

# Changing taste from Traditional to Contemporary Foods

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**Abstract:** *Although nutrition experts might be able to navigate the menus of fast-food restaurant chains, and based on the nutritional information, compose apparently 'healthy' meals, there are still many reasons why frequent fast-food consumption at most chains is unhealthy and contributes to weight gain, obesity, type 2 diabetes and coronary artery disease. Fast food generally has a high-energy density, which, together with large portion sizes, induces over consumption of calories. In addition, we have found it to be a myth that the typical fast-food meal is the same worldwide. Fast food from major chains in most countries still contains unacceptably high levels of industrially produced trans-fatty acids. The food quality and portion size need to be improved before it is safe to eat frequently at most fast-food chains. Increasing consumption of traditional food could benefit the dietary fat profile but will result in low fibre intake. Promotion of healthy-fibre-dense and low-fat imported food will increase the compliance to the fibre recommendation while traditional food could stay an integrated part of the Inuit diet and provide less saturated fat.*

**Keywords:** *Traditional, Food, Healthy Fiber, Low Fat, Trans-fatty acids.*

## 1. INTRODUCTION:

Food Is Any Substance Consumed To Provide Nutritional Support For The Body. It Is Usually Of Plant Or Animal Origin, And Contains Essential Nutrients, Such As Fats, Proteins, Vitamins, Or Minerals. The Substance Is Ingested By An Organism And Assimilated By The Organism's Cells To Provide Energy, Maintain Life, Or Stimulate Growth.

Historically, People Secured Food Through Two Methods: Hunting And Gathering And Agriculture. Today, The Majority Of The Food Energy Required By The Ever Increasing Population Of The World Is Supplied By The Food Industry.

Food Safety And Food Security Are Monitored By Agencies Like The International Association For Food Protection, World Resources Institute, World Food Programmed Food And Agriculture Organization, And International Food Information Council. They Address Issues Such As Sustainability, Biological Diversity, Climate Change, Nutritional Economics, Population Growth, Water Supply, And Access To Food.

The Right To Food Is A Human Right Derived From The International Covenant On Economic, Social And Cultural Rights (Icescr), Recognizing The "Right To An Adequate Standard Of Living, Including Adequate Food," As Well As The "Fundamental Right To Be Free From Hunger."

## 2. DEFINITION:

Traditional Food Refers To Foods Consumed Over The Long-Term Duration Of Civilization Through Generations, And Foods And Dishes That Are Traditional Or Have A Historic Precedent In A National, Regional Or Local Cuisine. Traditional Foods And Beverages May Be Produced As Homemade, By Restaurants And Small Manufacturers, And By Large Food Processing Plant Facilities. This Article Also Includes Information about Traditional Beverages

What Does This Traditional Food Actually Means?

The Month Of April Is Traditional Foods Month Here At Keeper Of The Home. Between Myself And The Amazing Writers Who Contribute Here, We Will Be Delving Deeply Into A Wide Variety Of Traditional Foods (Raw Milk, Grains, Fermented Foods, Grass-Fed Meats, Cod Liver Oil, Just To Name A Few) And We'll Share Some Of The History, The Benefits, And The How's Of Preparing These Nourishing Foods.

To Kick Things Off, I Thought It May Be Useful To Approach The Broader Subject Of What Exactly "Traditional Food" Means. Here Are A Few Of My Own Thoughts As We Launch Into This Topic:

In Essence, Traditional Foods Are Those Whole And Ancient Foods That Have Been Eaten For Centuries And Even Millennia. They Are The Foods That Your Great-Great-Great-Great-Grandmother And Grandfather Would Have Eaten. They Are Simple, Naturally Grown Or Raised, Nutrient-Dense, Thoughtfully Prepared. They Are Not Fads (In Fact, They Tend To Go In Direct Opposition To Most Conventional Nutritional Advice These Days).

Traditional Foods Are:

- Foods In Their Original Form, As They Were Created— Not Modernized, Not Processed, Not Packaged.
- Foods That Have a Long History of Supporting Good Health.
- Foods Those Are Whole And Nutrient-Dense.
- Foods That Are Simple And Basic: Meat And Poultry, Eggs, Whole Grains, Fish, Beans And Legumes, Vegetables, Fruit, Nuts And Seeds, Dairy, Fats.

### 3. RESEARCH DESIGN:

Research Problem	:	How Contemporary Food Is Different From the Traditional Food In Terms Of Hygiene, Nutrition and Health
Period of Research	:	15 Days
Type of Analysis	:	Secondary
Data Collection Method	:	Internet, Newspapers, Magazines and Videos
Type of Research	:	Descriptive Research
Research Methodology	:	Exploratory

### 4. TRADITIONAL FOODS VS INTERNATIONAL FAST FOOD (WHICH IS BAD):

With The Invasion Of International Fast Food Chains, A Lot Of Recent Surveys Find That The Escalating Numbers Of People, Especially Young People, Are Spending More Time Consuming Fast Food Instead Of Traditional Food In Recent Years. The Phenomenon Has Raised Questions About Whether Or Not It Will Negatively Affect Families And Societies. For My Part, The Popularity Of International Fast Food Has Adverse Impacts On Families And Societies.

On The One Hand, Although The Fast Food Companies, Like Macdonald's, Kfc Seem To Be More Concerned About Healthy Diet By Offering More Nutritional Options On The Menu, Recent Research Date Show That The Majority Of Fast Food Have Potential To Pose Health Hazards, Such As Obesity And Heart Disease. And When Increasing Numbers Of People Develop These Illnesses, They Can Become A Burden On The Healthcare System.

On The Other Hand, With The Popularity Of International Fast Food, It Is Generally Acknowledged That Families Are Now Not As Close As They Used To Be. Many Children And Teenagers Are Keen To Hang Out In Fast Food Restaurants At The Expense Of Staying At Home To Enjoy Traditional Food And Table Talk With Their Parents. And With Children Eating Separately With Their Parents, Communications Among Them Can Occasionally Break Down.

It Is Undeniable That International Fast Food Is Appealing To People. Diverse Contributing Factors Can Be Identified, Such As Convenience, Good Atmosphere In The Restaurants, Etc. However, With The Rapid Development Of Technology, Various Cooking Equipment (E.G. Rice Cooking Machine, Microwave) Are Designed For Modern Families With Convenience. Besides That, Domestic-Based Restaurants Are Paying More Attention To Create An Enjoyable Environment To Compete With Their Foreign-Based Counterparts.

To Sum Up, Given The Above Analysis, I Am Of The Opinion That International Fast Food Has Negative Impacts For Both Families And The Whole Community. The Best Way To Keep Families And Societies Together Is For Parents And Their Children To Sit Aside Table For Dinner Every Evening.

In Many Countries, Traditional Foods Are Being Replaced By International Fast Foods. This Is Having A Negative Effect On Both Families And Societies.

It Has Been Noted That Fast Food Is Playing A Crucial Part Of Our Modern Society, But There Is Much Discussion Nowadays As To Whether Fast Food Is Replacing Traditional Food.

Many People Frown On Fast Food, and Call Them "Junk Food" Because Of Its Malnutrition and Can Lead To Severe Health Hazards. We Cannot Get the Required Nutrition's From the Meal. Restaurants Also Promote "Health Meal" Such As Salad, Low Fat Burger, But According To Research It Is Still Very Low In Nutritious And Fiber Content.

Most Importantly, Fast Food Poses Health Hazards. Burger, French Fries and Coca Cola and ECT. , They Are High In Salt, Fat And Sweets. Eating Too Much of Them Can Trigger Heart Disease and Obesity. We Have A Common Phenomenon Of Fast Food Generation, People From Different Ages All Addicted To Fast Foods. In Western Countries, More And More People Are Diagnosed With Health Diseases, This Does Not Only Affect Patient Himself, And It Will Also Affect The Whole Society With This Accumulating Trend. The Work Productivity Will Be Low From These People, More Services And Efforts Will Be Put In Curing The Patients.

On The Other Hand, What Makes Fast Food So Appealing Is That It Is Not Just Hot And Tasty, But It Is Also Content And Convenient. Unlike Traditional Food Is Elaborately Prepared, Fast Food Takes Much Less Time. In A Fast Paced World, Time Is Precious, Most People Have Chosen Fast Food As Their Lunch Options. Additionally, Fast Food Restaurants Tend To Be A Nice Environment To Relax In. People Can Order A Milkshake To Chat With Friends.

Fast Food Has Become A Part Of Our Life. Like It Or Not, It Is Here To Stay. Whereas Traditional Food Is Elaborately Prepared, Using Traditional Methods, It Is More Tasty And Healthy. It Is Also Unfiltered With Culture; We Cannot Afford To Throw It Away. As To Maintain A Healthy Life Style, One Needs To Balance The Diet Right, Taking Less Fast Food As Possible.

## **5. BENEFITS OF TRADITIONAL FOODS:**

Foods From Land And Sea Once Provided Everything For People. Today, A Mix of Market and Traditional Food Is Common for Most People, But Traditional Food Remains an Important Source of Many Nutrients.

A Study In 43 Arctic Communities Found That On Days When People Ate Both Traditional And Market Foods, Their Diets Were Better Than When They Ate Only Market Food.

When Traditional Foods Were Included In The Diet, Benefits Were:

- Less Calories - Helpful For Weight Control
- Less Saturated Fat -- Better for the Heart
- More Lean Meats and Fish
- More Iron -- Better for Muscles and Blood
- More Zinc -- Better For Wound Healing and Fighting Infection
- More Vitamin A -- Better for Vision and Fighting Disease
- More Calcium -- Better for Strong Bones and Teeth
- Strengthened Cultural Capacity and Well-Being

There Are Three Main Advantages To Fast Food.

- You Can Save Money Because Fast Food Tends To Be Cheaper Than The Alternatives.
- You Can Save Time As There Is Very Low Or No Waiting Time For Food To Be Served.
- There Are Many Healthy Fast Food Options Now So No Need To Eat Fat-Filled Burgers And Fries.

## **6. EXPLANATION IN DETAIL:**

### **6.1 Save Time**

The Second Most Obvious Reason Is Because Fast Food Is, Well, Fast. There Is Very Low Or No Waiting Period. Food Is Usually Prepared In Matter Of Minutes And You Can Be On Your Way.

Most Fast Food Restaurants Also Have Drive-Thru's, Which Allow Customers to Order Even More Quickly. Now We Don't Even Have To Get Out Of Our Cars To Purchase Food. When Compared To Traditional Restaurants, You Could Be Saving Over An Hour Of Time From Ordering To Finishing Your Meal.

### **6.2 Healthy Choices**

Although Fast Food Has A Reputation For Being High In Calories And Fat, That Is Slowly Changing With The Rise Of The Health-Conscious Population, Which Is Increasing The Demand For Healthy Food Options.

Just About Every Fast Food Restaurant Offers Some Kind Of Healthy Alternatives Today. Whether It's Grilled Chicken Sandwiches, Wraps, Or Salads, There Is Usually Something for Everyone.

One Thing To Keep In Mind Is That Healthier Options Generally Tend To Be A Little More Expensive. But Because It Is Fast Food, You Are Still Going To Save Money Over Homemade Foods.

## **7. DISADVANTAGES OF FAST FOOD:**

Fast Food Had Many More Disadvantages In The Past Couple Of Decades. Today, The Industry Is Expanding Into Offering Types Of Foods That Cater To Virtually Anyone.

There Are Two Main Disadvantages we'll take a Look At:

- Lower Quality Foods That Are Usually Caused By A Large-Scale Production Process.
- More Fattening Foods That Are Mainly Caused By the Lower Quality Food Sources.

### 7.1. Lower Quality Food

There's No Doubt about It, Fast Food Is Made in a Bulk Production Process, Which Tends to Lower the Overall Quality of Food. Granted, Chicken Is Chicken, so we're Not Talking about Eating Rat Meat Here

A Lot Of The Fast Food Restaurants Such As Chipotle Have Started Using Organic Vegetables, Hormone-Free Beef, And Cage-Free Chickens. This Is Great's News for Both Consumers and Animals.

### 7.2. More Fattening

Historically Speaking, Fast Food Has Been Very Fattening. The Production Process Involved In Creating Fast Food Added A Lot Of Greasy And Fat Content To Foods. However, As Mentioned In The Healthy Choices Section Above, This Is Quickly Changing.

While Most Restaurants Have Your Normal Greasy Burgers And Fries, They Have Also Started To Offer Grilled Chicken, Fish, Salads, And Healthy Wraps. So Whether You're Looking to Eat a Nice Greasy Meal or a Healthy Grilled Sandwich, Fast Food Restaurants Have What You Want.

## 8. FINDINGS:

- Traditional Foods Are In Their Original Form, As They Were Created— Not Modernized, Not Processed, Not Packaged.
- Traditional Foods That Have a Long History of Supporting Good Health.
- Traditional Foods That Is Whole and Nutrient-Dense.

## 9. SUGGESTION:

Everything In This World Has Two Sides Positive As Well As Negative. Fast Food Is Not That Bad As It Saves Time And More Youngster Like It But It Also Has A Drawback. It Is Produced In Bulk Quantity And It Is Kept For A Long Time Which Makes It Unhealthy.

Whereas Traditional Food Is Freshly Prepared And It Has Less Drawbacks As Compared To Fast Food. Traditional Food Should Be Your First Choice. For Just A Change Fast Food Is Good But On Regular Basis It Is Not Good For Health. Hence Traditional Food Is A Better Choice.

## 10. CONCLUSION:

It Is Argued That Fast Foods From Other Countries Replaced Traditional Foods May Bring A Negative Impact On Not Only Families But Also The Community As A Whole. In My Opinion, I Completely Agree With This Idea. There Are A Variety Reasons Why International Fast Foods Has Bad Effects On Families. The Main Shortcoming Is That Some Kind Of Fast Foods Are Not Good For People's Health, Especially For Children. If An Excess Of Junk Foods Which Contain Excessive Amounts Of Fats And Sugar Are Consumed, There Will Be A Rise In The Number Of Obese Young People. In Addition, Having Junk Foods Instead Of Traditional Foods For Meals Frequently, People Will Not Spend Time To Cook At Home Together. As A Consequence, Family Members Do Not Have Much Time For Sharing And Communicating With Each Other, Gradually The Generation Gap Is More Likely To Extend.

Apart From the Practical Drawbacks Expressed Above, I Believe That the Society Will Be Influenced When People Choose To Consume Junk Foods Rather Than Common Foods



Firstly, Traditional Foods Reflect Traditional Culture Of Each Nation, Hence It Will Be Forgotten When People Would Like To Eat Fast Foods Instead Of Cooking At Home. From Time To Time, The Young Generation Will Be Unfamiliar With The Traditional Food Recipes And The Cuisine Of The Country Will Not Be Treasured Anymore. Secondly, This May Also Effect To The Country's Economic Development. The Increasing Number Of International Fast Food Chains In A Country Could Lead To The Deterioration Of Local Business, Which Causes Some Inhabitants Face To Unemployed Problems. In Conclusion, It Seems To Me That Eating Junk Foods Supplanting Traditional Foods For A Long Time May Be Harmful For Both Families And The Society At Large.

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