CHAPTER 5

SUMMARY AND CONCLUSION

5.1 SUMMARY

In ancient times man was consuming raw foods. With the search of fire he started cooking foods. As the time passed with the evolution of modern technology various kinds of processed foods are now available. Cooking is the process of preparing food by applying heat, selecting, measuring and combining of ingredients in an ordered procedure for producing safe and edible food.

In general, Gujarati food pattern is almost a balanced food. Presently, nutritive values of foods are generally derived from food tables, which are based on raw foods. It has been established that there is a definite loss of nutritive values due to cooking procedures. References show some scattered efforts for finding out nutritive value of cooked foods. The researcher felt need for some concrete efforts for finding out nutritive values of cooked foods consumed commonly in Saurashtra region- a western part of Gujarat State.

Gujarat is the only vegetarian state in India even if having a large costal area. Gujarati cuisine is mostly vegetarian, reflecting the strong influence of Jains and the Vaishnavas in the region. Wheat and the two kinds of millet (jowar, Bajra) are the main staples.

Gujarati cuisine is unlike any other Indian cuisine. It is traditionally served on silver plattes to the accompaniment of rice and a variety of wheat breads. There are very few people who do not relish Gujarati savories such as crisp spicy fried farshans, which can be bought from wayside stalls. The famous Gujarati thali served at weddings consists of farshans, and a variety of sweet and sour chutneys and pickles. This harmony derived from the mixing of the sweet with the salty is what makes the cooking of this state different from the rest of the Indian Continent.
Saurashtra region is situated at western side of Gujarat State. This region is constituted by seven districts, namely Amreli, Bhavnagar, and Junagadh. Jamnagar, Porbandar, Rajkot, and Surendranagar. Traditionally it is also called Kathiawad. Saurashtra has a long coastal area, ancient hills of Girnar, Dense forest of Gir, which is the only habitat of Asiatic Lions.

This study contained of a survey work of various food preparations daily consumed by various families residing in Saurashtra. This will highlight the food pattern of this region. A standard recipe was derived for all food preparations of people of Saurashtra region based on the results of the survey, which then was prepared in laboratory and analyzed for different nutrient contents.

Recipes which were commonly included in Gujarati thali particularly in Saurashtra region meals were selected for the study. The recipes selected were main meal items, snacks and sweets which were generally consumed throughout the day and in special occasions like festivals and other celebrations. The recipes also were selected in such way that involved different kinds of cooking methods like boiling, steaming, shallow frying, deep frying, pressure cooking, roasting, fermentation and germination. The recipes included foods from almost all food groups like, cereals, pulses, vegetables (leafy vegetable, roots and tubers and other vegetables) milk, nuts and oils and also combination of these..

A questionnaire was designed which was than filled up by housewives of middle economic groups. This questionnaire contents name of products, ingredients and amounts, utensils and equipments used method of preparation and cooking time up to doneness for each product.

The questionnaires were then given to the middle income groups families of urban (45 families), semi urban (45 families) and rural areas (45 families) of all the seven district of Saurashtra region. A set of classified recipes had been filled up from middle income group families by personal visits and an interview method.
The families were selected in such a way that they were natives of that particular district/Taluka/village respectively. The forms were distributed randomly among different caste people, who were originally vegetarians. After filling up the questionnaire data gathered were tabulated for ingredients amount and cooking method. At that particular time for getting a standardized recepies those forms which were having very much different ingredients/amount / cooking procedures were excluded for getting a generalized standard recepies because extremely different recepies if included would have given a different amounts and ingredients of that particular recepies than most of the Saurashtra people were consuming.

After getting a data from middle income families of Saurashtra region for each recepies a mean value for amount was derived. And a general procedure for a making recepies was also derived. By following a general method which was obtained from survey work a standard recepies was prepared by using mean value of ingredients. The standard recepies was prepared in laboratory. At the time of preparing standard recepies raw weight of edible portion of ingredients was measured. Water added for soaking and cooking was also measured.

5.2 CONCLUSION

Cereal Products (Main meal)
Rice was to be found rich in moisture. Protein was found highest in Bajra Rotla. Puri contained highest fat content. Bajra Rotla was also contained highest carbohydrates. Bhakhri was found richest in energy and Ash. Carotene was found to be high in Puri and vitamin C was not found in any of the cereal products. Highest calcium and Iron was found in Bajra Rotla compare to others.

Cereal Products (Snacks)
In cereal product’s Snack’s varieties Chevda was found to be rich in moisture, carbohydrate, calcium and iron. Khakhra was found rich in protein and ash. Farsi Puri contained highest fat, energy and carotene. Vitamin C was not found.
Cereal Products (Sweets)
Moisture was found high in semolina Shira. Gol papdi was rich in protein, iron and ash. Ladu was found to be rich in fat, energy and carotene. Calcium and carbohydrate was found high in Lapsi compare to other products.

Pulse products (Main meal)
In pulse products Red gram dal was found highest in moisture. Sprouted green gram was found richest in protein, carbohydrate, energy and carotene. Fat content of sprouted green gram and sprouted muth were similar. Vitamin c, calcium, iron and ash were found highest in sprouted muth.

Pulse Products (Snacks)
Moisture was found high in Khaman. Protein and iron were found to be high in Fafda. Gathiya contained highest fat, energy and carotene. Cholafali was found high in carbohydrate and calcium. Vitamin C was little bit found in Phulvadi.

Pulse Products (Sweets)
Bundi ladu was found to be rich in moisture, carotene and vitamin C. Protein, carbohydrate, calcium and iron were found high in Roasted Bengal gram chikki. Mesub was found richest in fat, energy and ash compare to others.

Vegetables (Leafy vegetables)
Fenugreek leaves and brinjal sabji was found rich in moisture and carotene. Protein, calcium, iron and ash were found highest in Amaranth leaves and tomato sabji. Cabbage potato sabji was rich in fat, carbohydrate and energy. Vitamin C was found high in Spinach tomato sabji.

Vegetables (Other vegetables)
Bottle gourd potato sabji was found rich in moisture. Ground potato khichdi was found rich in protein, carbohydrate and energy. Fat and ash were found highest in Bottle gourd sabji. Cow peas pod beans potato sabji was richest in carotene and calcium. Vitamin C was found high in cauliflower potato sabji. Cluster bean potato sabji was found rich in iron.
Vegetables (Sambharas)
Tinda green chilly Sambharas contains highest moisture. Protein, fat and vitamin C was found highest in Cabbage green chilly sambhara. Carrot tomato green chilly Sambharas was found rich in carotene, carbohydrate, energy and calcium.

Milk Products
Basundi contains highest moisture in milk products. Protein, fat, carbohydrate, energy, carotene, vitamin C, calcium, iron and ash were found high in Gulab jambu.

Cereal + Pulse Products
Moisture and vitamin C content of Dhokla was found high compare to other products as it was fermented. Khichdi and Handva contain highest protein. Handva contained also richest in calcium and ash. Puranpoli contains highest fat, carbohydrate, energy and carotene.

Cereal + Vegetables Products
Samwa millet potato khichdi contains highest moisture. Protein, fat, carbohydrate and energy was found high in sago potato khichdi. Carotene was found high in Pulav. Potato poha was found rich in vitamin C and iron. Calcium was found high in Bottle gourd muthiya. Ash was found high in Fenugreek leaves Thepla.

Pulses + Vegetables Products
Undhiyu was found rich in moisture and fat content. Protein, energy and calcium were found highest in Stuffed ladies finger. Patra contains high carotene, carbohydrate and iron. Vitamin C and ash were found high in Stuffed bitter gourd sabji compare to others.

Cereal + Pulse + Vegetables Products
Vaghareli khichdi contains high carotene and vitamin C compare to simple khichdi because of addition of vegetables. There was not much variation found in other nutrients.
Milk + Cereal Products
Dudhpak contains highest moisture, protein and calcium. Ghaghara was found rich in fat, carbohydrate, energy, carotene, vitamin C and iron. Ash was found high in Kheer.

Milk + Pulse product
Kadhi contains highest moisture content. There was good amount of carotene, calcium and iron. Other nutrients were found in very less amount.

Oil seeds products
Moisture, protein, fat and iron was found high in Shingpak. Ground nut chikki was found rich in carbohydrate. Energy, carotene, calcium and ash were found high in Gingelly seeds chikki.

SUGGESTIONS
1. The study can be extended on all over Gujarat or may be any other states to know the nutritive value of different cooked recepies.
2. The study can also be done on junk foods and modified foods.
3. Consumption of Punjabi, Chinese and Continental foods are increasing in routine meals by day to day. Therefore study can be done on all this recepies.
4. Study can be done on only few recepies which are cooked in different place’s water. Because different water contains different amount of calcium.
5. The study can be done on instant foods. Because of very fast and busy routines the consumption of instant foods are also increasing.