

Prevalence of cardiovascular in rural people

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Cardiovascular disease is a major lifestyle disease and claim nearly about 5 to 6 million. Indian population According to who it accounts 64 percent of all death in every year in India.

The incidence of this disease increase with age having peak at middle age around 50 to 60 years .Only comprehensive risk reduction programme with appropriate changes in life style will result in the successful treatment and prevention of cardiovascular disease. Present investigation has been undertaken to assess the correlation in the prevalence of cardiovascular disease with the specified risk factor in particular food intake pattern among cardiovascular diseases patients . Selected rural areas of Beed District of Maharashtra State. Five hundred cardiovascular disease male patients.

Between 40 to 60 year in age group from parali & patoda districts .Were selected purposive random sampling method .Food intake was assessed with the help of 24 recall method. It is concluded that mostly non vegetarians except fish eaters consumption of milk and milk products animal fat groundnut oil and lifestyle like dinks and smoking cigarette were found to strongly associated with prevalence of cardiovascular disease.

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Determine the effect and supplementation level of whole ragi flour (*Eleusine coracana* l) on nutritional and sensorial quality attributes of cookies

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Cookie is one of the most liked bakery products. Formula constituents affect Cookies quality. Generally it is prepared from refined Wheat Flour and is a rich source of protein, fat and carbohydrates but limiting in minerals and dietary fibres. Whole ragi flour is rich in minerals like iron, calcium, phosphorus, fibre and vitamin contents. In the present study the mineral and fibre contents of Cookies samples were improved by the use of various blends of Wheat flour and whole Ragi flour (100:0; 90:10; 80:20 and 70:30) with other ingredients. The results showed that Cookie samples enriched with whole ragi flour were rich in minerals content like calcium, iron, and crude fibre as compared to the control sample. Sensory scores of cookies sample prepared with 90% wheat flour and 10% whole ragi flour was almost same as the control. The cookies prepared with 30% whole ragi flour had highest mineral and fibre content, but the sensory score was low due to the loss in texture and increased intensity of Brown colour. Cookies prepared from 20% Whole Ragi flour had less mineral and fibre content, but high sensorial score. These cookies may be beneficial for growing children, teenagers and pregnant and lactating women due to its high nutritive value.

Biography

Ugale Shardul M. is pursuing for B.Tech. (Food Technology) degree from K.K. Wagh College of Food Technology Nashik, M.P.K.V Rahuri. I have attended workshop on "Business opportunities in food Processing" which was held by JMCC. Also attended a seminar organized by NIFTEM. I am working on this project under Prof. R.B.Watharkar, Department of Food Science and Technology, K.K.Wagh College of Food Technology.

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