



**ROHINI**  
**COLLEGE OF ENGINEERING & TECHNOLOGY**

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**(AUTONOMOUS)**

**DEPARTMENT OF AGRICULTURAL  
ENGINEERING**

**IV YEAR – 07<sup>TH</sup> SEMESTER**

**OFD352:TRADITIONAL INDIAN FOODS**

**UNIT 5: HEALTH ASPECTS OF  
TRADITIONAL FOODS**

**COMPARISION OF FOODS-1**

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## **Comparison of traditional foods with typical fast foods and junk foods**

### **Comparison of traditional foods with typical fast foods and junk foods** **on the basis of their cost and food safety**

#### **Cost Comparison**

##### 1. Traditional Foods:

- Generally, traditional Indian foods are cost-effective. Ingredients like whole grains, legumes, and vegetables are affordable and widely available. A meal consisting of dal, rice, and vegetables can cost between Rs.50-Rs.100 per serving.

##### 2. Fast Foods and Junk Foods:

- In contrast, fast foods and junk foods tend to be more expensive. A single serving of fast food or junk food can range from Rs.100-Rs.500 or more.

## **Food Safety Comparison**

### **1. Traditional Foods:**

- Traditional Indian foods often emphasize fresh, locally sourced ingredients and simple cooking methods.
- This approach reduces the risk of contamination and foodborne illnesses.
- Additionally, traditional cooking methods like steaming, roasting, and stewing help preserve nutrients and kill bacteria.

### **2. Fast Foods and Junk Foods:**

- Fast foods and junk foods, on the other hand, often involve processed ingredients, high-temperature cooking, and lengthy storage periods.
- These factors increase the risk of contamination, nutrient degradation, and foodborne illnesses.
- Furthermore, the high sugar, salt, and unhealthy fat content in fast foods and junk foods can lead to various health problems when consumed excessively.

## **Conclusion**

- In conclusion, traditional Indian foods offer a more affordable and safer option compared to fast foods and junk foods.
- By choosing traditional foods, individuals can not only save money but also reduce their risk of foodborne illnesses and promote overall health and well-being.