly/ fortnightly or rarely were considered as low consumption group. The results show that 73% girls were in high consumption group whereas 27% were in low consumption group. Most of the girls were having complains of 1 to 2 health problems. It was concluded that the fast food consumption was highly prevalent among adolescents and they too had associated health problems.

Biography

Jyoti kumawat, working as Research Fellow nutrition at SAI(Sports Authority of India), Bangalore, working on Indian athletes, Completed M.Sc. Food & Nutrition in 2011 from DAVV University Indore. Presented a paper on sports nutrition in "National workshop on sports nutrition" as an expert at Kuvempu University, Shimoga. Has presented 4 papers on different topics and attended many National conferences and workshops organized by IDA and ISPEN in India.

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Bio-yoghurt with encapsulated probiotics Bio-yoghurt with encapsulated probiotics

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A study was carried out to microencapsulate four different probiotic cultures viz., Lactobacillus acidophilus, Lactobacillus helveticus, Bifidobacterium longum and Bifidiobacterium lactis and preparation of yoghurt with these microencapsulated cultures. Microencapsualtion was done in two different methods (extrusion and emulsion) by using two different wall materials viz., alginate+starch, alginate+gelatin+starch. probiotic count of encapsulated treated yoghurt significantly higher with control yoghurt($P<0.05$)in every week interval of storage period. In control yoghurt at 21 days of storage, lactobacillus survived four log units and bifidobacterium survived six log units. Extrusion method of encapsulation using alginate (2.0%w/v) +gelatin (2.0%w/v) +starch (0.5w/v) as wall materials provides maximum viability (9 log units) for probiotics in yoghurt through out the storage period of 21 days.

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