

## Food Habits and Consumption Practices of *Missi Roti* Among Diabetics

Ankita Sharma and MayaChoudhry

*Department of Foods and Nutrition, College of Home Science, MPUAT,  
Udaipur 313001, Rajasthan, India*

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**ABSTRACT** Consumption of *missi roti* is a common practice therefore present study was conducted to find out food habits and consumption practices of *missi roti* among diabetics. An interview schedule was developed and pretested to collect the information from one hundred urban diabetic subjects of Ratangarh (50) and Udaipur city (50) of Rajasthan. Results revealed that majority of the subjects were vegetarian and followed four meal pattern/day. Tea alone was taken by majority (62, 86 and 48, 96%) of the subjects of both the places in breakfast as well as in evening tea. Preparations included in lunch and dinner were same among the diabetics of both the places except the type of vegetable selected varied between the places as per their availability. Diabetics modified their diet by excluding carbohydrate rich and fatty foods and adding hypoglycemic foods such as green leafy vegetables, aloe, *sangri* (*Prosopis Cineraria*), *kachari* (*Cucumis Callosus*), *tulsi*, neemleaves, bajra, *bhujia* (a savoury preparation), berleaves (*Zizythus Jujuba*), bitter gourd, jamun (*Syzygium Cumini*), fenugreek seeds and bengalgram to normalize blood glucose level. All the patients of Ratangarh and only 34% of Udaipur were consuming *missi roti* at the time of study. The practice of consuming *missi roti* was discontinued by 66% of the diabetics of Udaipur because of difficulty in preparing *missi roti* flour and the roti requires more fat for its acceptability, whereas due to higher risk of cardiovascular disease in diabetes they are advised to take restricted amount of fat. Diabetics were consuming *missi roti* at least once in a day as per the advise of doctor (75%), friends (71%), mass media (41%) and tradition of family (8%) to maintain blood glucose level. Twenty two different combinations of composite flour from wheat, with or without barley and bengalgram/soyabean were reported by the subjects. The most commonly (37%) used combination was wheat, barley and bengalgram in equal proportion. The findings of the survey suggest that there is a need for development and marketization of low glycemic composite flour for diabetic patients to control the disease as *roti* is the main and major preparation of the meals.