

## **Awareness, Knowledge and Attitude towards Green Leafy Vegetables among Urban Women**

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**ABSTRACT** Leafy greens are an important part of any diet. They provide fiber, essential vitamins and minerals like iron, calcium and magnesium and add to any meal. They provide protection against diseases like high cholesterol, heart disease, and diabetes etc. Indian cuisine is noted for its use of leafy greens that are commonly called as "Saag". Saag is a generic term used for a variety of greens like spinach, mustard leaves, *amaranth* etc. The present study aimed to assess women's knowledge and consumption pattern of Green Leafy Vegetables (GLVs) and factors influencing the buying behavior. The present study was carried out on 100 women of Raipur City. A self-designed interview schedule including information on demographic data and knowledge about GLVs has been used to collect the data. 82% women said that they consume Green Leafy Vegetables and 27% of women consume GLVs because they are cost effective, 25% of women consume GLVs due to perceived nutritional value.