

## 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*

### **INTRODUCTION**

The goal of healthy aging is not only to increase years of life, but also, and importantly to extend healthy active years. Unfortunately, chronic diseases become increasingly common with age and are often considered an inevitable part of aging.(Shlisky et.al.2017)Due to the increased vulnerability of this life stage, a greater focus on dietary intake may be warranted during routine care(Bonilla et.al.2016).

Some nutrients are consumed in excess, contributing to overnutrition and the risk of obesity and chronic condition. The latter includes saturated fats from fatty meats, processed meat, and whole fat dairy products (Millen et.al.2016). Nutrition survey and observational cohort studies have identified several nutrients that may be inadequately consumed in relation to health risk among older adults, including protein, dietary fiber, carotenoids, ca, mg, potassium, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and vitamin E (Tucker et.al.2015).

WHO reported the term nutrition frailty has been used to describe a state commonly seen in vulnerable older adults, characterized by sudden significant weight loss and loss of muscle mass and strength or an essential loss of physiologic reserves making the individual susceptible to disability.

The WHO suggested that dietary fiber may also help to lower blood pressure and to regulate insulin which may impact the risk of type 2 diabetes and together with the high water content of fruits and vegetable may help to

reduce the risk of overweight and obesity by promoting satiety and reducing hunger. Current evidence indicated that fruit and vegetable consumed as part of the daily diet can help reduce the risk of coronary heart disease, stroke and certain types of cancer(Hartley et.al.2013).

Diets high in fruits and vegetables are widely recommended for their health-promoting properties. The importance of fiber for the normal function of the digestive system has been long appreciated. Soluble were considered to have beneficial effects on serum lipids and insoluble fibers were linked with laxation benefits (Alam et al.2014). Orange peel posses the beneficial effects of antiinflammation, antitumor and antiatherosclerosis (Romagnolo et.al.2012).

To keep in mind the dietary modification in women, the present study was conducted.

Objective: To assess the dietary modification in women due to increasing age.

## METHDOLOGY

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 dietary modification was collected with the help of the questionnaire cum interview method.

## RESULT

In the present study, some women, although never suffered from chronic disease or problem that required medication, but were at the risk of it. Hence, as a precautionary measure and also due to increasing age, modifications in diet were made by women in terms of adding particular foods. Information regarding the addition of special food in diet 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 movements. About 66 percent women added 250gm 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 juice being a rich source of simple sugar may be a good source of energy. Bitter gourd juice (20-25ml per day) was taken early morning by 2 percent women since they were at risk of diabetes. Details are given in the Table.

**Table 1: Percentage Distribution of Women by Dietary Modifications Made By Them**

Foods Added	Amount Per Day	Time of Addition	Percentage of Women
Fenugreek seed powder	10-15 gm	Early morning or post dinner	6.5(13)
Lemon water with honey	200 ml	Early morning	9.5(19)
Salad	250 gm	Lunch or dinner	66.0(132)
Fruit juice	200-250 ml	Any time	13.0(26)
Bitter gourd juice	20-25 ml	Early morning	2.0(4)

*Figures in parentheses indicate the number of women 97.0 (194) women added special foods in the diet.*

## CONCLUSIONS

It was concluded that dietary modification in women where fenugreek seed powder was taken aware of its implication in diabetes, lukewarm water with honey to facilitate proper bowel movements, salad added to prevent constipation, fruit juices added to get strength and bitter gourd juice added the risk of diabetes. Citrus fruits exert beneficial effects in the prevention of degenerative disease (Wang et.al.2014). Parmar et.al. (2011) concluded that bitter gourd fruit juice has a beneficial effect on glucose tolerance and lipid profile in type II diabetes. Goyal et.al. (2016) concluded that fenugreek seed is potentially beneficial in a number of diseases such as diabetes, hypercholesterolemia. The importance of fiber for the normal function of the digestive system has been long appreciated (Alam et.al.2014).

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