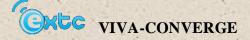## Indian People on Sleep and Eat

India the 2nd most sleep-deprived country

- According to a newly released study, India is the 2nd most sleep-deprived country on the planet, closely ranking behind japan.

- A sleep study conducted by a tech giant reports that India lags behind on sleep, with an average person clocking in around 7 hours and 1 minute of sleep on a regular basis, coming in close to Japan's 6 hours and 47 minutes of sleep every night. Needless to say, both the countries were largely sleep-deprived, as compared to major European countries, who reported getting around 7-8 hours of sleep in the night time.

- Indians were also lacking in another aspect of a healthy lifestyle, which is physical activity. India is also the least active country among 18 countries including the USA, the UK, Japan, and Singapore.

- An average person between 18-25 years goes to bed at 12:33 AM while people between 75-90 years do the same at 11:22 PM.

- If you thought sleeping for fewer hours was making you just tired and groggy, think again.

- From unexpected weight gain, headaches, troubled mental health, under sleeping and oversleeping can cause a host of problems.
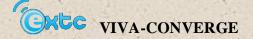
Customs and etiquette in Indian dining

- In Southern and Eastern India which observe huge amount of rainfall, produce a huge amount of rice in summer/monsoon and potato in winter. So, potato and rice are main source of carbohydrate whereas Northern and especially Western India rice is less common and wheat is more common source of carbohydrate. Other millet (Jowar, Bajra, Ragi) are very common in this area as source of both protein and carbohydrate which is rare in e.g. Eastern India due to no local production.
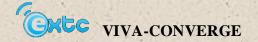
- Now it comes to protein consumption. Most Indian meals contains way less protein compared to Western countries. In Eastern India, animal protein (especially North East India, Begal, Odisha) is common and included in almost every other meal. In animal protein red meat (mostly pork, lamb) dominates in North East while fish, mutton, chicken are more common in Bengal, Odisha & Andhra pradesh. In Bihar, chicken is more common than fish simply due to unavailability (as compared to Bengal and Odisha)

- From Uttar Pradesh onward, number of vegetarians drastically increase. Vegans are rare in India. The main source of veg protein is milk. In UP, Punjab, Haryana area, quality of milk (mostly buffalo milk) is excellent, so people are more inclined towards having milk & milk-based meals (like Paneer, Curd etc). Cow is common in South India too and curd is staple in every meal. Another big source of protein in India is lentils (dal). In every part of India (may be except some mountain areas and North East), people eat lentils in every meal. Lentils are source of essential vitamins

- About choice of fat. There is a huge misconception that Indian meal are fatty, while most Indian meals are not fatty. Many Indian got bad physique due to excess consumption of carbohydrate. Cooking oils (and ghee/clarified butter) are a major source of fat. Among vegetarians of North India, milk fat is consumed at alarmingly high level. Overall, compared to western countries, fat is rarely consumed in India (except may be in cities where people eat cheese and McDonalds.

Most Indians eat unbalanced diet, says national family health survey

- Eating habits of Indians, especially women, are not healthy as around 10% of them consume fried foods daily and 36% weekly, according to the National Family Health Survey

- Over half of all Indians, especially women, eat an unbalanced diet devoid of fresh fruits, green vegetables, pulses, meat and milk products that are needed to lead a healthy life, new figures show.

- The recently released National Family Health Survey (NFHS-4) 2015-16 by the health ministry revealed that fewer than half (47%) of all women consume dark green, leafy vegetables daily and another 38% eat them only once a week.

Ranjana Kumari, director of Centre for Social Research.
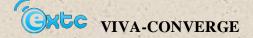
"In India by and large, food habits are discriminatory in terms of gender. There are two classes in India—those who can't afford vegetables, fresh fruits and milk and the others who can afford them but discriminate between male and female children. Women in India are trained to eat less and their dietary requirements are not understood, so most of them suffer from anaemia," Kumari said.

"Also, the market trends have changed in recent years and the market is pushing junk food. More and more women, especially young women, are eating unhealthy food..," she added.

- In India, however, more than half (over 54%) of women do not consume fruits even once a week. Very few women consume chicken, meat, fish or eggs on a daily basis, and about a third of them consume these foods weekly, the survey report revealed.
- Fried foods and unhealthy beverages are major triggers for non-communicable diseases (NCDs) such as diabetes, hypertension and obesity that are growing rapidly in India.
- The findings of NFHS-4 indicate that the eating habits of Indians, especially women, are not healthy and have not changed much in the 10 years since NHFS-3

The myth of the Indian vegetarian nation

- The biggest myth, of course, is that India is a largely vegetarian country. But that's not the case at all. Past "non-serious" estimates have suggested that more than a third of Indians ate vegetarian food.

- If you go by three large-scale government surveys, 23%-37% of Indians are estimated to be vegetarian. By itself this is nothing remarkably revelatory.

- But new research by US-based anthropologist Balmurli Natrajan and India-based economist Suraj Jacob, points to a heap of evidence that even these are inflated estimations because of "cultural and political pressures". So people under-report eating meat - particularly beef - and over-report eating vegetarian food.

- Taking all this into account, say the researchers, only about 20% of Indians are actually vegetarian - much lower than common claims and stereotypes suggest.

- Hindus, who make up 80% of the Indian population, are major meat-eaters. Even only a third of the privileged, upper-caste Indians are vegetarian.

- Neetu yadav

-Ritik Rana