

# Intake Of Nutritive Food From Prospective Of French And Indian Community

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## **ABSTRACT:**

*This paper deals with the comparison of two cuisines with different nutritive value aspects of two countries. The analyses of this paper comprise the both countries have different culture, tradition and food culture along with their nutrient content. The French cuisine is one of the most ancient and well known cuisines of world wide. On the other side Indian cuisine is one of the world's most diversified cuisine. In the French cuisine people focus on the strict diet with full of nutritive value while Indian food full of spices and herbs based. The food intake by the various infants either adults or elders in the both countries studied in this paper and their eating habits. Both the countries have different geographical locations in terms of their living standards, cost of living, geographical location and celebration of various fairs and festivals. In Indian cuisine focused on basic ingredients lentil, vegetables, milk, paneer, ghee, curd and various gravies. French cuisine is most versatile which includes the basic ingredients saffron, mushroom, lamb, wheat, chicory, beef and pate's. This paper would present a new dimension to the cuisines in both the places with different cultures, values and backgrounds along with geographical locations.*

**KEYWORD:** *Cuisine, Culture, Nutritional Value, Cost of Living, Location.*

## **1. INTRODUCTION:**

Cuisine is one of the major substances for any animal and human on the earth for their healthy life. For the utilization of healthy food various food should consist full of nutritive value which includes carbohydrates, minerals, fat, soluble and insoluble substances (Medellin, 2004). There are various sources are available on the earth which can be in the form of milk and milk made products, poultry, egg, vegetables and other perishable product which provides enough energy in our body. Food can not only essential for our body but it can also protect from the various diseases like blood struck, kidney problems, cardiac, sugar problem and blood presser etc.(Medellin, 2004) Indian cuisines focus on the leafy vegetables which includes various types of raw salads famous worldwide. Leafy vegetables are easily prepared found inexpensive and good source of vitamins, minerals and protein.(Gupta and Wagle, 1988) . Indian cuisine is well known for its varied range of food style and its tastes. Cooking styles also varies as per the different geographical locations, region and culture. In each and every region of the country is famous for its species and herbs which added to Indian cuisine for taste enhancement like addition of saffron, dry fruits from Kashmir region where as in south Indian food addition of coconut powder and sunflower oil etc.(Jain et al., 2015) Nine vegetable oil used in Indian for cooking of food which four major oil Palm,

soybean, rapeseed and sunflower two belong to lauric oil (coconut and palm-Kernel) which are different from fatty acid and remaining oils are cotton seed, groundnuts and olive.(Gunstone, 2011). Indian food also enrich in the form of energy, carbohydrate, protein, cereals, lipids, minerals and enzymes. Wheat is the full source of goof energy, where wheat protein rich in glutamic acid and low in tryptophan. There are different product are produce from the wheat which includes Maida, Semolina, , Macaroni and Malted Wheat.The another and most important substance which commonly famous in all over India found ie Rice and it preperation. Rice is one of the staple meals more than half of the World populations. In the rice carbohydrate found near about 75%, protein found ear by 07% and rest of minerals and Enzymes.(Willcox et al., 2014) Apart from this Bajra, Jowar, Ragi, Maize/corn also famous in the Indian cuisine.(Srilakshmi, 2003) Herbs and spices are played crucial role in the Indian cuisine as medical properties. In India turmeric cultivation was found round 60 % of the total areas. Asia spices used by the various countries like India, China, Malaysia, Pakistan, Bangladesh, Indonesia, Taiwan, Haiti and Jamaica. It is used in around the Worlds because it helps to protect oral cancer.(Hutchins-Wolfbrandt and Mistry, 2011). Apart from this onion, garlic and ginger also used in Indian cuisine, it assumes that in ginger and garlic have therapeutic attributes like Antimicrobial, antithrombotic, anti-inflammatory and anti Cancer activities. (Krishnaswamy, 2008) Indian cuisine also includes abundant fruits and vegetables. Beside these, there are several kinds of herbs and spices as important ingredients, containing many phytochemicals with medicinal properties, adding taste to Indian cuisine.(Krishnaswamy, 2009) There are vital ingredients used in Indian cooking include turmeric, cloves, ginger, aniseed, mustard, saffron, cardamom and garlic. (Sengupta et al., 2004) French cuisine has undergone a lot of changes over the years. In the old medieval times French cuisine flaunted elaborate buffet and presentations. The food was rich flavored with species such as cinnamon, nutmeg, and a clove, and use of cold meat and charcuterie, was prominent.(Artusi, 2003) The diversity in this cuisine is attributed to its demography and close proximity to other countries. Food of France thought to be laced with butter and heavy sauces, but the cuisine of Provence which borders Italy uses olive oil, saffron, and tomato in the food, which is not seen in the other regions of the France.(Urry, 2002, Warde, 1997) North region includes Picardy and Nord-Pas-de-Calais. This region grows plant such as wheat, sugar, beets, and chicory. The products of northern France considered to be of very high quality and composed of stews such as carbonade, Marmite Dieppoise and beef stock etc.(Peterson, 2012) On the other hand southern France cuisine includes Midi-Pyrenees and Languedoc. (Bali, 2012) This cuisine of France is famous for Provençal cuisine and forms a part of the Mediterranean cuisine. There are many popular ingredients used in French cuisine are pig trotters, herring, belon oysters, tripe ,escargots, chicory, Petit Basque, Camebert etc. Apart from the ingredients many specialized in the French cuisine such as Ratatouille, Foie gras, Boeuf bourguignon, Crepe Suzette and Tarte tatin.

#### *Nutritional Value (Indian Cuisine):*

It is observe that major food consumed in India for breakfast are cereals, Roti, Dal, Parathas are mostly preferred in the northern zone of India which are made from wheat and various pulses.(Verotta and Macchi, 2015) While on the other side Idly, Dosa , Sambar, Vada are preffered in southern part of India which have rich content of rice and major content of proteins, fibres, carbohydrates, calcium and minerals. These all food has good nutritional value. During lunch time prefereed south Indian food consume rice with dishes prepared with carrot, potatoes, beans and green leafy vegetables which improve the eye sight and protect the human body from various types of infections.(Yamaguchi, 2012) These food items contribute towards a balance diet.(Srivastava and Singh, 2017) People of this region from India

consume many varieties of meat like chicken gravy, fried chicken, butter chicken, chicken masala along with the food. This food provides good quality of fibres and protein for healthy life style. (Ramón et al., 2005). North Indian people consume largely Rotis, Parathas, and other gravies along with it. Gravies may be of different range of species, pulses, vegetables and milk products also such as paneer added to increase the taste and nutrients present. (Remedios et al., 2016) People also consume same meal along with the curd and butter milk in the lunch and dinner as well to keep their body healthy and calm. (Clark, 1975)

Table 1:

Indian Cuisine and French Cuisine

Food	Indian Food	French Food
1 Breakfast		
1	Stuff Parantha	Assorted Breads
2	Poori Bhaji	Assorted Cereals
3	Dosa	Bread Rolls
4	Upma	Fruit Salad
5	Poha	Waffles
6	Idli	
7	Luchi	
2 Lunch		
1	Tamatar Dhania Shorba	French Onion Soup
2	Aloo Gobi	Nicoise salad
3	Chana Masala	Cassoulet
4	Chicken Masala	Coq au vin
5	Dal Makhani	Beef bourguignon
6	Dal Fry	Chocolate soufflé
7	Kadai Paneer	Flamiche
8	Palak Paneer	Confit de canard
9	Rice	Ratatouille
10	Assorted Roti	Tarte tatin
11	Gulab jamun	Bread Roll

3 Dinner		
1	Lentil Soup	Salade Nicoise
2	Dum Aloo	Roquefort Winter Salad
3	Malai Kofta	Canard à l'Orange
4	Kkadhi Pakora	Salade Nicoise
5	Paneer Jalfrezi	Foie Gras
6	Okra	Truffles
7	Vege. Korma	Choucroute Garnie
8	Lamb lollipops with mint pesto	Garbure
9	Butter Chicken	Daube de Boeuf Provençal
10	Tandoori Chicken	Confit de canard
11	Lamb Rogan Josh	Poulet Basquaise
12	Coconut basmati rice	Poulet /Chicken Provençal
13	Garlic Butter Naan	Navarin D'Agneau
14	Gajar Ka Halwa	Beef Chop / Côte de Boeuf
15	Kheer	Spinach Soufflé
16		Chicken Fricassee
17		Berthillon Sorbet
18		Pumpkin Mousse
19		Crème Brûlée
20		Pain au Chocolat

*Nutritional Value (French Cuisine):*

People from France country prefers breakfast as a meal such as bread, toast , juice, fresh fruits, cereals, oat, omelet, sousage bacon salami along with French coffee (Trubek, 2000). French food consists of liquid and semi liquid which can digest easily and provides good source of energy to human body. During the lunch/ dinner time they prefer different varieties of soups along with salads which is enriched with various dressings and garnishes. (Peterson et al., 2015) It also includes meat, beef, lamb, pork, turkey, ghoose along with bread roll and brown gravies. This food is full of good nutritional value such as carbohydrates, minerals, proteins, calcium, vitamins and many more fatty acids which protect the human body from various infections and dieses.(Ray, 2005) French cuisine includes the food prepared through baked and sauté methods which will help to retain the more percentage of nutritive

value.(Ridgwell and Ridgway, 1987) It is proved that French food is one of the healthy foods and it also revealed that in Indian cuisine people prefers more species, oily and fried food while in the French food found more nutritive because of the herbs, species and style of cooking food. (Drewnowski et al., 1996)

Table 2:

Nutritive value in Indian Breakfast

Breakfast Items	Stuff Parantha	Poori Bhaji	Dosa	Upma	Poha	Idli	Luchi
Calories	306	85	80	132	158	58	95
Protein	8.2 gm	3.8gm	2.8gm	3.5gm	2.9gm	1.6gm	1.2 gm
Carbohydrates	40.4 gm	12gm	17gm	21gm	35gm	12gm	8.1 gm
Fat	12.7 gm	3gm	2gm	4gm	0.2gm	0.4gm	6.4 gm

Table 3:

Nutritive value in Indian Lunch Dishes

Lunch Dishes	Tamar Dhani Shorba	Aloo Gobi	Chana Masala	Chicken Masala	Dal Makhai	Dal Fry	Kadai Paneer	Palak Paneer	Rice	Assorted Roti	Gulab Jamun
Calories	94	111	281	126	330	178	367	366	205	120	149
Protein	2.4gm	2.5gm	7.7gm	14.36gm	13gm	8.1gm	17gm	15gm	4.3gm	3.1gm	1.9gm
Carbohydrates	12.2gm	15gm	29gm	3.2gm	31gm	21gm	10gm	10gm	45gm	18gm	20gm
Fat	3.8gm	5.5gm	16gm	6.12gm	19gm	7.8gm	29gm	30gm	0.4gm	3.7gm	7.3gm

Table 4:

Nutritive value in Indian Dinner Dishes

Lentil Soup	Dum Aloo	Malai Kofta	Kkadhi Pakora	Paneer Jalf	Okra	Vegetable Kurma	Lamb Lollipop	Butter Chicken	Tandoori Chicken	Lamb Rogan Josh	Cocunut Rice	Garlic Butter Naan	Gajar Halwa	Kheer

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Calo ries	24 0	28 0	248	137	18	33 0	149	355	263	223	160	31 3	275	26 3
Prot ein	3g m	5g m	7.2 gm	4g m	1.5g m	8g m	0.22 gm	23g m	31g m	17g m	3gm	8.7 gm	5.6 gm	8.3 gm
Carb o hydr ates	11 gm	13 gm	20g m	6g m	3.6g m	52 gm	45g m	14g m	6.1g m	11g m	33g m	45 gm	35g m	35 gm
Fat	20 gm	23 gm	16g m	10g m	0.02 gm	9g m	8.79 gm	23g m	12g m	13g m	1.5g m	11 gm	13g m	4.2 gm

Sources: <https://www.nutritionix.com/>

*Food and age group in India:*

*Kids:*

Food for kids between the age group of 1-5 years offered with large varieties such as peeled slices of fruits, boiled eggs, milk, cooked vegetables like boiled potato, mashed idlis, upma, poha, coconut chutney, oatmeal, mashed rice with dal, chapattis, Kichidi, malted Ragi porridge, wheat Payasam and kheer etc.(Mueller-Harvey, 2006) in order to build strong immune system.(Mennell, 1996) We should provide them good amount of protein, fat, minerals and calcium so that they do not have any kind of deficiency at their early phase of life. (Abramson, 2007) Infant cannot take large quantity of diet at one time so they should be given small amount of food at regular intervals. (Otaru et al., 2011)

*Teenagers:*

Teenagers with age group between 11-18 years are more energetic and young with a phase of evolution from kids to adult and required lot of energy and supplements. They consume lots of rice, cereals, potato, noodles, pasta and plenty of fruits. Apart from these milk and milk based products and exercise which will make them strengthen and physically fit. They also tend to take fried items such as samosa, sprig roll, pakoda, French fries, aloo tikki, biryani and other non-veg variety. They consume lots of healthy and unhealthy food. (Carl et al., 1938)

*Adults:*

Adults consume any kind of food which is available similar to the food of teenager consumed.

*Food and age group in France:*

French people have different eating habits and it also vary region wise where the common fact identified that people take three major meals in a day.(Monneuse et al., 1997) They

prefer in the breakfast croissants filled with chocolate and almond paste along with black coffee. During the lunch time they also preferably love to eat beef, pork, poultry, game and charcuterie along with hem sauces and cold meat. French people also give preference for eating of fresh vegetables which includes lettuce, leafy green, tomatoes, onions, string beans, egg plant, zucchini and other related by products.(Story et al., 2002) French people cannot leave without eating cheese. (Bailly et al., 2012)There are five hundred varieties of cheese are served along with French bread. Cheese course can also be replaced with yogurt. On the other hand in case of beverages they prefers dry alcoholic beverages which does not consist of any sweet such as Champagne, Vermouth, Gin, Fino and amontillado etc. (Erenoglu et al., 2006).

Various studies have been done in this aspect and significant findings have been observed (Pathania et al. 2020; Kumar et al. 2020; Singh et al.,2020, Panghal et al. 2019, Chawla et al. 2020, Kaur et al. 2019, Panghal et al. 2018).

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