Survey on fruits and vegetables as adolescents food choice

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ABSTRACT

Introduction: Fruits and vegetables are especially intriguing for their substance in minerals, cell reinforcement nutrients, phytochemicals, and dietary fibers. Every one of these fibers plays a crucial role. If some of this fiber lacks, then it leads to diseases such as some sort of malignancy, cardiovascular diseases, type 2 diabetes, heftiness, obstruction, or diverticulosis. In this research, we describe about the fruits and vegetables as adolescents food choices and its effects when the person lacks those fibers. The aim of this study is to create awareness of fruits and vegetables among Chennai adolescents.

Materials and Methods: This research is a cross-sectional study, clear scientific investigation which was held in 2018 among the teenagers of Chennai to make an awareness of fruits and vegetables. In this investigation, 150 teenagers were evaluated in Chennai. A questionnaire was prepared based on the importance of fruits and vegetables. Furthermore, these young people are requested to answer the inquiries. Data were calculated and discussed with statistics. Results: Only 31% of the adolescents who takes organic products twice daily. About 40% of adolescents have organic foods once daily. About 24% of adolescents have organic product once in a week and 5% opted for rare. Conclusion: Therefore, it can be concluded that adolescents lack consumption of fruits and vegetables. Hence, in future, they might develop disease such as cardiovascular sickness, circulatory strain, hypercholesterolemia, osteoporosis, and pernicious infections.

KEY WORDS: Fruits, vegetables, diet, adolescents, nutrients

INTRODUCTION

Fruits and vegetables are considered in dietary requirements because it contains high measure of nutrients, minerals, particularly electrolytes; and also have phytochemicals, particularly antioxidants. Diet high in fruits and vegetables is widely recommended for their health-promoting properties. Fruits and vegetables have historically held a place concentration of vitamins, especially Vitamins A and Vitamin C. By numerous inquiries, we came to realize that the low admission of products of the soil causes perpetual maladies, for example, cardiovascular sickness, circulatory strain, hypercholesterolemia, osteoporosis, numerous malignancies, constant obstructive pneumonic infections, and respiratory issues just as emotional well-being. It is recommended that we need to have two serves of fruits and five serves of vegetables a day. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk heart disease and stroke, prevent some types of cancer, lower risk of eye, and digestive problems, and have a positive effect on blood sugar, which can help in keeping appetite in check. The previous studies stated that consumption of fruits and vegetables among adolescents is less when compared to recommended amounts in the diet guidelines. This study was based on the survey of the amount of fruits and vegetables people used to take daily. Moreover, according to a certain study, it was proved that change in food habits directly affects the life span of the organism. Among the youth, the body development is quick and along they are in need more supplements which might be given by fruits and vegetables.

Childhood and adolescence period are the best time for the adjustment of eating-related practices due to behavior modification in this time much easier than in adulthood. To enhance the products of the soil utilization among teenagers, it is important to know and comprehend the determinants of leafy foods utilization.

MATERIALS AND METHODS

This research is a cross-sectional study, clear scientific investigation which was held in 2018 among the
teenagers of Chennai to make an awareness of fruits and vegetables. In this investigation, 150 teenagers were evaluated in Chennai. A questionnaire was prepared based on the importance of fruits and vegetables. Furthermore, these young people are requested to answer the inquiries. Data were calculated and discussed with statistics.

RESULTS

31% of the adolescents consume organic foods twice daily. About 40% of adolescents have organic foods once daily. About 24% of adolescents have organic product once in a week and 5% opted for rare.

DISCUSSION

The vast majority of the general population have once in multiday. By this study, about 31% of the adolescents consume organic foods twice daily and only 24% of them consume once in a week [Figure 1]. About 37% of them often consuming greens [Figure 2]. About 60% of them aware of waxing apple should not consume [Figure 3]. About 48% of adolescents have regularly taking soups [Figure 4]. About 42% of them felt that change in life expectancy due to foreign bodies [Figure 5]. About 24% of adolescents have organic product once in a week and 5% opted for rare. Why it’s referenced “barring juice” in light of the fact that squeezing lessens the fiber content. It has been demonstrated that squeezing prompts will lose of almost half of fiber.\textsuperscript{[11,12]} Along these lines, rather than having juice, adolescents are advised to have

natural products itself. The fresh and cooked greens are stuffed with supplements; they are great storage of calcium and iron. Crisp greens are stacked with oxalic acid, nutrient A, nutrient C, nutrient K, and fiber.\textsuperscript{[13]} Furthermore, they help in processing too. They have a decent measure of iron, particularly Moringa leaves are recommended by specialists for anemic patients. As a mindfulness, this study is utilized to advance the employment of the fresh and cooked greens. However, only 37% of adolescents use to have fresh and cooked greens often. About 44% of adolescents use to have fresh and cooked greens sometimes. About 14% opted for very rare and 5% opted for never. Wax covering can be applied to the apple surfaces to moderate the aging procedure. Waxing of apples can have some negative consequences for the apple natural product. One of the impacts is anaerobic breath that can happen in the organic products since the wax may go about as oxygen barriers.\textsuperscript{[14]} Sustenance evaluated

![Figure 1: The frequency of intake of fruits excluding juice](image1.png)

![Figure 2: The frequency of intake of fresh, cooked greens and broccoli among the adolescents](image2.png)

![Figure 3: People who are aware of waxing of apple and their adverse effects](image3.png)

![Figure 4: Consumption of vegetable soup before their meal](image4.png)

![Figure 5: Change in the life expectancy](image5.png)
waxes are preferred to eat. Waxes are gotten from naturals or manufactured procedures; however, nowadays, these waxes are utilized more than the typical amount. These waxes which are used here go with the quercetin pigment (a flavonoid) and lead to discoloration of the apple.[15] These prompts maladies such as Pestalotiopsis, natural product spoil, and so forth. However, only 60% of the adolescents are aware of waxing of apples. Soup is useful for well-being and it is the least demanding approach to add vegetables to your day-by-day feast. Soup encourages us to diminish weight and causes us to keep our body fit and slim.[16] Even 40% of adolescents are not aware of waxing and apples. Soup makes you feel stomach full regardless of whether you had little dinner because soup helps in extending of stomach. About 34% of adolescents opted for sometimes. Then, 11% of adolescents opted rare and 7% of adolescents opted for never. It encourages the understudies to think in view of high supplement content in a little sum. Soups are cost effective as well since it is extremely shoddy and simple to get ready soups and this so likewise a primary motivation to feel you better. However, only 48% of adolescents are aware of the uses of vegetable soups. By our research and from the past research references, we came to realize that the outside sustenance propensity prompts decline in nourishment among tropical individuals.[17] About 32% of adolescents opted for pesticides and fertilizers. About 21% of adolescents opted for lifestyle and 5% of adolescents opted for environmental impacts. Every nation has its own nourishment style, for the distinction individuals began attempting different sorts of sustenance, by which they were dependent. Due to progress in sustenance propensities, they lead to various sorts of new infections by which step by step the future abatements step by step. Indian individuals will have expectations abatements about 0.6 out of each year.

CONCLUSION

Therefore, it can be concluded that adolescents lack consumption of fruits and vegetables. Hence, in future, they might develop disease such as cardiovascular sickness, circulatory strain, hypercholesterolemia, osteoporosis, and pernicious infections.

REFERENCES