



Survey on intake of functional food by patients suffering from a non-communicable disorder- Obesity

Introduction:

Obesity is a global epidemic; associated with decreased life expectancy, partly due to an increased rate of comorbidities from diseases such as cardiovascular diseases, type 2 diabetes, and some cancers.

Functional foods can be used strategically as weight management tools in the fight against obesity. Functional foods for obesity should be able to influence energy intake by regulating appetite and satiety, and/or energy output by controlling energy efficiency through the regulation of thermogenesis and adipogenesis.

The overall objective of this survey was to scrutinize over knowledge of the population regarding functional food and to know the frequency of intake of functional food

Objective:

To study the extent of intake of functional food and Nutraceuticals by Obese patients in the Community

Methodology:

The survey was conducted by Questionnaire Method among 25 individuals of both sexes belonging to the age group Of 20-50.

The questionnaire was formulated and the survey was conducted over online mode through google forms.

<https://forms.gle/vYsQzpezTTeMPaPh8>

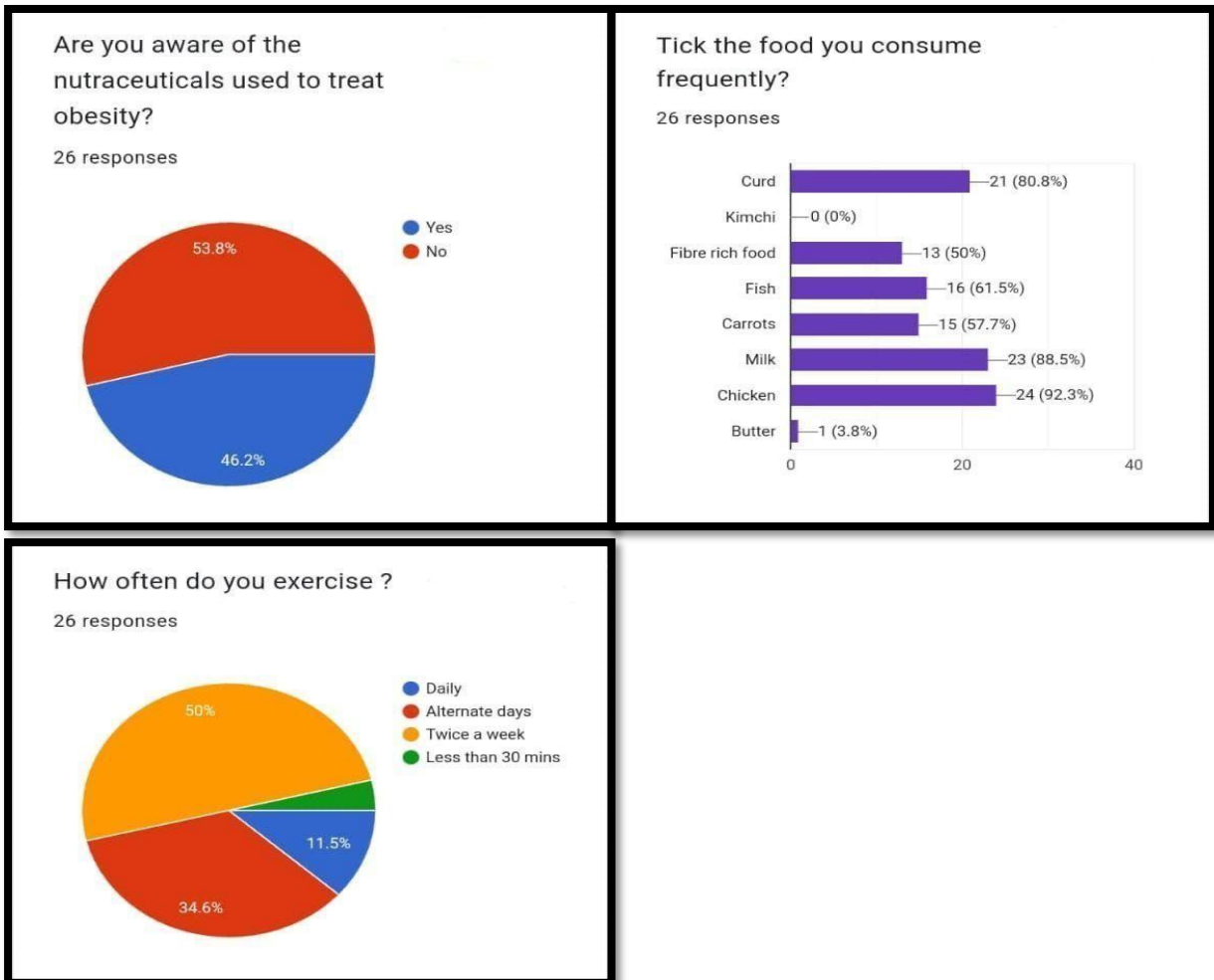
Result and discussion:

The survey was conducted to investigate about intake of functional food by Obese Individuals and their knowledge of functional food.

The majority of the population is aware that certain food products can act as a functional food and help prevent obesity. Many of them have changed their dietary pattern to achieve weight loss.

Functional foods like fiber-rich foods, Omega-3 fatty fish, Probiotics, and Fat -free dairy products were included in their diet for the said purpose.

Modification of dietary habits, incorporation of functional food in the diet, and increasing the physical activity level is a sustainable way to prevent obesity



Conclusion:

The population is well aware of functional food, its health benefits, and its crucial role in the prevention of obesity. So, they have tried to improve their diet by introducing functional foods that help in the prevention of obesity.