

EXPLORATION OF NUTRIENT CONTENT OF TRADITIONAL RECIPES OF TAMIL NADU WITH THERAPUETIC PROPERTIES

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ABSTRACT

India culture and heritage is filled with multiples of uniqueness, naturality, goodness and identity that are specific to each region. Be its values, customs or its own food habit- Tamil Nadu a known state for its mixture of flavours in food, has many traditional foods of high therapeutic values. Lack of systemic procedures and the advent of frequent eating out culture have made these traditional foods to take a back seat. So original Traditional therapeutic recipes (150) were surveyed and classified for **nine** therapeutic conditions namely Cold (15), Cough (16), Constipation (33), Diabetes (12), Febrile condition (4), Indigestion (4), Ulcer (15), Multi Therapeutic condition (47) and during Convalescent period (4) and were standardized. The standardized recipes were further tested for its acceptability by a panel of 20 members using a "Score card". Since all the 150 recipes were accepted by scoring method of traditional therapeutic recipes was calculated for both micro and macro nutrients using the nutritive of Indian food developed by (NIN).

KEYWORDS: Traditional Recipes of Tamil, Therapeutic Recipes, Nutrient Content

