

## SURVEY ON INDIA'S MOST POPULAR AND LIKED FOOD - MAIDA

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### ABSTRACT

Maida aka Refined flour does not have any nutritional value but does have plenty of calories. It is made of wheat grain that contains high amounts of many nutrients such as fibres, vitamins, iron, magnesium, phosphorus, manganese and selenium. During the making process, all the important fibre content is removed that makes it flour with zero nutrients. Read this piece of information to know about the harmful effects of refined flour.

### I. INTRODUCTION

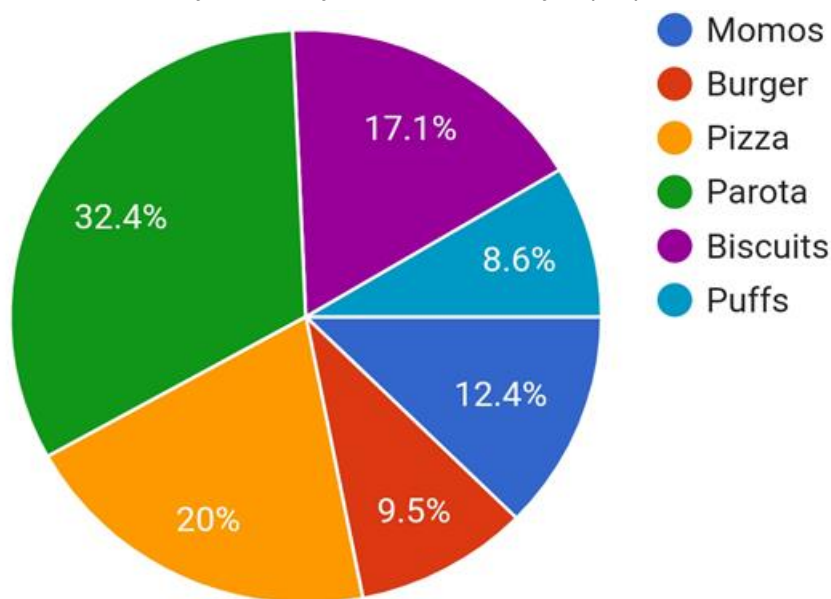
This is a survey done in tamilnadu to find out the most popular refined flour or maida food products, they're benefits, demerits and disease caused by them or further effects on the upcoming generation.

Refined flour or maida is a common food products which are widely used to make various of food products like

- Parota
- Noodles
- Pizza
- Burger
- Momos
- Biscuit
- Puffs

Many other products are sold widely and are liked to be consumed 1: 4 in our daily diet.

The most liked food in Tamil nadu by the survey taken from the day 20/09/2023

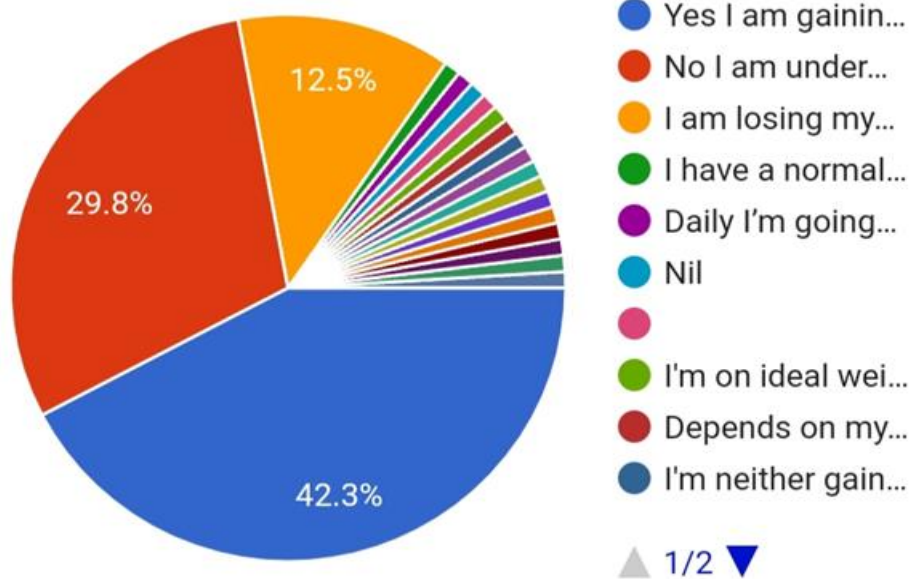


**Figure 1:**

The most popular refined flour or maida food product is parota, more than 35 people in 100 like parota.

The second most liked food is pizza, more than 24 people in 100 like pizza as their favourite food. They like this food because of its unique taste and flavours, toppings etc.,

The people who consume these maida food products have claimed that they're gaining weight.



**Figure 2:**

More than 40 people in 100 have reported that they are gaining weight due to intake of maida or refined flour food.

Maida is also known as a waste product which was recycled and brought to use for human diet in order to control the food shortages during the crisis period.

**IMPACTS OF CONSUMING THESE FOODS:**

Consuming high amounts of maida or refined flour foods can cause serious problems in our health. It causes disease and other problems to us.

According to this survey we asked questions among those who consume maida food products.

The disease we decided to check was

1. High blood pressure
2. Diabetes
3. Pcod( Polycystic ovary syndrome )
4. Stress and Anxiety
5. Digestive problems
6. Obesity
7. Thyroid
8. Constipation

These are the diseases we want to find out, between the people who are consuming refined flour food or maida food products.

This survey was taken from different people located in different locations i.e., Chennai, Vellore, Thirupatur, Manali

From different people based on there places and work and why they are consuming these products and from what period of time they are consuming these products.

These are the results we get

**HIGH BLOOD PRESSURE:**

A condition in which the force of the blood against the artery walls is too high.

Usually hypertension is defined as blood pressure above 140/90, and is considered severe, if the pressure is above 180/120.

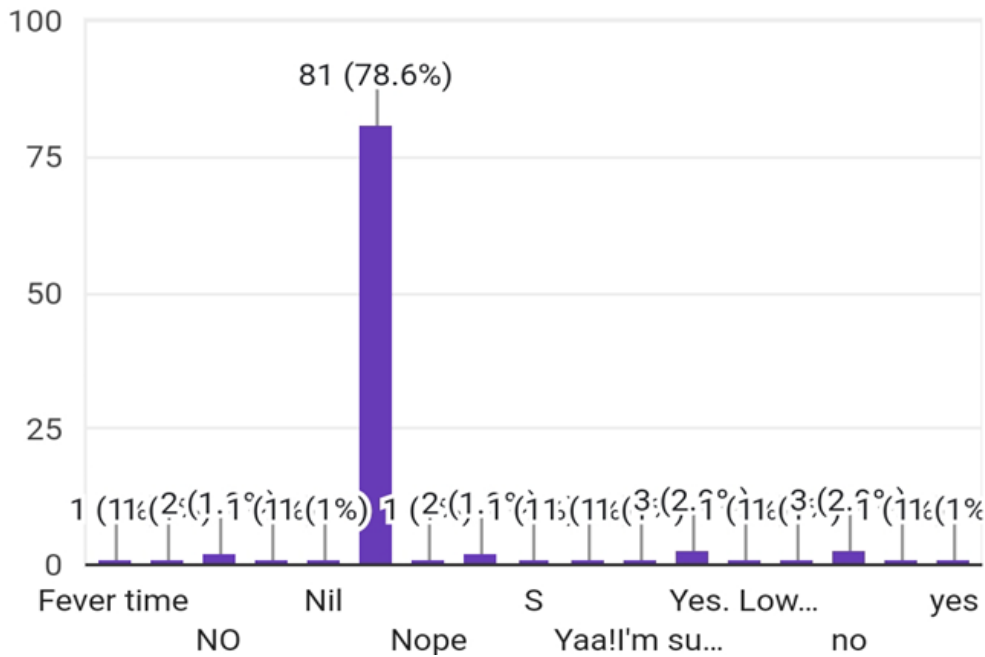


Figure 3:

According to the data collected, almost 19 person in 100 are suffering from high blood pressure and 9 person in 100 suffering from low blood pressure in period of 3 to 6 months of their early consuming of refined flour or maida food as shown in ( figure 3)

**DIABETES:**

A group of diseases that result in too much sugar in the blood (high blood glucose).

Common type is Type 2 diabetes- A chronic condition that affects the way the body processes blood sugar (glucose).

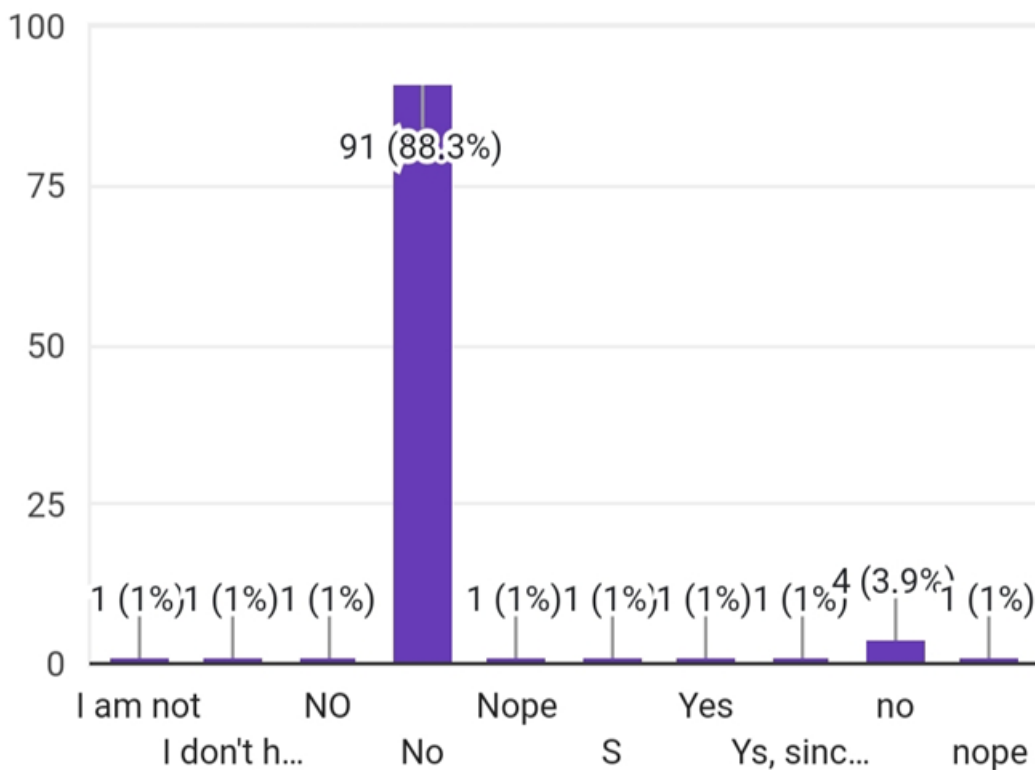


Figure 4:

According to the data collected, among 91 in 100 are not diabetic patients only 9 person have diabetes some with the long time consuming of refined flour or maida food as shown in (figure 4)

**PCOS (Polycystic Ovary Syndrome )**

A hormonal disorder causing enlarged ovaries with small cysts on the outer edges.

The cause of polycystic ovary syndrome isn't well understood, but may involve a combination of genetic and environmental factors.

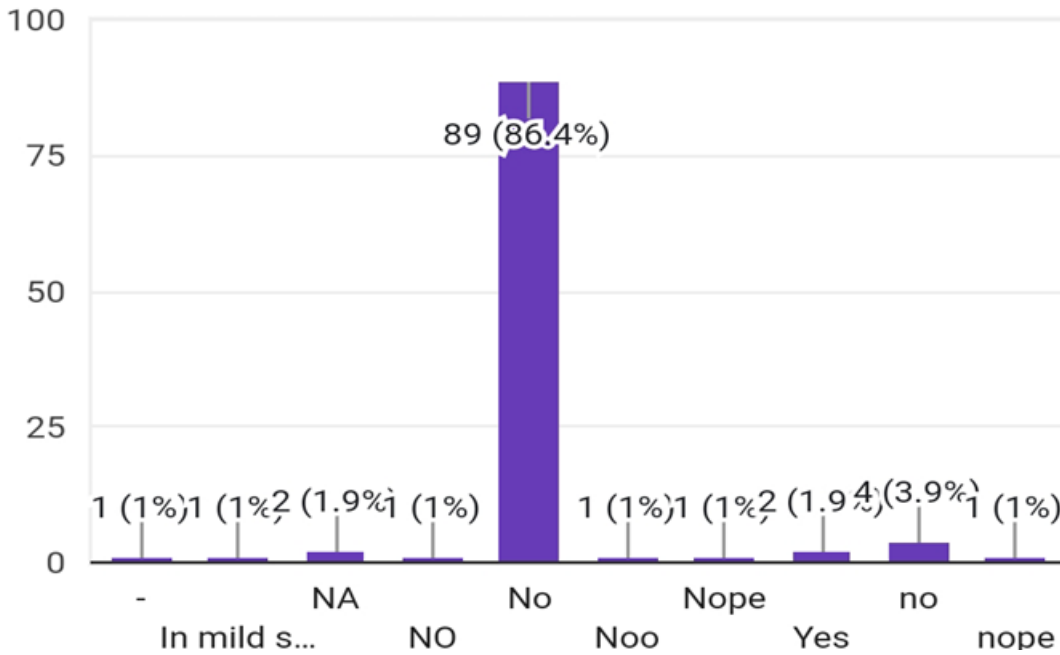


Figure 5:

According to the survey, this pcod was found only with women who work on high spot light and IT professionals, due to high stress level and their workload and for actresses and models due to their high time exposure to heavy light. They mostly consume the easily available foods like instant noodles or biscuits and puffs as their diet (figure 5). Based on the survey this may increase in the next 5 to 10 years.

**STRESS AND ANXIETY:**

Anxiety can be normal in stressful situations such as public speaking or taking a test. Anxiety is only an indicator of underlying disease when feelings become excessive, all-consuming and interfere with daily living.

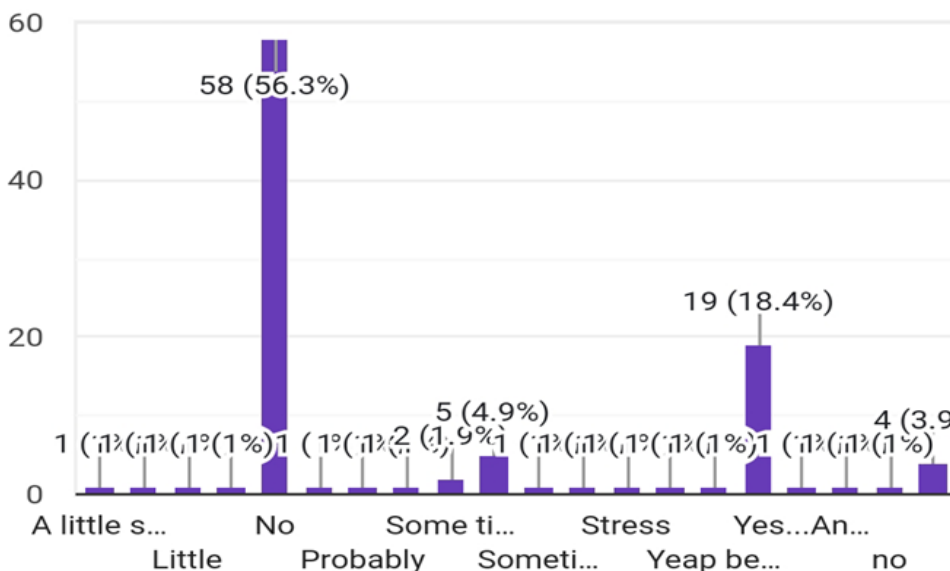
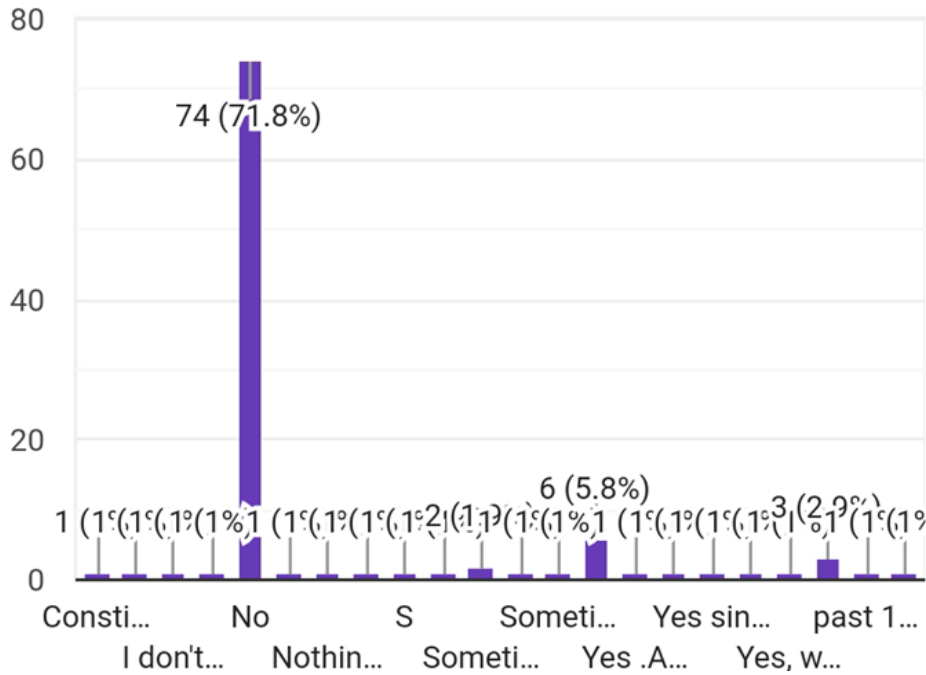


Figure 6:

Based on the survey, stress and anxiety is found in almost 40% like 38 to 40 person in 100 are suffering from anxiety and stress mostly in men's due to there high workload and overthinking mostly because of consumption fast food among the youngsters as shown in (figure 6)

**DIGESTIVE PROBLEMS:**

Commonly known as the problem which occurs due to taken of unhealthy foods or toxic substances which can cause problems like diarrhoea, food poison, etc.,

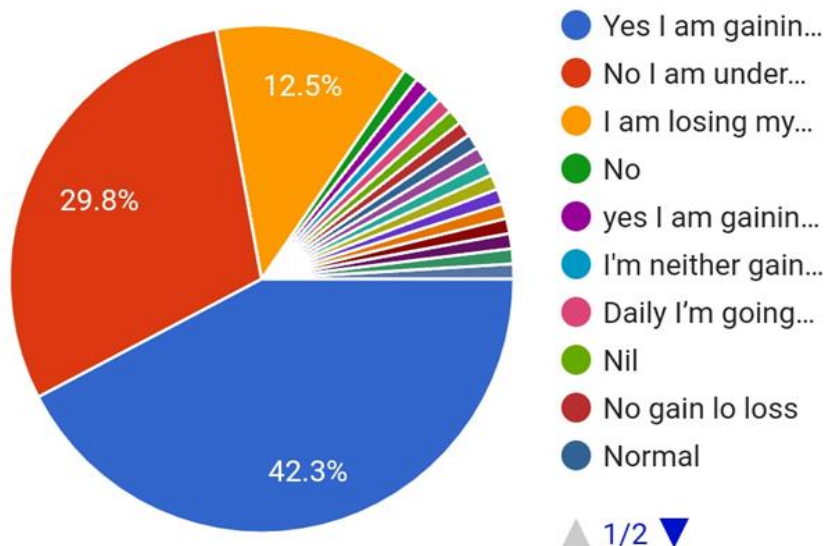


**Figure 7:**

According to our survey the person having digestion problem is uprising now to the adding of the various colouring agents and artificial flavours for taste .The number of people suffering from digestive problems is 25-35 among 100 as shown in (figure 7).

**OBESITY:**

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese.



**Figure 8:**

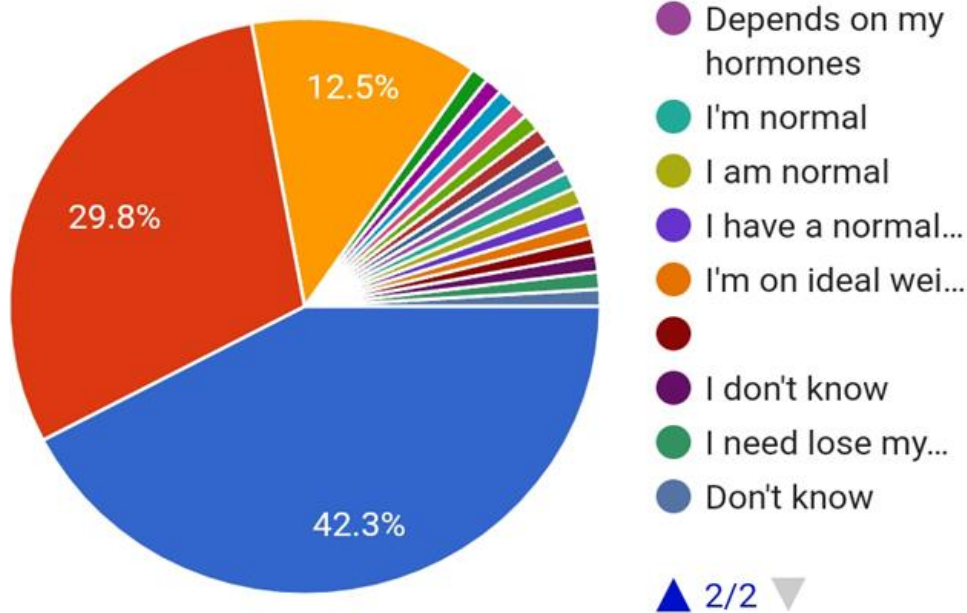


Figure 9:

According to this survey, almost 42% people are suffering from being overweight and gaining weight due to consumption of refined flour or maida food in the last 5 years as shown in (figure 8 , figure 9).

**THYROID:**

The thyroid is a small, butterfly-shaped gland located at the base of the neck, just below the Adam's apple. The thyroid gland makes two main hormones: thyroxine (T-4) and triiodothyronine (T-3). These hormones affect every cell in the body. They support the rate at which the body uses fats and carbohydrates.

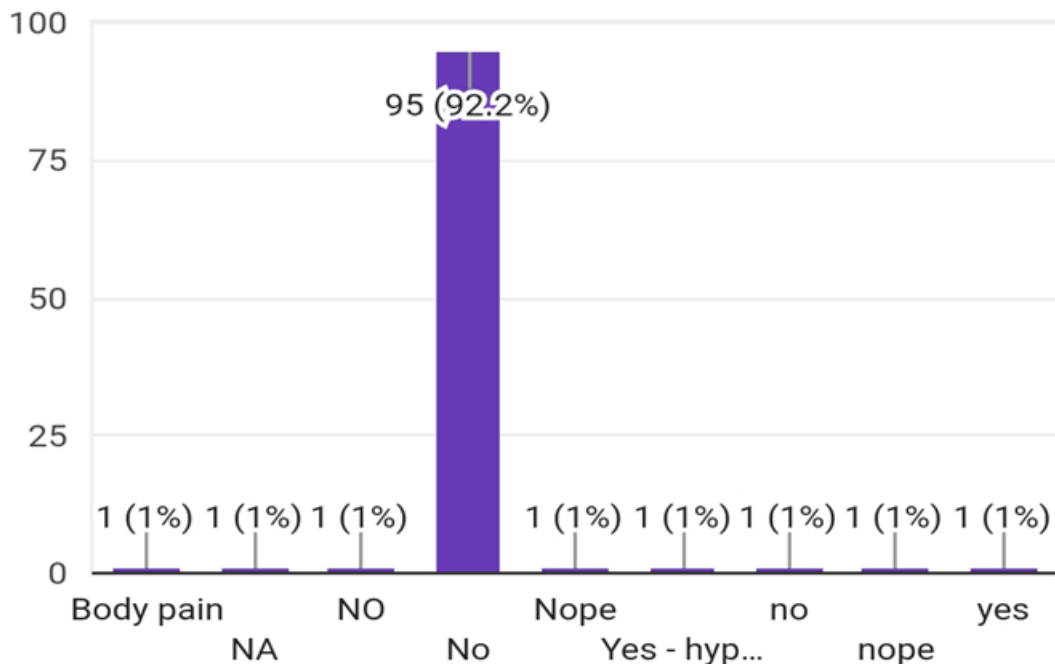


Figure 10:

According to the survey, the people who consume maida food products do not have thyroid problems; mostly like 5% of people are suffering from these problems as shown in (figure 10).

**CONSTIPATION:**

Constipation can have causes that aren't due to underlying disease. Examples include dehydration, lack of dietary fibre, physical inactivity or medication side effects.



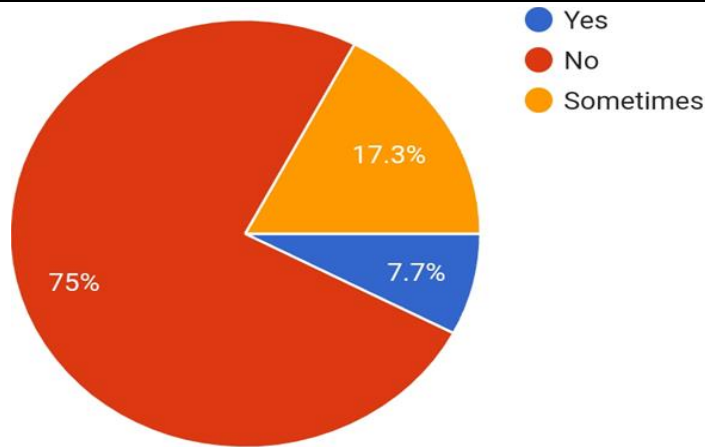


Figure 11:

According to the survey, almost 75% are suffering from constipation due to the high additives of artificial flavours, toppings etc., present in the refined flour foods to make it taste better. Almost 80 people in 100, are suffering from constipation as shown in (figure 11).

These are effects of consuming these refined flour or maida food products. According to our survey this will be upcoming years by 2023.

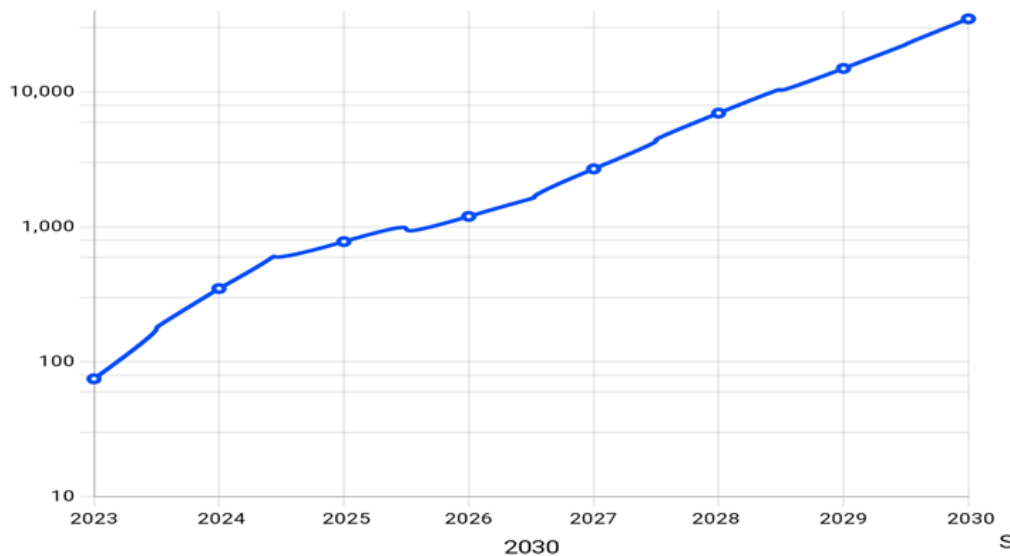


Figure 12:

The impact of this maybe in 10000-100000 in next 5 years is shown in (figure 12).

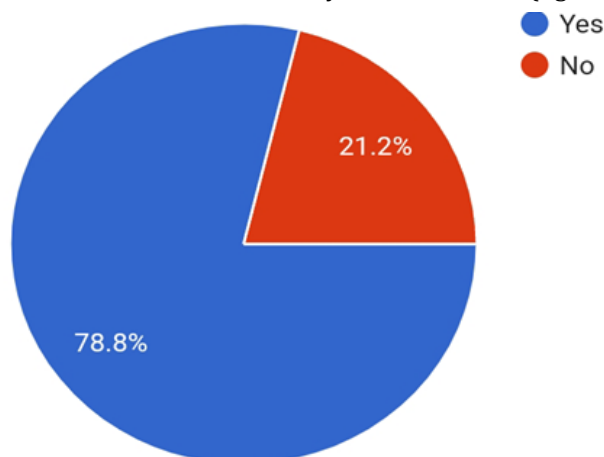


Figure 13:

**PREVENTION:**

To prevent this, we have to put control on intake of these foods and replace it with healthy foods like green vegetables, berries, fatty fish, whole grain, avocado, green tea, dark chocolate, etc.,

**II. CONCLUSION**

According to the survey taken on 20/09/2023 we took data from people of Chennai, Vellore, Tirupattur Manali and few for other regions of Tamil Nadu and outskirts. Finally, we brought an awareness between the people about the effects of refined flour or maida food products

And the survey states that almost 80% people are aware that this refined flour or maida food is not healthy for us (as shown in figure 2.2) but still due to the addition of the taste and flavours the people are in taking these foods in their day to day lifestyle.

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