



IMPLICATIONS OF STUDY

CHAPTER 7

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Results of the present study showed that chemical quality of both cottonseed oil (CSO) and groundnut oil (GNO) decreased significantly at the end of 25 h of intermittent frying. Sensory quality of french fries and bhajias fried in CSO and GNO were acceptable up to 21 h of intermittent frying.

Study has shown that frequent intake of fried and shallow foods in diet may responsible for high prevalence of obesity among the studied Gujarati housewives. Daily consumption of shallow fried foods on daily basis showed association with prevalence of diabetes. Use of *vanaspati* for food preparation showed significant association with prevalence of hypertension. Results also revealed that Gujarati housewives had poor knowledge on oils blends and *trans* fats.

The major implications of the study are as follows:

- ♦ 15 h of intermittent frying although did not alter the sensory qualities of both french fries and bhajias fried in CSO and GNO. An increase in saturated fats to polyunsaturated fats ratio was seen in both the oils. Along with this significant increase in ratio, the oxidized products were also increased with the duration of frying. Both these effects were more prominent in fried CSO as compared to fried GNO. Hence the study implies that food products should not fried for more than 15 h of intermittent frying for maintaining a safe limit of degraded products in the oils.
- ♦ The study implies that frequent consumption of fried foods have shown to be positively associated with incidences of obesity and significant association was also seen with frequency of consumption of shallow fried foods with diabetes. Hence the study implies that the popular practice of shallow fried food consumption by the Gujarati

housewives should be reduced so as to limit the rising rate of obesity and diabetes in Gujarati population.

- ◆ The survey clearly showed a strong association between consumption of *vanaspati* and hypertension indicating a need for educating the Gujarati population regarding the harmful effects of *vanaspati* rich foods (40%), ready-to-eat foods such as *nankhatai*, *khari* biscuits and other biscuits and *farsaan*.