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## **Food Habits: Some Relationship to Diabetes and Heart Diseases**

**Analava Mitra**

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**ABSTRACT** Incidence of type 2 diabetes and cardiac diseases are on the rise and are at alarming rate in Indian subcontinent. Diet, life-style factors and stress are the cardinal factors in the aetiological factors of those diseases. Other important risk factors are CVD, smoking, high BP, cholesterol level, abdominal obesity, high triglycerides, insulin resistance, homocysteinaemia and increase in fibrogenin with defects in fibrinolysis. Interpopulation differences exist in both diet and the socio-cultural factors both within and outside the Indian subcontinent. The dietary pattern, eating and methods of cooking vary in different parts of India. Currently, there is much controversy over the best balance of carbohydrates, fats, and protein. Although dietary approaches differ in important aspects, they have some recommendations in common: all stress in the value of fiber-rich whole grains, legumes, and fresh fruits and vegetables, and when fats are recommended, they are monounsaturated and polyunsaturated. Weight control and exercise are essential companions of any diet program. Reduction of all kinds of stress through stress reduction programmes is beneficial. A combined approach will play a rich dividend in control of those diseases.