



Title : Breakfast Eating Pattern among Working Women in the City of Mumbai

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Introduction:

For last few decades, many women in the city of Mumbai are now out of their homes for financial independence. With the changing life style, there is also a major shift in the traditional eating patterns among young working women, along with a change in the most important meal of the day as breakfast. It is an important issue to know the present situation of eating habits in young women and estimate the influence of these changed food habits on their life style.

Methodology:

The working women (n = 200) in the age group of 30-45 years were asked to fill the questionnaire on their breakfast eating pattern. Their working hours and the type of food they prefer to eat for their breakfast.

Results:

The results of this study show a trend where out of 200 working women 91% (182) of them had their breakfast daily. Only 9% (18) of the women do not have their breakfast. The reason given by them was that they do not have time to cook in the morning or they have to rush early to office. 10.5% (21) of the ladies preferred only tea and biscuits, while 6.5% (13) of them consumed only bread and omelette every day. Only 1 lady consumes milk on a daily basis knowing the goodness of milk. While 1 had only fruits to fulfil the daily quota of fresh fruits while at home for breakfast. The ones who had eggs in the form of omelette or boiled egg had some amount of protein in their breakfast. They preferred having home food at least once in the morning as in the entire day they might not be able to eat homemade food due to long working hours. The 10.5% of women, who had less time to cook in the morning, had only tea biscuits (21) in the morning. 9% of them who do not make breakfast at home for lack of time, would order canteen food or order from nearby restaurant. More cereal based foods were preferred by them. The working hours have a major effect on their breakfast intake as in order to reach early they might skip breakfast once a week.

Conclusion:

The change in life style affects the eating patterns of working women in city of Mumbai. The results show that most of the working women believe in having breakfast (91%). In 10% of ladies who eat only biscuits along with tea, is a compulsive choice for them as they do not have time for cooking. Another 9%, although do not cook at home but ordered food from outside. It shows that they realize that eating breakfast is an important act in their busy schedule.