



A Study of Problems Arisen Due to Consumption of Sugar in Daily Diet

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Abstract

This research survey was conducted with hundred families regarding lack of information about ill effects of consumption of sugar in daily diet. The information was collected from residence of locality of Navpada slum of Santacruz (East) area in Mumbai.

Unbalance diet and improper food habits in children could lead to various physical and mental ailments. This could adversely impact the growth and development of the child. In this research study was conducted on the harmful effect of improper food consumption on human body.

The information collected in this research related that there is no awareness about side effect of sugar in daily diet and every family of member of each family was found to be consuming sugar in their daily diet.

Also in this research guidance was given to families on how the sweet sugar which liked by everybody is so harmful to the body. How to prepare a balanced diet and sugar free food was demonstrated to these families.

Key Words:-*Balanced food, Health improper diet, sugar*

INTRODUCTION

Our health becomes healthy, if we keep our life style healthy. Sugar consumption is not good for health. There are lots of side effects on our health due to use of sugar in daily diet. Sugar contains harmful enzymes. Use of organic Jaggery instead of sugar is always good for health.

This research was conducted to create awareness among the families about the ill effect of consumption of sugar.

Problem statement: - Consumption of sugar in daily diet and study of illness caused due to this.

Objectives: -

- To study the effects of consumption of sugar.
- Identify the people consuming sugar in their daily diet
- Study the advantages of consumption of Organic Jaggery

Samples: -

- Hundred families are included in this research.

Tools: -

- Questionnaire and interview were used for this research.

Actual Procedure:- Analysis of information obtained through questionnaire and interview. This was done by meets hundred families in the slum of Navpada in Santacruz (East) in Mumbai. The families were educated with the ill effects of sugar and the benefits of use of organic jaggery in their daily life.

Questionnaire:-

1. Total Number of members in the family
2. Total family monthly income
3. what do you eat in break fast
4. Do you take tea in the morning?
5. How much sugar do you use for tea?
6. Do you eat “sheera” in the breakfast?
7. What time you have lunch?
8. Do you take lunch and dinner daily at same time?
9. Do you eat sweet in lunch?
10. Do you take tea in evening?
11. What do you have with tea in evening?
12. What time do you have dinner?
13. Do you eat fruits daily?
14. Do you use sugar in fruits?
15. How much sugar consumed monthly?(in Kg)
16. Do you take sugar cane juice?
17. Do you eat sweetmeat?
18. Do you use sugar in fruit juice?
19. Do you give children milk with sugar?
20. Does the child have ice creams?
21. Do they eat chocolates?
22. Any member in family fallen sick for a long time?
23. Any member in family having diabetes?
24. Do you know side effects of sugar?
25. Do you make use of joggery?
26. Do you know organic joggery?
27. Do you make use of organic joggery?
28. Do you know the characteristics of organic joggery?
29. Do you know why do we use organic joggery?

Analysis of Information:-

The analysis of information obtained through this survey is carried out in percentage.

Interpretation:-

The consumption pattern of families is depicted the table below

Sr No.	CONSUMPTION	PERCENTAGE (%)
1	Sugar	100
2	Fruit	40
3	Tea	90
4	Fruit Juice with Sugar	70
5	Fruit with Sugar	60
6	Jaggery	20

Conclusion:

In this survey it is observed that there is lack of awareness about sugar intake and its effects among the families. Only twenty families use jaggery in their daily diet.

Summary:-

The physical and mental balance of the health of families can be maintained if the people are aware about the harmful effect of sugar consumption and encourage them to use organic jaggery.

Recommendations:-

The recommendations are made for the following group.

For Health Department of Municipal Corporation.

The department should run public awareness campaigns on importance of balanced diet and consumption of jaggery instead of sugar.

For Teachers

The teacher should encourage the student for balanced and sugar free diet. They should inspect student tiffin box to check sugar intake.

For Head Master

The Head Master should organize program me guiding students regarding balanced food diet. This could be done through free health check up campaign, parents meeting etc.

For Researchers

To search behind lack of awareness as well as conduct experimental programs and research related to nutrition and health

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