

## **THE IMPACT OF MODERN DIETARY HABITS ON HUMAN HEALTH**

**Ankit Kumar**, B.Pharma, Vivekananda Global University, Jaipur

**Rahul Bal**, Agriculture BSc. (honours), Vivekananda Global University, Jaipur

**Shubham Shekhawat**, Assistant Professor, Allied Healthcare Science, Vivekananda Global University, Jaipur

### **ABSTRACT**

#### **INTRODUCTION**

It has been noted that the food habits of the people of the modern period have shown changes in the environment of urbanisation, changes in technology, and changes in art. The changes that have been made in the food habits of the people of the modern period include the addition of farther reused food, the addition of farther amounts of sugar and fat, and the addition of small fruits and vegetables. The changes that have been made in the food habits of the people of the modern period have shown their goods in the environment of health problems.

#### **MATERIAL METHOD**

A mixed methods question was utilised in the study of the interrelationship between contemporary food practices and the health of human beings from a diverse sample of people who were involved in the study of the comprehensive dietary assessment survey. A structured questionnaire was utilised in the collection of information from the sample of people regarding their lifestyle practices, which included their diet, fast foods, digestive problems, weight, and drinks such as soda, cold drinks, and energy drinks.

#### **RESULT/CONCLUSION**

The results revealed that there is a trend of disturbing situations of the consumption of reused food and fast food by the actors. Moreover, it was observed that the position of the consumption of sweet food particulars, candied drinks, and fat-rich food has increased by the actors. At the same time, it was observed that there is a huge gap between the position of the consumption of essential nutrient-thick food particulars, similar as fruits, vegetables, and spare meat. Moreover, it was observed that there is a relationship between the increase in the position of the consumption of reused food and health problems, similar as high situations of cholesterol and metabolic pattern, by the actors. Moreover, it was observed that people prefer taste over health, which needs to be changed.

### **1.INTRODUCTION**

This prolusion will also briefly mention the different products both good and bad that our food ways change has contributed to our health. No doubt that healthy habits have developed over time and are now influencing society In the past two decades, people have been moving away from traditional diets and towards processed, lower nutrient density, and sometimes convenient foods because of urbanisation, globalisation and the rapid advancement of technology. Moreover, despite the fact that these changes introduce convenience and variety, concerns have been raised about the potential negative health effects. [1]

food consumption is strongly associated with fat and fat. 75 of the adults, 20 to 27 are fat or fat and hard to reduce the overweight. It also discovers fast food consumption rate is strongly associated with their fat-related health behaviour. Additionally, fast food consumption will lead to food sectarianism for the majority of the medical reasons. Food sectarianism can be discovered in donkey-works. Again, cold swell in becoming cold or common complain can be linked as a result due to abnormality in having breakfast. numbness, stinginess and burning can be direct results of intake of fast-foods. [2]

Sad is the world of those days which has been erected as a type of consumption of food, which is filled with pathological goods in the case of mortal being's advantages. change in life has held us so busy in the professional life that now nothing ever has time indeed to suppose what we are consuming is a

healthy food! Globalisation have worst destroyed bone diet and have impelled crores of population to consume high calorie luxury and precious fast food, known as Junk foods( ii. composition on the likely agony of health after same abnormal calorie food input has increased easing towards non- consumption of them, but plaintively way are n't so effective as would be. rotundity, food poisoning, dehydration, heart complaint, diabetes mellitus, and arthritis have replied in agony destruction in developing world and same life- killers junk food, food donation, devilish fat calorie input are the primary cause to its donation. [3]

Fast foods are growing day by day since 1996. mortal beings have been taken to axes as far as food handed is concerned by transnational bodies and governmental bodies. The fast foods have changed the food eating habit of the recent period. Fast food joints are present at each walk, paddy fields, and way side stops and on nearly all roads. junk food' is comparatively advanced racy value food but low-quality food. Fatima & Shrivastava( 2017) had applied a term Junk Food as sweet empty calorie food i.e. either calorie thick food or high- calorie food but in no way a food having micronutrient like vitamins, minerals or amino acids and Fiber but energy- loaded( calorie's). Junk food is noway comprised of any content which our body needs in order to make our body fit and healthy. Hence similar food is n't of the right nutritive standard which would be mischievous and can be classified as junk food. [4]

Indian life has been changed to a large extent-post independence. Taste and food have also gone through the same phase of change. Since food is a part of one's life. Some live to eat and some eat to live is said. Industrialisation of food assiduity has brought revolution in our plate; originally fresh food was the highlight of our mess, whereas now it has

has been replaced with recycled food. Council's food stores among the scholars vary from society, family, culture and morals of living. The exploration vindicated that the vital factors that reckoned for the impact on the scholars' food input were love of eating out, fraternise, air and taste of two-income families due to collaborative India and scholars seeking the academy and new education and the ease. Boek( 2012) drive carried out the determinants of scholars' Food Choices on a College Lot. The exploration warranted that food selection of scholars is significantly linked with gender and life.[5]

Fast food consumption has nearly come a world phenomenon. India's fast food sedulity is growing at the rate of 40 each time. India was at number 10 in the fast food per capita spending figures with 2.1 of spending in total periodic spending( Ferences and Deepthi, 2012). Presto foods input for refections or snacking is particularly common among immatures grown- ups and adolescents. numerous changes in early maturity launch which will affect in condition conformation during after stages of life( Stang and Mahan, 2008). Gigantic growth in delicacy input has developed over the formerly ten times to support longer term diet changes( Nielson et al., 2002). Among major issues enterprises for especially teenagers have been reduced sugar consumption, fat foods, and other sweet food substances( Ludwig et al., 2001). [6]

**MATERIAL METHOD:-**

Mixed method was adopted for the study of the relationship between modern food practices and the health of humans. People from diverse age groups, socio-economic backgrounds, and geographical locations were chosen for the purpose of conducting an exhaustive survey of their diet.

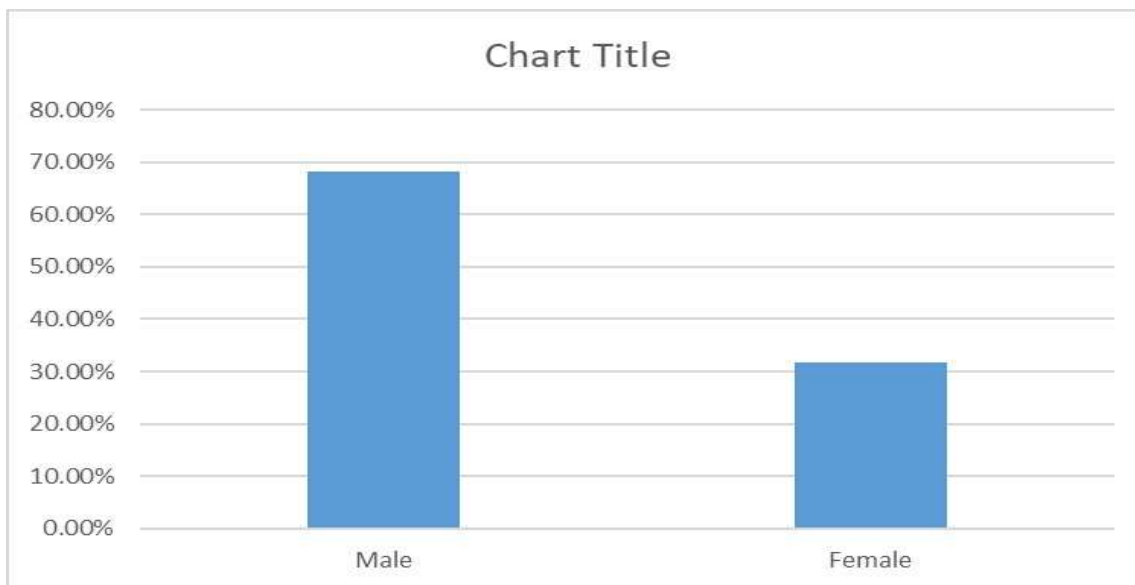
<b>Q.NO</b>	<b>QUESTION ASK</b>	<b>OPTIONS</b>
<b>1</b>	<b>How many fruits and vegetables are you consuming daily?</b>	<b>1.</b> Less than one serving <b>2.</b> One or to servings <b>3.</b> Three to four servings <b>4.</b> Five or more servings

2	<b>Do you often read nutritional label before purchasing food products?</b>	<ol style="list-style-type: none"> <li>1. Yes, always</li> <li>2. Sometimes, depending on the product</li> <li>3. Rarely, only if I have a specific dietary concern</li> <li>4. No, never</li> </ol>
3	<b>Have you tried any specific diets, such as keto, paleo, or vegan? if so, what were the results on your health?</b>	<ol style="list-style-type: none"> <li>1. Yes, It has a positive impact on my health</li> <li>2. Yes, It has a negative impact on my health</li> <li>3. Yes, but did not notice any significance change in my health</li> <li>4. No, I have not tried</li> </ol>
4	<b>How much sugary beverages (sodas, cold drinks, energy drinks) do you consume daily? (1 bottle = 150 ml)</b>	<ol style="list-style-type: none"> <li>1. None</li> <li>2. 1-2 per day</li> <li>3. 3-4 per day</li> <li>4. 5 or more per day</li> </ol>
5	<b>Do you experience digestive issues like bloating, indigestion, or acid reflux?if yes, how often?</b>	<ol style="list-style-type: none"> <li>1. Frequently, almost every day</li> <li>2. No, I do not experience any digestive issues</li> <li>3. Rarely, only once in a while</li> <li>4. Sometimes, a few times a week</li> </ol>
6	<b>Have you noticed any changes in your weight or energy levels since altering your food habits?</b>	<ol style="list-style-type: none"> <li>1. Yes, I have noticed a positive change in my weight and energy level.</li> <li>2. Yes I have noticed a positive change in my weight</li> <li>3. Yes I have noticed a positive change in my energy level</li> <li>4. No I have not noticed any significant changes</li> </ol>
7	<b>How often do you include whole grains in your diet, such as brown rice or whole wheat bread?</b>	<ol style="list-style-type: none"> <li>1. Every day</li> <li>2. 3-4 times per week</li> <li>3. 1-2 times in per week</li> <li>4. Rarely or never</li> </ol>
8	<b>How often do you eat whole grains in your diet, like brown rice or whole wheat bread?</b>	<ol style="list-style-type: none"> <li>1. Every day</li> <li>2. 3-4 times per week</li> <li>3. 3-2 times in per week</li> <li>4. Rarely or never</li> </ol>
9	<b>Your gender</b>	<p>Male Female</p>

### 3.SURVEY REPORT ANALYSIS

The information obtained from the dietary assessment survey was subjected to thorough analysis to uncover the patterns in food consumption, the level of processed/convenience foods, and the level of deviation in relation to the recommended dietary guidelines.

#### 1. GENDER DISTRIBUTION



S.NO.	GENDER	NO. OF PEOPLE	PERCENTAGE%
1	MALE	150	68.2%
2	FEMALE	70	31.8%

#### 2.AGE DISRIBUTION

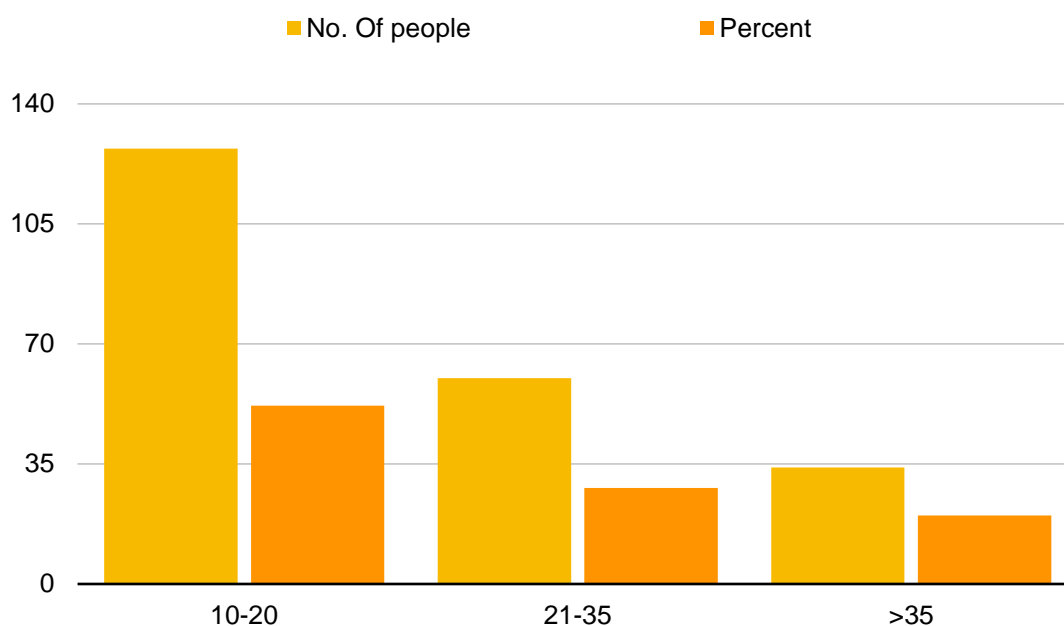
SR.NO	NO OF PEOPLE	PERCENTAGE%
10-20	127	58
21-35	60	28
35>	34	20

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	How many servings of fruits and vegetables do you eat daily?	1. Less than one serving	55	25%
		2. One to two servings	121	55%
		3. Three to four servings	36	16.4%
		4. Five or more servings	8	3.6%

**3. How many peoples are consume a fruits and green vegetable in daily routine?**

1. 25% peoples are not consume proper fruit and green vegetables.
2. 55% peoples are consume one to two servings in a daily routine.
3. 16.4% peoples are consume three to four servings in a daily routine.
4. 3.6% peoples are consume five or more servings in a daily routine.

**4. How many peoples are read any nutritional label of any type of food products?**



S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	Do you often read nutritional label before purchasing food products?	1. Yes, always	82	37.3%
		2. Sometimes, depending on the product	94	42.7%
		3. Rarely, only if I have a specific dietary concerns	29	13.2%
		4. No, never	15	6.8%

1. 37.3% peoples are read nutritional label before for purchasing food products.
2. 42.7% peoples are read sometimes depending on the products.
3. 13.2% peoples are rarely, only if have a specific dietary concerns.
4. 6.8% peoples are never read an type of label on the food product.

**5. How many peoples have tried any specific diets? And what are the result on in health.**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	Have you tried any specific diets, such as keto, paleo, or vegan? if so, what were the results on your health?	1. Yes, It has a positive impact on my health	66	30.1%
		2. Yes, It has a negative impact on my health	10	4.6%
		3. Yes, but did not notice any significance change in my health	25	11.4%
		4. No, I have not tried	118	53.9%

1. 30.1% peoples are observed positive impact on her health.
2. 4.6% peoples are observed negative impact on her health.
3. 11.4% peoples are observed not any significance change on her health.
4. 53.9% peoples are not tried any type of specific diets.

**6. How many peoples are consume sugary beverages in her daily life? Such as (sodas, cold drinks, energy drinks).**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	How much sugary beverages (sodas, cold drinks, energy drinks) do you consume daily? (1 bottle = 150 ml)	1. None	120	54.5%
		2. 1-2 per day	84	38.2%
		3. 3-4 per day	14	6.4%
		4. 5 or more per day	2	0.9%

1. 54.5% peoples are not consume any type of sugary beverages in her daily life.
2. 38.2% peoples are consume 1-2 bottles per day.
3. 6.4% peoples are consume 3-4 bottles per day
4. 0.9% peoples are consume 5 or more bottles per day.

**7. How many peoples are experiencing digestive issues like bloating, indigestion in her daily life.**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	Do you experience digestive issues like	1. Frequently, almost every day	22	10%

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
	bloating, indigestion, or acid reflux?if yes, how often?	2. No, I do not experience any digestive issues	78	35.5%
		3. Rarely, only once in a while	67	30.5%
		4. Sometimes, a few times a week	53	24.1%

1. 10% peoples are having digestive issue almost every day.
2. 35.5% peoples are not experiencing any digestive issues.
3. 30.5% peoples are rarely experience digestive issues.
4. 24.1% peoples are sometimes and few times experience digestive issues.

**8. How many peoples are noticed any changes in her weight or energy levels in this type of food habits.**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	Have you noticed any changes in your weight or energy levels since altering your food habits?	1. Yes, I have noticed a positive change in both my weight and energy levels.	92	41.8%
		2. Yes I have noticed a positive change in my weight	54	24.5%
		3. Yes I have noticed a positive change in my energy level	26	11.8%
		4. No I have not noticed any significant changes	48	21.8%

1. 41.8% of peoples have noticed positive changes in their weight and energy level.
2. 24.5% of peoples have noticed positive changes in her weight.
3. 11.8% of peoples have noticed positive changes in her energy level
4. 21.8% of peoples have not any changes in her body.

**9. How many peoples have consume in whole grain food in own diet?such as brown rice, whole wheat bread.**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1		1. Every day	81	36.7%

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
	How often do you include whole grains in your diet, such as brown rice or whole wheat bread?	2. 3-4 times per week	34	15.4%
		3. 1-2 times in per week	57	25.8%
		4. Rarely or never	49	22.2%

1. 36.7% peoples have consumed every day whole grain food.
2. 15.4% peoples have consumed 3-4 time per week.
3. 25.8% people have consumed 1-2 times per week.
4. 22.2% people have consumed rarely or never whole grain food.

**10. How many people have conscious about portion size of food in home and outdoor?**

S.NO.	QUESTION ASK	OPTIONS	NO OF PEOPLES	RESPONSE %
1	Are you conscious of portion sizes when eating out or at home?	1. Yes, always	70	31.7%
		2. Sometimes, depending on the type of food	97	43.9%
		3. Rarely, only if I am trying to loose weight.	15	6.8%
		4. No, I do not pay attention to portion sizes	39	17.6%

1. 31.7% peoples have always conscious about portion size.
2. 43.9% peoples have sometimes depending on the type of food.
3. 6.8% peoples have rarely trying to loose weight.
4. 17.6% peoples have no pay any attention about the portion size.

**DISCUSSION**

**Distribution of gender of my study:**

In our study, both age and gender were considered :

**1. Gender Distribution**

The total number of participants in our survey is 220. The results show a huge imbalance in the gender distribution, with 150 males (68.2%) and 70 females (31.8%).

**2. Age Distribution**

The age distribution shows that the participants are mostly young.

- Ages 10-20: This is the largest group, with 127 participants (58%).
- Ages 21-35: This group has 60 participants (28%).
- Ages 35+: This is the smallest group, with 34 participants (20%).

The two age groups that appear to have experienced the most dramatic changes in their eating habits over the past decades are the 12 to 18 times age group, which is composed of young grown-ups, and the 19 to 29 times age group, which is composed of youthful grown-ups. The fast food industry has thus responded to this challenge by making fast food outlets less accessible to these guests by means of long hours of operations, delivery, and easily accessible locations such as shopping promenades and drive-through facilities.

### **3. Analysis of Sugary Beverage Consumption.**

The check information gathered from 220 actors shows a prominent trend of moderate or zero consumption of sticky drinks. There is a definite maturity of the repliers, 54.5(120 people), who reported that they do n't consume any sticky potables in their diurnal lives. This indicates a high level of health knowledge or a desire for essential drinks in this section of the population.

Among those who consume these potables

- 38.2(84 people) consume a modest quantum of 1-2 bottles per day.
- A much lower bit, 6.4(14 people), consumes 3-4 bottles daily.
- Only a negligible 0.9(2 people) reported a high input of 5 or further bottles per day.

A study by **MK zyl Van, et al.** The libation purchases with the food messes were soft drinks 56.0, pure fruit juice 13.8, unflavoured water 7.6, flavoured water 7.0, and diet soft drinks 4.7. There was no significant difference between males and ladies regarding their libation consumption. Of particular interest, albeit small figures, was that three times as numerous ladies ( 12) than males( 4) bought diet soft drinks with fast food refections.( 9)

### **4. Daily Fruit and Vegetable Consumption Analysis.**

The result of the check emphasizes the healthy practices of 220 actors concerning their daily input of fruits and green vegetables. The findings show that a maturity of the repliers holds a moderate level of consumption, with 55( 121 people) taking one to two servings per day. nevertheless, a substantial number of the group holds lower levels of input; 25( 55 people) take lower than one serving per day, showing they might not be holding introductory nutritional standards. On the advanced side of the diapason, the intake lessens sprucely

- 16.4( 36 people) take three to four servings.
- Only 3.6( 8 flour people) take five or further servings per day.

A study by **Satia A Jessie et al.** The time reference used was 'over the previous 3 months'. The consumption of fruit and vegetables was assessed using the '7-item fruit and vegetable screener'. The instrument was originally developed at the National Cancer Institute<sup>23,24</sup>. Fruit was defined as the sum of 'fruit juice 'and 'fruit, not counting juice...'. Vegetable was defined as the sum of 'green or lettuce salad, potatoes (boiled, baked or mashed)... 'and 'vegetables in mixed dishes'.The standard approach for evaluation in the '5-a-Day 'programme was used to calculate fruit and vegetable servings per day<sup>25</sup>. [10]

### **5. Analysis of Dietary Habits and Physical issues**

The results of the check findings from 220 actors show a high relationship between the consumption of fruits and vegetables and good health changes. In terms of daily input, the maturity of repliers( 55) consumes one to two portions of fruits and green vegetables. still, a quarter of the population( 25) consumes less than one portion, while only 3.6 reach the high threshold of five or more servings daily. In assessing the effects of changing dietary habits, the results are overwhelmingly positive

- 41.8 of actors reported improvements in weight and energy conditions.
- 24.5 experienced a positive change specifically in weight.
- 11.8 reported improvements in energy conditions.
- Again, 21.8 of repliers reported no significant changes in their bodies.

A study by **MK zyl Van et al.** The majority of the participants of the present study reported that they were mostly concerned about overweight and obesity when asked about health issues. Considering the

high percentage of fast food consumption among this particular group of participants, this finding is interesting and may indicate that the participants are not aware of the fact that there is a particular relationship between the consumption of fast food and the risk of obesity, as a result of the high energy consumption of such food.11,27 The same may also apply to the awareness of other health issues that may arise as a result of the consumption of high amounts of fast food. Considering the high percentage of the participants being mostly concerned about health issues, the positive attitude of the participants towards healthy food was not surprising. Seventy- eight per cent of the total sample indicated that they would choose a healthier option if available.[9]

#### **6. peoples are noticed any changes in her weight or energy situations in this type of food habits.**

##### **Data Findings**

The check results indicate a generally positive correlation between salutary changes and physical advancements. The findings are distributed as follows

**Combined Positive Impact** The largest member of repliers, representing 41.8(92 people), reported a positive change in both their weight and energy situations. This suggests that for nearly half of the actors, nutritive changes handed a holistic benefit.

**Weight Management** 24.5(54 people) specifically noticed a positive change in their weight. This indicates that diet can be an important tool in managing weight.

**Vitality and Energy** A lower group of 11.8(26 people) reported advancements specifically in their energy situations, indicating that improved metabolic effectiveness was indeed present even though weight was unchanged.

- **No Significant Change Again**, 21.8(48 people) noticed no significant changes in their body after altering their habits.

A study conducted by **Begum et al.** In the present study, it was noticed that the students skipped their meals regularly, i.e., breakfast for 160(53.33%) students, then dinner for 106(35.33%) students, and lastly, lunch for 105(35%) members of the population. Skipping breakfast, for instance, affects the metabolism of the body, which results in diabetes. According to O'Dea, in 2005, the study conducted on the education strategies for the improvement of body image and the prevention of eating disorders, which was conducted in 2005, revealed that 85% of men and 87% of women, who are overweight, decide to go on a diet to reduce their weight. In addition, the study revealed that 13% of men and 20% of women refuse to eat breakfast. [8]

A study by(**Berteus, 2005; Piernas, 2010**) In this study, we assumed that 53.8 of adolescents had a regular pattern of snacking, which was significantly advanced when compared to grown-ups. The advanced level of snacking frequency in adolescents could be associated with increased energy input. Snacking, defined as consuming food at times other than the main refectations of breakfast, lunch, regale/supper, has traditionally been viewed as a factor that leads to excessive weight. There is a report of an increase in energy input being significantly advanced in fat individualities( Berteus H, 2005). In this study, it was noted that 68.7 of the subjects had presto foods daily or constantly, and a high proportion of students from high socio profitable status had fast foods, frequently.

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