

**RESEARCH ARTICLE**

# Consciousness And Food Habit In Some Bangladeshi Individuals

Ashraful Kabir<sup>1</sup>

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Corresponding Author Email: [ashraful.mission@gmail.com](mailto:ashraful.mission@gmail.com)

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## ABSTRACT

There is no alternative to keep sound health regardless of scientific workout and proper nutrition. The questionnaire method could carry out adequate solutions from a population in this health issue. Total 132 individuals (ages from 20 to 45) came forward to complete ten basic questions regarding their food habits. Findings suggest that 43% of individuals took the mixed type of food whereas fruits were only 4%. Only 11% of individuals chew properly of their food and 41% showed that they never skip their breakfast. The time of supper is cardinal for a healthy life, in this point; the result showed that only 20% of people do it. In the above target population, 44% of humans stopped their food while eating after fulfilling 70-80% of their stomachs. Other than drinking water, 55% took tea. An alarming result has appeared that 74% of people used to take extra sugar in their daily meals. Some people (32%) do not take a snack after dinner, and 55% are conscious about their overweight.

## INTRODUCTION

The Father of western medicine 'Hippocrates' was conscious of his health. He always maintained his health by deducting red meat. At that time, meditation was the only spiritual remedy for them. Moreover, they were very hard-worker and did all their jobs by using both their hands and legs. Walking was common for their daily livelihood. At that time, a modern type of gym was not available but they used to cut wood using an axe. In addition, people took huge loads on their shoulders. The photographs of ancient people showed their abdominal muscles, biceps, triceps, deltoid, trapezius, latissimus dorsi, etc. It was true that

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<sup>1</sup> Department of Biology, Saidpur Cantonment Public College, Nilphamari, Bangladesh

without proper nutrition and workouts that was not possible to gain such muscles. Ancient people died from diarrhea, cholera, tuberculosis, jaundice, plague and pox for unknowing the remedies. Due to a lack of pathological tests, they could not cope with the diseases. Symptomatic treatments were the only treatment, but without a proper diagnosis, it is not possible to cure ailments of the human body. Conscious people were safe from diseases always and this is well-proven and obvious in history. Though adulterated food was not cultured by ancient people, besides were a drastic lack of personal hygiene. This habit made them other hazards to health. Not only in Bangladesh but also all over the globe, humans' knowledge is increasing so that people are becoming fit day by day. Many kinds of research and modern technologies are making networks within people. According to the world report on 'Ageing and Health 2015', Japanese people have the highest life expectancy [1]. Closer adherence to Japanese dietary guidelines was also found to be associated with a lower risk of total mortality in Japanese adult people [2]. The objective of this study is to observe the present situation of the individuals' knowledge on consciousness and food habit.

## **MATERIALS AND METHODS**

For this study, 132 individuals (student and service personnel, ages 20-45) were recruited. They took an MCQ examination (10 basic questions) in google form on the internet. Finally, all data is looked at on percentages and graphs by using word excel.

### **Questionnaires [3]**

1. Which food item do you start with a meal?
2. How long does each meal finish on average?
3. How many times do you chew before swallowing?
4. How often do you skip breakfast?
5. When do you have the last meal of the day?
6. When do you stop eating?
7. What will you choose when you want to drink something other than water?
8. What do you use to sweeten your drink or food?
9. How often do you snack after dinner?
10. Do you want to lose weight?

## RESULTS AND DISCUSSION

In the studied group, 43% of individuals took the mixed type of food whereas fruits were only 4%. Proper chewing is a must for proper digestion, but only 11% of participants showed this habit. Some people (41%) did not skip their breakfast. To keep sound health early supper (within 7 pm) is must but this habit was only in 20% population out of 132 individuals. From 20-30 portions need to vacant for peristaltic movement of the stomach (found less than 50%). Tea consumption habit is increasing in the country in a significant way (55%). A shocking result has appeared that 74% of people add extra sugar to their daily meals. Some people (55%) were worried about their overweight (Table 1; Figure 1).

**Table 1. Life-style related questionnaires**

Sl.	Questions	Options	Highest %	Lowest %
1	Starting meal	Mixed type food	43	
		Fruits		4
2	Time in taking meal	10 minutes	40	
		30 minutes		4
3	Chewing times	3-5 times	23	
		6-20 times		11
4	Skipping breakfast	Never	41	
		Daily		7
5	Last food taking in a day	10 pm	20	
		7 pm		3
6	When stop food eating	After filling 70-80% of the stomach	44	
		After filling 90-100% of the stomach		6
7	Drinks other than water	Tea	55	
		Milk		5
		Sugar	74	

8	For making extra sweet taste	Sweetner		4
		Never	32	
9	Snacks after dinner	Everyday		6
		Yes	55	
10	Conscious about losing weight	No		45

Source: [3] (questions)

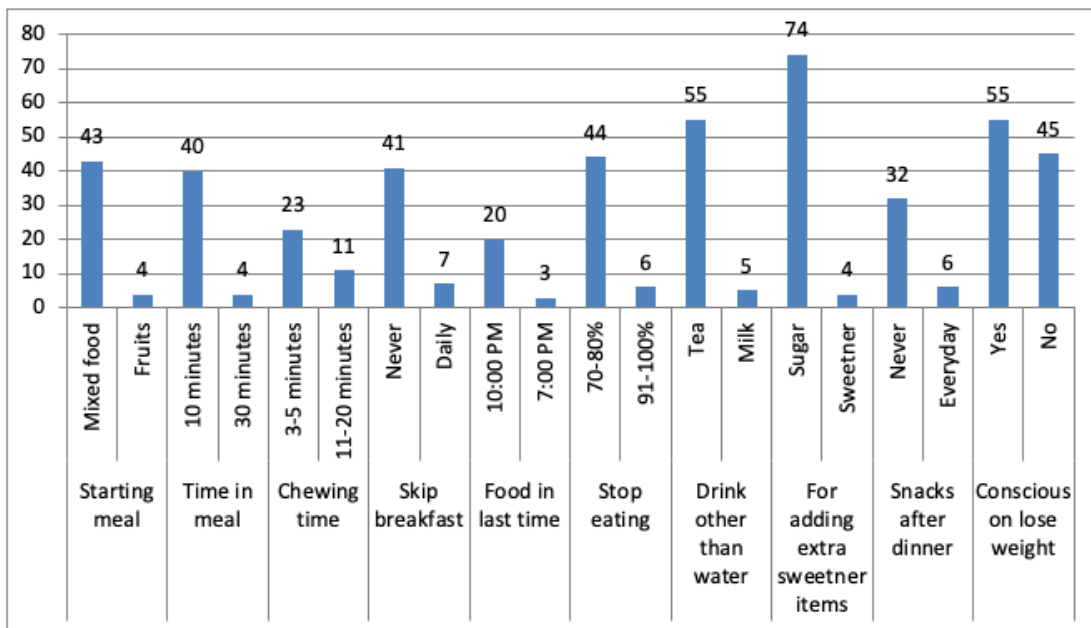


Figure 1. The highest and lowest percentages of all questions and sub-questions

Two key behaviours that may influence their healthy ageing are physical activity and nutrition [3]. Short term intake of Japanese diet (washoku) has been shown to prevent and improve their metabolic syndrome [4]. 58% started their meals with vegetable or salad and 23% with soup or drink. 13% of respondents started with meat or fish and only 6% with rice or noodles [3]. Japanese 'Ministry of Health Labour and Welfare' provide standardised questionnaires to health check-up centers that covers behavioural aspects including eating habits such as breakfast skipping and eating out [5]. Eating vegetables first have been shown to be simple and effective when it comes to improving glycemic parameters mainly in diabetic Japanese patients [6]. Late meals or snacking is associated with obesity and metabolic syndrome [7, 8, 9]. Green tea may also protect against functional disability in elderly people [10]. Recently, the issue of distorted body image and abnormal weight control among Japanese adult persons (particularly in younger women) has been focused in both media and literature [11].

## CONCLUSIONS

Health is the original subject of human life. A strong or healthy nation could achieve anything easily. Physical exercise and nutritious food ensure a disease-free life. Only consciousness could motivate our mentality to run in a healthy way. When consciousness would be stable, our physical labor and fresh and balanced food (according to demand) are added automatically as a habit.

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