

Consumption Pattern of Fenugreek Seeds in Rajasthani Families

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KEYWORDS Spices. Food. Preparations. Diabetes. Frequency. Decline

ABSTRACT Fenugreek seeds, commonly known as methi (*Trigonella foenum graecum*) grow abundantly in India, particularly in Rajasthan, where the legume is consumed as food, apart from its use as spice. The study aimed at finding the different types of preparations made from fenugreek seeds and consumed as a food in the traditional families of Rajasthan. Hundred families were surveyed using an interview schedule. The results revealed that different curry preparations using various ingredients were made with fenugreek seeds namely plain *methi* (42%), *papad methi* (76%) *besan methi* (64%), sweet sour methi and others like *methi raita*, *methi ladoo* (7%) and sprouted *methi*. The consumption of these preparations has however, declined in the Rajasthani families over the past 2-3 decades. Owing to the several medicinal effects produced by the herb, its consumption needs to be promoted on a regular basis.