



# Food Transition Across Rural-Urban Gradient of Bengaluru, Karnataka



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## I. INTRODUCTION

Urbanization involves changes in occupation patterns, life-style, family structure and value systems. Urbanisation and economic growth leading to life style changes are major factors responsible for food and nutrition transitions, a shift from indigenous traditional food to diversified global foods. Hence, study of food consumption pattern in the rural-urban interface helps to understand food transition at different levels of urbanization.

**Objective :** To assess food transition by consumption pattern among middle income households across rural-urban gradients of Bengaluru.

## II. MATERIAL AND METHODS

From geo-coded identified localities, a total of 300 middle income households comprising of rural (n=100), transition (N=100) and urban (n=100) localities from northern and southern transects of Bengaluru, were selected based on purposive random sampling technique.

Semi-structured interview schedule was prepared and standardized, to elicit information on food consumption pattern

Parameters studied : Food habits, frequency of processed food consumption, food security and Dietary Diversity Score (DDS)

## III. RESULTS

➤More diversified foods are consumed in urban (48%) due to availability and accessibility. Hence, Dietary Diversity Score (DDS) significantly ( $F=4.76^*$ ) differed between the study areas (Fig. 1)

➤Majority of rural families were non-vegetarians (94.0%) against transition (82.0 %) and urban (85.0 %) with consumption frequency of once in a week. (Fig.2)

➤Cereals consumption was more (122.7% ) in rural irrespective of gender, which was more than RDA due to their own farm production and Public Distribution System (PDS). However, consumption of high value foods was more in urban (Fig. 3 & 4 )

➤Among the processed foods, baked foods are more frequently consumed (72.6%) because of low cost and easy availability (Table 1.)

➤Fried (53.8%) and ready to eat foods (53.8%) are more frequently consumed in rural which may be due to lack of nutrition and health consciousness. (Table1.)

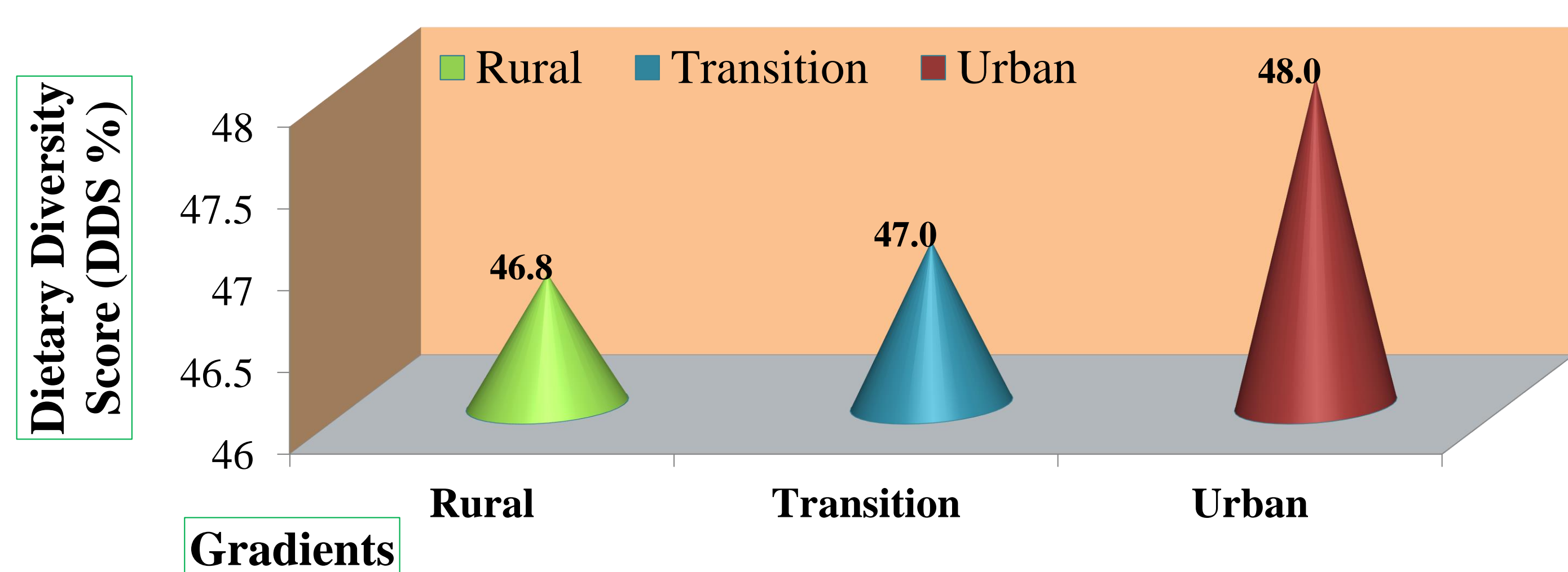


Fig. 1 Dietary Diversity Score (DDS) across rural-urban interface

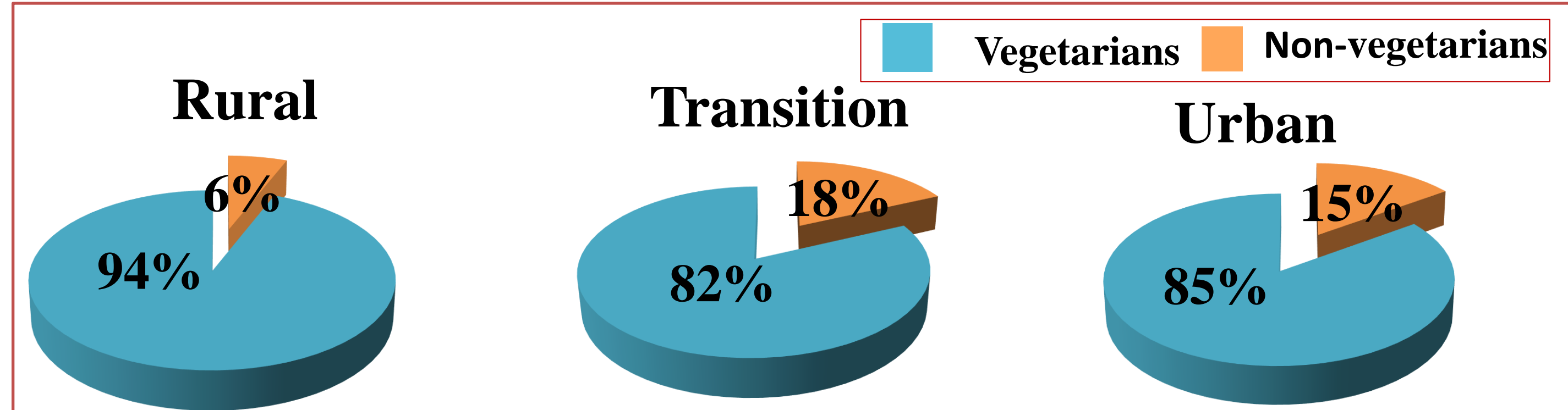


Fig 2. Food habits among households across rural-urban interface

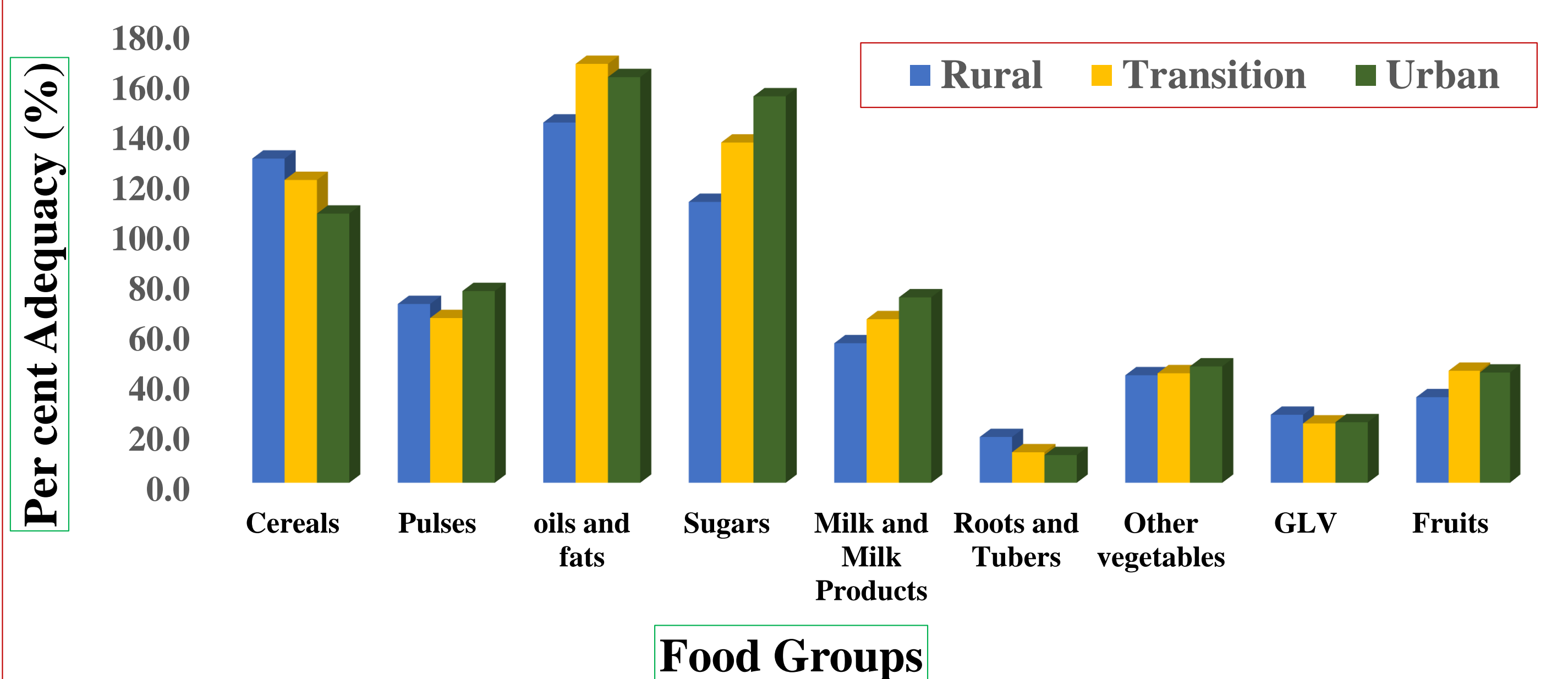


Fig 3. Food Security among women across rural-urban interface

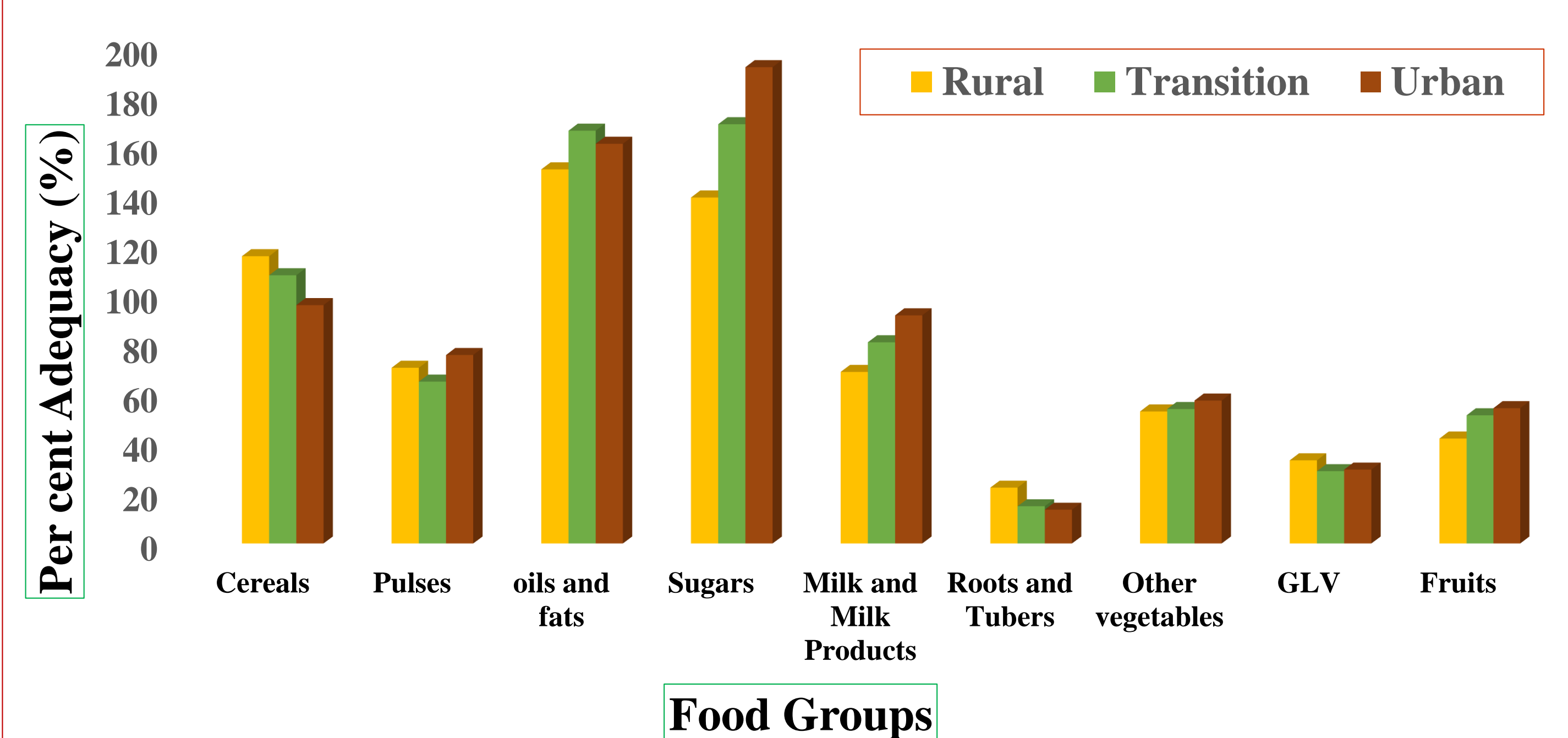


Fig 4. Food Security among men across rural-urban interface

Table 1: Frequency of processed food consumption across rural-urban interface

Study Area /Processed Foods	Daily	Frequency of processed food consumption						Never (%)	Wt. Average (%)
		Weekly (%)			Monthly (%)				
		Once	Twice	Thrice	Once	Twice	Thrice		
Rural									
Chats	0	10	12	5	16	17	1	39	40.4
Bakery foods	15	11	20	18	4	8	0	24	58.9
Street/rest.	5	0	5	3	19	9	4	55	31.4
Fried	3	15	17	9	13	28	3	12	53.8
RTE	5	12	18	20	12	8	1	24	53.8
Transition									
Chats	2	8	13	11	17	13	1	35	43.6
Bakery foods	19	15	17	11	4	9	1	24	60.4
Street/rest.	5	4	11	3	14	13	4	46	33.5
Fried	4	20	17	10	16	20	0	13	57.6
RTE	4	10	13	19	10	10	1	33	51.4
Urban									
Chats	1	15	7	9	22	20	2	24	47.0
Bakery foods	23	15	22	9	17	5	6	20	72.6
Street/rest.	10	5	2	3	17	15	6	42	38.6
Fried	4	16	11	2	21	24	8	14	50.8
RTE	7	7	10	16	7	11	4	38	44.0

## IV. CONCLUSION

Urbanization has an influence on food availability, accessibility and diversity across rural-urban gradient of Bengaluru, leading to food transitions. This may have an impact on nutrition and health status of middle income families.