

Consumption Pattern of Green Leafy Vegetables among Different Income Groups in Guntur Town of Andhra Pradesh

K Sri Sai Lakshmi, J Lakshmi, K Lakshmi and G Manasa

College of Home Science, APGC, Lam, Guntur, A.P.

ABSTRACT

Green Leafy Vegetables (GLVs) are the most commonly consumed vegetables and are found ubiquitously in Indian cuisine. They are mainly consumed for their nutrients such as high dietary fiber, low lipids and rich folic acid, ascorbic acid, vitamin K, Magnesium and Potassium. The present study was designed to know the consumption pattern of GLVs in Guntur Town, Andhra Pradesh. The study is based on the primary data collected from sample of 150 respondents belonging to the upper, middle and low income group, 50 from each income group. The information on consumption pattern of GLVs was collected with the help of a structured interview schedule. From the data collected the commonly consumed GLVs by respondents were found to be Amaranth, Spinach, Gogu, Fenugreek leaves, Rumex leaves, Basella leaves, Ponnanganni, Tamarind leaves, Drumstick leaves, Mint, Coriander and Curry leaves. Coriander and curry leaves were being used by all the respondents along with seasonings and for making chutney. Out of 150 respondents majority (92%) were consuming GLVs twice in a week followed by Alternate days (42%). GLVs are also consumed in the form of value added powders. 55% of the respondents were consuming GLVs powders. Among all the GLV powders, curry leaf powder was the most commonly used one. GLVs are processed to make dhal by adding red gram dhal to GLVs apart from other ingredients, curry and *pulusu* are prepared by simmering the GLVs. They are also consumed after frying in fat along with seasonings. All the respondents were consuming GLVs dhal. All of the respondents were aware of the benefits of GLVs. Majority of the respondents were aware of the β carotene content in GLVs. 44% of the respondents were storing GLVs prior to consumption. Statistical analysis showed that the educational levels, monthly income and socio economic class has no impact on the frequency of consumption of GLVs.

Keywords: *Consumption pattern, Green Leafy Vegetables and Value added GLV powders.*