

# STUDY ON AWARENESS OF NUTRITIONAL BALANCED DIET AND EATING PRACTICE'S AMONG COLLEGE STUDENTS

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**Abstract:** *The present study investigates that awareness of nutritional balanced diet and eating practices among college students during June 2019 to Nov.2019. A balanced diet is one that provides the body with all the essential nutrients, vitamins, and minerals required to maintain cells, tissues, and organs as well as to function correctly. The present study show 67 % students are aware about balance diet. Most of the students are lacks of exercise regularly. The survey highlights the need to make bigger policies among college students providing proper nutritional education because of their future social role as educator.*

**Key words:** *Awareness, balanced diet, students, nutrients.*

## 1. INTRODUCTION:

A balanced diet is one that provides the body with all the essential nutrients, vitamins, and minerals required to maintain cells, tissues, and organs as well as to function correctly. A diet that is lacking in nutrients can lead to many different health problems ranging from tiredness and lack of energy to serious problems with the function of vital organs and lack of growth and development. The number of calories in a food is a measurement of the amount of energy stored in that food (Racette *et al.*, 2008) Your body uses calories from food for walking, thinking, breathing, and fatigue, and poor performance. Children with a poor diet run the risk of growth development problems and poor academic performance, and bad eating habits can persist for Research, Dietary habits are the habitual decisions of individuals or group of people regarding what foods they eat. Proper dietary choices require the consumption of vitamins, minerals, carbohydrates, proteins, and fats (Butler 2004). Milk products play a significant role in human health. An unhealthy diet is a major risk factor for a number of chronic diseases including pressure diabetics, abnormal blood lipids, overweight/obese, and cancer. There are two therapies, one is the dietary therapy to maintain a good and a healthy life and another one is medical nutritional therapy, and we have also traditional Chinese method (Chourdakis *et al* 2011).

These proportions vary for each individual because everyone has different metabolic rates and levels of activity (Steptoe *et al* 2001) Malnutrition results from an unbalanced diet, this can be due to an excess of some dietary components and lack of other components, not just a complete lack of food. Too much of one component can be as much harm to the body as too little. Deficiency diseases occur when there is a lack of a specific nutrient, although some diet-related disorders are a result of eating in excess. An adequate diet provides sufficient energy for the performance of the body to function (Butler *et al.*,2004) Carbohydrates, fats, and proteins provide energy. Proteins are a provider of energy in an emergency but are primarily used as building blocks for growth and repair of many body tissues. We also need much smaller amounts of other nutrients such as vitamins and minerals. Despite the small quantities needed, these are essential to provide a healthy diet (Haberman *et al.*, 1998). The aim of the study is to create awareness on balanced diet and eating practices among college student.

## 2. REIVIEW LITERATURE:

Sweta *et al.*, (2018) studied awareness on balanced diet and eating practice among college students and they are observed that nutrition is the basic fundamental unit of life. The providing health nutrition related course and using technology as means to educate new generation could be effective. A balanced diet is one that gives the body the nutrition to needs to functions properly (Begum *et al* 2017). The proper training and encouraging students to follow correct eating plans as well as optimal use of such local nutrients (Mehri *et al* 2016). Jude *et al.* (1991) found that the mean height of sub-urban adolescent's girls between the ages of 13-18 years living in Vellore was below standards. The growth of 34.7% of the respondents was below normal. The findings of the study showed that the difference in height was much more significant in the early years of adolescence i.e. 13-15 years of age group than 16-18 years of adolescents. However, as far as weight was concerned, it observed that only 51.2% had normal weight for their age group. The girls were observed with better height than their weights. Singh and Mishra (2001) conducted a survey to

find the BMI and nutritional condition of 70 adolescent girls belonging to the age group 13 to 18 years living in the slum areas of Varanasi.

As many as 70% adolescent girls reported with less than 20 BMI values; 51.4% of the respondents were suffering from Chronic Energy Deficiency (CED). Around 10% of the adolescents were reported with stunted height. Healthy behaviors, such as physical activity, are often compromised among college students. Miller et al. conducted a survey on the effectiveness of a health promotion smartphone application for college students. The researchers noted that many undergraduate students neither had less than optimal health nor participated in healthy behaviours on a regular basis. They discovered that college students believed the application was beneficial and helpful in that it promoted healthy behaviours and raised awareness (Miller *et al.*, 2014)

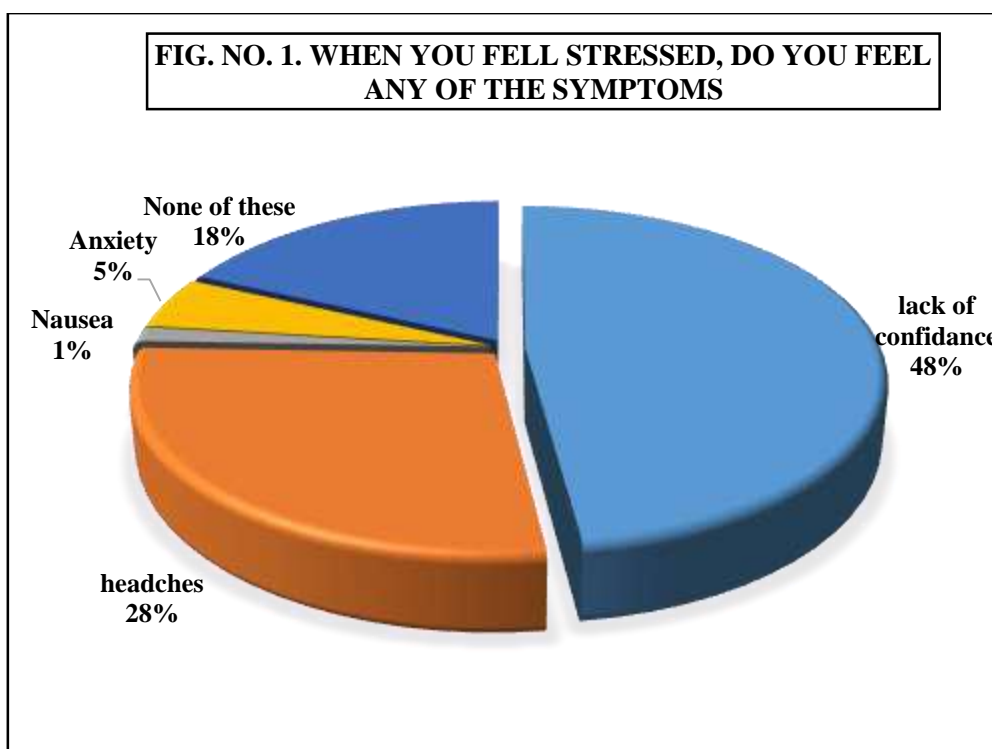
### 3. MATERIALS AND METHODS:

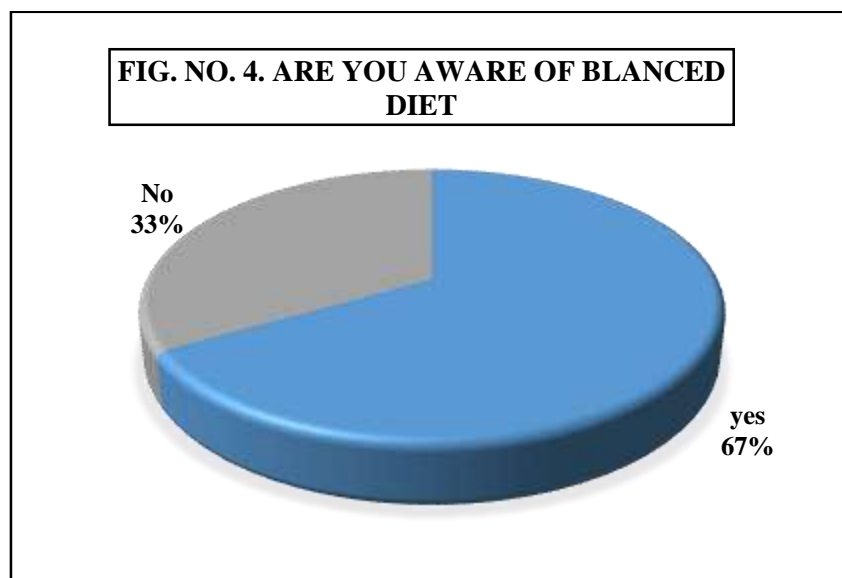
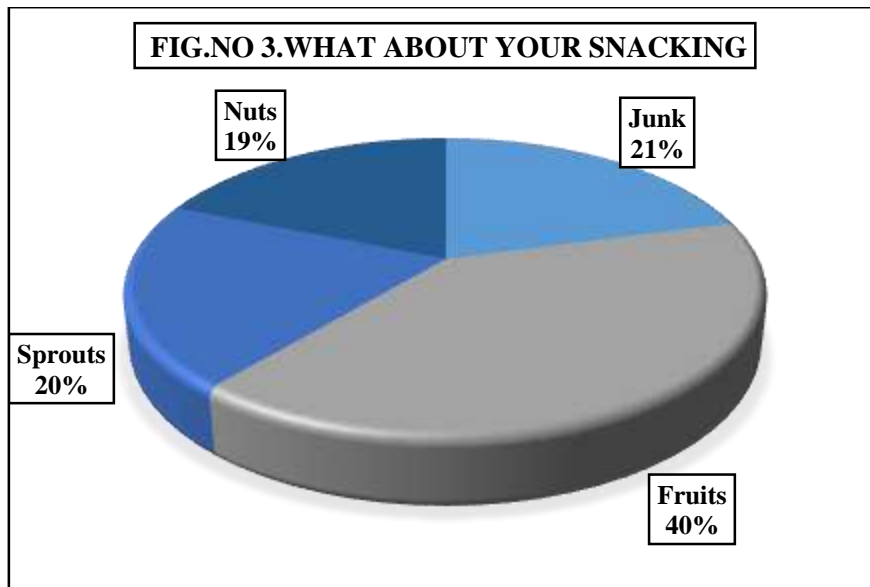
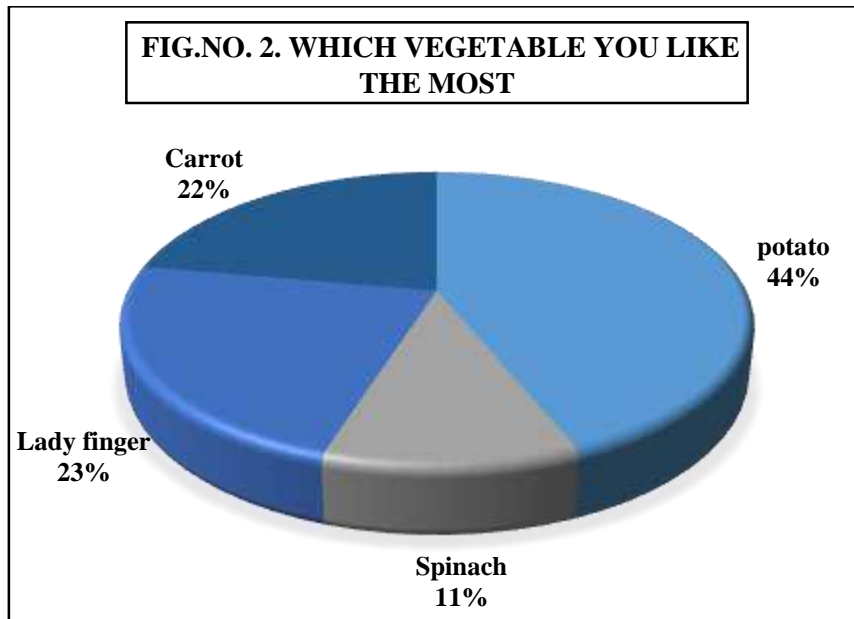
The sample size of this study is 120. The study group consists of students in the age group between 17 and 23 years. This was a questionnaire-based study. The survey questions were prepared and administered through survey planet using an online link. The questions basically analyzed on different aspects of their eating practices. Results were statistically analysed.

### 4. RESULT:

Healthy diet is the key for current and future good health, even if the students are not over- or underweight, poor nutrition puts them at risk for various medical problems including diabetes, heart disease, hypertension, osteoporosis, US department of Health and Human Services (CDCP, 2007). In addition, when undernourished, a person may feel unwell on a daily basis, potentially experiencing depression and low immunity. It is possible to eat a balanced, nutritious diet in college, but it just take some determination. Focusing on the main food groups is very important, incorporating whole grains, brightly colored vegetables and fruits, low fat or non-fat dairy products, lean meats and beans and healthy fats in the diet. At the same time, minimize foods high in saturated and Tran's fats as well as sugary, high-calorie beverages.

The present study show 67 % students are aware about balance diet (Fig. 4). Most of the students are lacks of exercise regularly (fig. 5). The most of the students are potato as their favourite vegetables but potatoes contains high amount of carbohydrates and fats which unhealthy for an individual's (fig. 2). 40% out of them eat chips rather than fruits and nuts ((fig. 3). 48 % students suffer from the lack of confidence (fig. 1). 63% students are not add sugar in the drink (fig.6). only 17% eat only oily fish in our diet ( fig.7) 40% students eat some unsalted nuts and seeds in the diet ( fig. 3).





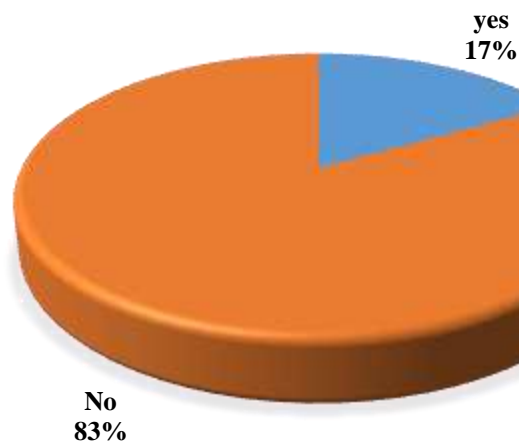
**FIG. NO. 5. DO YOU EXERCISE REGULARLY**

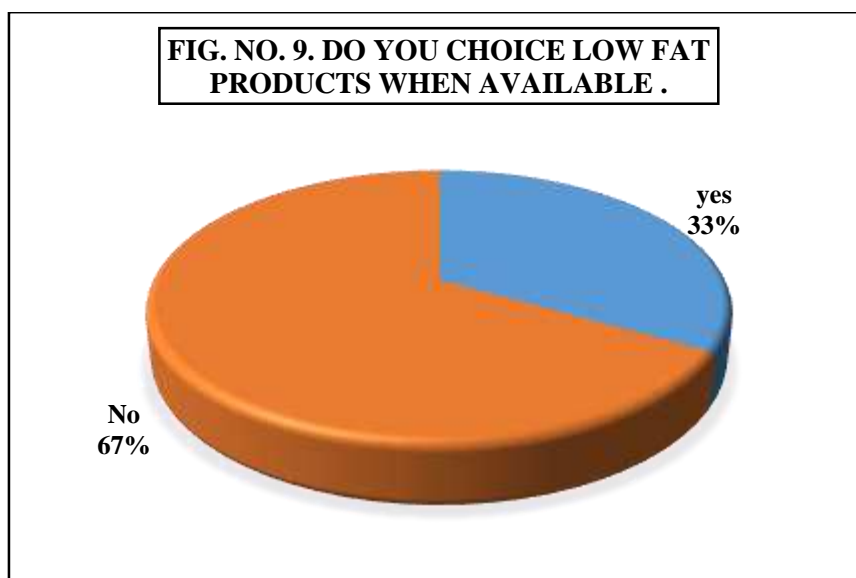
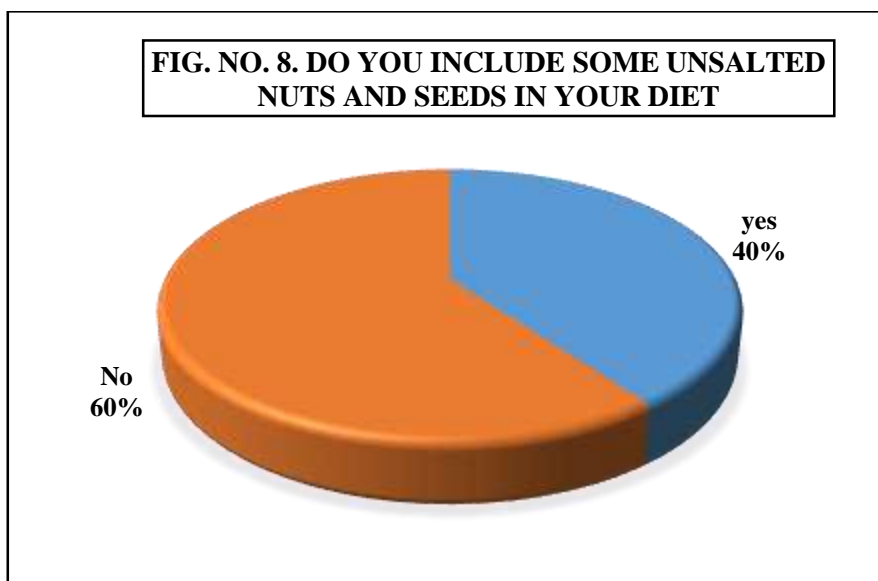


**FIG. NO. 6. DO YOU ADD SUGAR IN YOUR DRINK**



**FIG. NO. 7. DID YOU EAT ANY OILY FISH LAST WEEK**





## 5. DISCUSSION:

The result shows that the majority of college students are moderate healthy lifestyle. It was found that a high percentage of the students are unaware about the importance of taking the routine physical test and blood test at least every six months, to check if they have any medical problem. College students do not take into account the seriousness of their health behaviours, (Budd *et al.* 2001) .The study shows that most college students do not care about eating daily breakfast, their diet is not ideal, commonly consisting of cheap, and quick meals, snacks, and soi drinks. All easy access to unhealthy foods on campus, contribute to weight gain or emotional strain, (Harris 2015). Brown *et al.*, (2017) discovered that college students often select food from vending machines and according to convenience, taste, time, and price instead of nutritional values. On the contrary, in the current study, college students did not frequently use vending machines on campus even though they reported choosing food based on convenience. Stockton and Baker had warned that college students' knowledge of nutrition does not always correlate with their eating habits because they consumed large amount of fast food even though they acknowledge it's unhealthiest. In contrast, in the current study, responses from college students demonstrated low amount of fast food consumption, yet high level of knowledge of its harmfulness to their health.

The present study illustrates that most college students do not care about drinking water, which may cause dehydration and their kidney function, and may cause other health problems. College students should focus on consuming a balanced diet, staying hydrated, and getting adequate amount of sleep, together with exercise and a healthy lifestyle will ensure both physical and mentally. Principle of balanced diet article says that balanced diet and eating practices are different among students. This survey concludes that students have unhealthy balanced diet because of consumption of junk and their eating practices are poor (Von Ah D, 2004).

## 6. CONCLUSION:

The survey highlights the need to make bigger policies among college students providing proper nutritional education because of their future social role as educator as well as for their own. Health education should focus on specific strategies aimed at breakfast, physical activity and the major fruits vegetables intake as well as on the consumption of food.

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