

Contribution of Various Foods to Fat and Fatty Acids Intake Among Urban and Semi-Urban Women of Punjab

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ABSTRACT Three day dietary survey was carried out on 100 women each from semi-urban (Dhuri) and urban (Sangrur) areas of Punjab and their fat and fatty acid intake was calculated. *Desi ghee*/butter was most frequently used fat followed by *vanaspati* and rice bran oil. Total daily fat intake was 44 (25.8 en%) and 45.8 g (27.6 en%) while visible fat intake was 21 and 23 g in semi-urban and urban areas respectively. Daily intake of linoleic (LA) and linolenic acid (ALNA) was 5.2 (3.04 en%) and 0.75g (0.44 en%) in semi-urban area and 4.45 (2.27 en%) and 0.71g (0.43 en%) in urban area, respectively, while LA/ALNA ratio was 6.98 and 6.30 and was within the normal range of 5-10. Cereals contributed more than 50% of LA and ALNA each while visible fats contributed nearly 1/3 of LA and ¼ of ALNA. The ratio of SFA: MUFA: PUFA was 2.9: 1.7: 1.0 in semi-urban and 3.6: 2.0: 1.0 among urban women compared to desired level of 1: 1: 1, being adversely in favour of SFA. Visible fats provided between 50-60% of SFA and MUFA while milk provided 25% of SFA and 30% of MUFA. However, cereals were the main contributors of PUFA supplying >50% followed by visible fats providing nearly 30% of PUFA. Dietary modification in visible fat is recommended.