

A STUDY ON DIETARY MODIFICATION IN WOMEN DUE TO INCREASING AGE

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ABSTRACT

The present study was conducted in Hanumangarh District of Rajasthan state. Two hundred women were selected as the sample of the study. Two variables were taken, i.e. dependent and independent variable. Age was taken as independent variable and dietary modification was taken as the dependent variable. Information regarding to dietary modification was collected with the help of the questionnaire cum interview method. Result revealed that the majority of the women added few food items in their diet. About grams of fenugreek seed powder was taken an early morning or after dinner by 6.5 women as they were aware of its implication in diabetes. Approximately 200 ml of lukewarm water with honey was included early morning by 9.5 percent women to facilitate proper bowel moments. About 66 percent women added 250 gm. Salad (Tomato, cucumber, onion, etc.) during lunch or dinner to prevent constipation. Fruit juice (200-250 ml was also added specifically by 13 percent women at any time of the day in order to get strength, fruit juices being a rich source of simple sugars may be a good source of energy. Bitter gourd juice (20-25 ml per day) was taken early morning by 2 percent women since they were at risk of diabetes.

KEYWORDS: *Dietary Modification, Age, Women*