



ROHINI
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(AUTONOMOUS)

**DEPARTMENT OF AGRICULTURAL
ENGINEERING**

IV YEAR – 07TH SEMESTER

OFD352:TRADITIONAL INDIAN FOODS

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

COMPARISION OF FOODS-2

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Comparison of traditional foods with typical fast foods and junk foods
on the basis of their nutrient composition and bio active
components

Nutrient Composition Comparison

1. Traditional Foods:

Traditional Indian foods are often rich in essential nutrients like:

- ✓ Complex carbohydrates (whole grains, fibers)
- ✓ Protein (legumes, dairy, nuts)
- ✓ Healthy fats (nuts, seeds, avocado)
- ✓ Vitamins (leafy greens, fruits, vegetables) - Minerals (whole grains, legumes, nuts)

2. Fast Foods and Junk Foods:

In contrast, fast foods and junk foods tend to be high in:

- ✓ Empty calories (added sugars, refined carbohydrates)
- ✓ Unhealthy fats (trans fats, saturated fats)
- ✓ Sodium
- ✓ Artificial additives (preservatives, flavor enhancers)

Bioactive Components Comparison

1. Traditional Foods:

- Traditional Indian foods are rich in bioactive components like:
 - ✓ Polyphenols (turmeric, ginger, green tea)
 - ✓ Flavonoids (fruits, vegetables, whole grains)
 - ✓ Carotenoids (leafy greens, fruits, vegetables)
 - ✓ Omega-3 fatty acids (nuts, seeds, fatty fish)

2. Fast Foods and Junk Foods:

- Fast foods and junk foods often lack essential bioactive components or contain them in minimal amounts.

Conclusion

- In conclusion, traditional Indian foods offer a nutrient-dense and bioactive-rich profile, providing numerous health benefits when consumed as part of a balanced diet.
- In contrast, fast foods and junk foods tend to be nutrient-poor and high in unhealthy ingredients, increasing the risk of diet-related health problems.