

## **Some Salient Points in Dietary and Life- Style Survey of Rural Bengal Particularly Tribal Populace in Relation to Rural Diabetes Prevalence**

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**ABSTRACT** In rural Bengal incidence of diabetes is on the rise. Both diet and life-style factors are blamed for it. It was observed that rural diet is diabetogenic. Prevalence of diabetes varies in different areas depending on dietary, socio-cultural and other factors. While in non-tribal areas food and life style factor maintains homogeneity, in tribal areas it is not. In Bengal main tribes are Asur, Birhor, Korwa, Lepcha, Munda and Santhal etc. Their dietary and life style factors need to be extensively studied to draw a reasonable conclusion.