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Estimating healthy food habits among BHMS students of MNR homoeopathic medical college-a cross sectional survey

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Abstract

Having a positive relationship with food and the body requires adopting healthy eating habits and attitudes. Early adoption of healthy eating habits and attitudes can prevent children from later experiencing issues with food and eating. Nowadays new generation is very fond of fast food and they are lacking knowledge regarding health foods. Because of their eating pattern they are prone to develop life style disorders. In this scenario this study was conducted to know the healthy food habits of medical students studying BHMS in MNR homoeopathic medical college.

Using a purposive sampling method an online survey using self-administered questionnaire was sent to BHMS students of MNR Homoeopathic medical college. They were asked to fill the questionnaire via Google forms. The statistical score for the responses were calculated and analysis was performed. 104 students participated in this study, were about 80 percentage of students are eating health only 20 percentage of students are not eating healthy.

Keywords: Foods, health, nutrition, students

Introduction

Healthy eating is eating a variety of meals that are both nutritious and rich in energy or low in nutrients. A 'healthy diet' comprises a wide variety of foods and does not imply avoiding less nutritious items, but rather consuming them in moderation. 'Dieting,' on the other hand, entails restricting some foods or entire food groups and is known to be harmful to children. Important part of healthy eating also includes healthy eating patterns and attitudes towards food. Healthy eating patterns and attitudes to food can also influence a child's physical and mental health^[1].

Given that food serves as our body's sustenance, it's crucial to foster a positive relationship between food and eating by portraying them as joyful activities. Healthy diet for adults includes the following:

- At least 400 g of fruit and vegetables per day, excluding potatoes, sweet potatoes, cassava, and other starchy roots, are required for health.
- Free sugars are unhealthy, even beverage drinks with added sugar is unhealthy. Sugars found naturally in honey, syrups, fruit juices, and fruit juice concentrates, are considered as healthy. Unsaturated fats (found in fish, avocado and nuts, and in sunflower, soybean, canola and olive oils) are preferable to saturated fats (found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard). Trans-fats of all kinds, including both industrially-produced trans-fats such as baked and fried foods, and pre-packaged snacks and foods, such as frozen pizza, pies, cookies, biscuits, wafers, and cooking oils and spreads are unhealthy. It is suggested that the intake of saturated fats be reduced to less than 10% of total energy intake and trans-fats to less than 1% of total energy intake^[5]. In particular, industrially-produced trans-fats are not part of a healthy diet and should be avoided^[6]. Less than 5g of salt to be added per day in the diet^[7]. Salt must be iodized^[8].

For infants and young children in the first few years of life maximum brain development will be there so have to give nutritious food for healthy development of body and brain. Exclusive Breast feeding to be continued for 6 months of life. It reduces the risk of obesity in later life^[8] After 6 months breast feeding to be continued with weaning food according to the

demand.

It is ideal to continue breast feeding for 2 years because maximum brain development will be there upto 2 years [10]. Dietary fat should never be more than 20-30 per cent of total daily protein. All component of food to be taken in correct proportion. Protein conception to be between 18 to 20 percentage. No junk food to encouraged, because it is unhealthy.

Breakfast is considered as brain food so eating breakfast every morning, is a habit that to be developed from childhood [5]. It is important to develop a healthy eating patterns and attitude from your childhood. A child's parents and family play an important role in shaping a child's eating patterns and attitudes. A child is likely to have healthy eating pattern if the whole family is involved.

The likelihood that a child will continue eating breakfast every day as they get older is higher if they develop this practise early. Making time for breakfast each morning might be challenging, but even a little meal of wholesome items is preferable than none at all. To prevent food-related problems, the proper foods should be consumed in the right amounts [10]. Undernutrition, overnutrition, cardiovascular issues, diabetes, obesity, cancer, anaemia, and other deficiency-related issues are brought on by improper eating habits [11].

All forms of malnutrition as well as a number of noncommunicable diseases and illnesses can be avoided by eating a balanced diet throughout one's life. Dietary trends have changed, nevertheless, as a result of lifestyle changes, rapid urbanisation, and greater production of processed foods, People increasingly eat more foods that are heavy in calories, fats, free sugars, salt, and sodium, and many do not eat enough fruit, vegetables, and other dietary fiber-rich foods like whole grains [2]. The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics, cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same [2].

Materials and Methods

The BHMS students at MNR Homoeopathic Medical College in Sangareddy, Telangana, were surveyed online utilising a self-descriptive questionnaire using Google form for this cross-sectional prevalence study employing a non-randomized purposive sample strategy. It was completed in November 2022. All of the students who took part in the study gave their consent before their scores were calculated, graded, and analysed based on input from the questionnaire. Additionally, the impact of the students' eating habits on their health was evaluated.

Questionnaire about eating food habits

- Email:
- Name:
- Age:
- Gender:
- Weight:
- Height:
- Year of BHMS:

Do you think you eat healthy?

- Yes
- No

How many meals do you eat daily?

- 1-2
- 3
- 4
- 5
- More

Do you eat anything in between the main meals?

- Yes
- No
- Some times

How long after waking up for you usually eat breakfast?

- Immediately
- Within an hour
- Upto 3 hours
- More than 3 hours
- I don't eat breakfast

What do you most often choose as a snack between meals?

- Sweets
- Meat snacks
- Fast food
- Vegetables
- Bread
- Fruits
- Other products
- Other:

How many hours before falling asleep do you usually eat your last meal?

- 1
- 2
- 3
- More

How often do you usually eat?

Table 1: How often do you usually eat?

	Sweets	Vegetables	Fruits	Fast food	Dairy	Meat
Never						
Once a month						
Several times a month						
Once a week						
Several times a week						
Every day						

In what circumstances do you usually eat?

- During work or classes
- With friends
- Alone
- In a hurry
- Restaurant / Bar
- At home
- During breaks
- In peace

How much do you think a healthy diet effects?

Table 2: How much do you think a healthy diet effects?

	No impact	Little impact	I don't know	Big impact	Very big impact
Health					
Weight					
Physical condition					
Mental condition					

Which food item do you start your meal with?

- Vegetables dish (salads included)
- Meat (fish included)
- Soup / drink / water
- Rice / noodles / pasta
- Other:

How long does each meal last on an average?

- Less than 10 minutes
- 10-29 minutes
- 30-59 minutes
- One hour or more

What will you choose when you want to drink something other than water?

- Green tea
- Coffee without sugar
- Black tea or other kinds of tea
- Coffee with sugar
- Juice or non-carbonated drinks
- Carbonate drinks
- Other:

Results

The study was done in online mode (Google form). BHMS Students of MNR Homoeopathic medical college who are willing to participate were included in this study. This study was done on 10th November 2022. 104 students participated in this study, were about 80 percentage of students who had participated in this study are eating health only 20 percentage of students are not eating healthy.

Discussion

104 participated in the study. Among 104 students 69 students thinks that they are eating healthy, 35 students thinks that they are not eating healthy. 73 students eat 3 times per day, 24 students will eat 1 to 2 times per day, 6 students eat 4 times per day and 1 student eat more 5 times per day. 59 students will eat something in between main meals. 36 students sometimes will eat in between main meals. 9 students won't eat anything in between their main meals. 3.5% of students will have their breakfast immediately after waking from bed, 48.1% will have their breakfast within an hour after waking from bed. 38% will have their breakfast within 3 hours of waking, 7% of students will have their breakfast after 3 hours of waking. 3 percentage of students often skip their breakfast. 54 students prefer to eat some junk foods in between the meals. 22 students prefer to eat fast food in between their main meals, 19 students prefer to eat fruits in between their main meals. 9 students eat sweets in between their meals. 39.4% of students eat their last meal 2 hours before sleep, 26.9% of students eat 3 hours before sleep, 22.1% of students eat within 1 hour before going to sleep, 11.5% of students eat before 3 hours of sleep at night. Among 104

students 29 students will have sweets once in a month, 28 students will have sweets several times in a month, 32 students will have sweets once in a week, 7 students will have sweets several times in a week, 4 students will eat daily and 3 students won't eat sweets. Among 104 students 60 students will have vegetable daily, 26 students several times a month they eat vegetables, 15 students will eat vegetable several times a week, 2 students eat vegetable once in a month and 1 student eat vegetable once in a week. Among 104 students 31 students will eat fruits once in a week, 30 students will eat several times in a week, 17 students eat fruits several times a week, 12 students eat fruits once in a month, 4 students will not eat fruits, 10 students eat fruits every day.

Among 104 students 33 students will eat fast food once in a week, 30 students eat fast-food once in a month, 25 students will eat fast-food several times a month, 1 student eat fast-food daily, 3 students will never have fast-food any days, 10 students eat fast food several times a week. 17 students eat dairy product several times a week, 17 students eat dairy product several times a month. 18 students will have milk products once in a month, 5 students will never have dairy products in their life, 13 students once in week will have dairy product, 33 students will have dairy products every day.

Among 104 students 18 students will never eat meat. 46 students have meat once in a week, 21 students take meat several times a week, 13 students eat meat several times in a month. 6 students eat meat once in a month, nobody will eat meat every day.

29 students will eat during work or class time, 71 students will eat with friends, 24 students eat alone. 26 students eat in a hurry, 24 students eat in restaurant. About 90 percentage of students knows that healthy diet is having a big impact on their health. 80 percentage of students prefer to drink fruit juices, green tea, tea or coffee apart from water only 20 percentage will choose carbonate drinks.

From this study it is understood that about 80 percentage of students who had taken part in this study are eating healthy and 20 percentage of the students participated in this study are not eating healthy.

Table 3: Age of Students participated in the study

S. No	Age of students
18-20	30
21-23	42
24-28	32

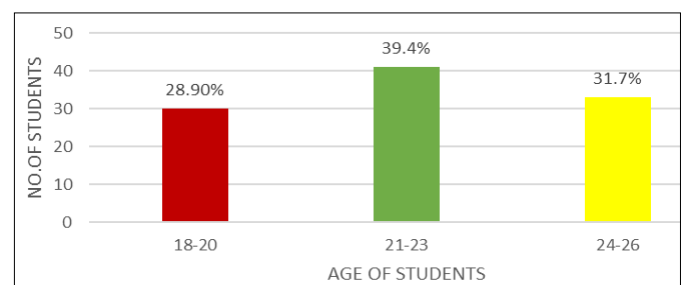
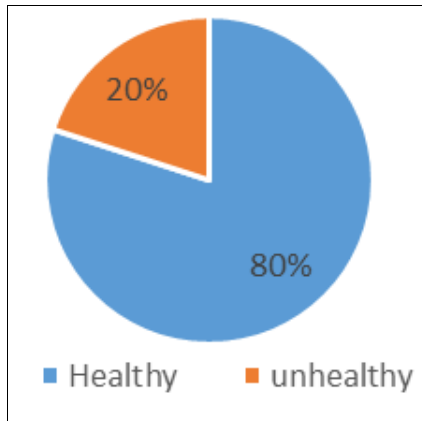


Chart 1: No of students

Table 4: Distribution of students according to healthy food habits

	No of students	Percentage
Healthy food habits	83	80%
Unhealthy food habits	21	20%

**Chart 2:** Distribution according to food habits**Conclusion**

Healthy food habits are necessary for healthy generation. This study concludes that 80% of people are eating healthy and only 20% are eating unhealthy food. So, it is necessary to educate people regarding healthy food habits.

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Conflicts of interest: None declared.

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