



# Study on Nutritional Importance of Traditional food of Odisha

Somila Das and Prof. Pushpanjali Samantaray  
P.G. Department of Home Science, Berhampur University  
Odisha, India

## Abstract

Traditional food is a significant part of our culture that reflects our heritage. It is the food that has been passed down from generation to generation. Traditional food plays a vital role in preserving our cultural identity. It connects us to our roots and gives us a sense of belonging. Traditional food is not just about culture, history and identity. The objective of the study is to explore the traditional foods of Urban, Rural and Tribal Odisha. The proposed study is an approach for developing value added foods that may serve to ritual food in Odisha state by preparing nutritionally adequate recipes from traditional recipes and further promoting these recipes among the population, especially the women who are responsible for food preparation at home.

**Keywords: Traditional, Food and nutritional**

## Introduction:

The role of traditional and foods will increase in their consumption pattern with increasing demand from population. These are considered as healthy foods and the anchor they hold makes further demand by many folds. Thus, there is a wide scope for the manufacturing sector to move ahead in designing new equipment's and also to increase the speed of manufacture of these foods. The global merging of many traditional and ethnic foods brought about many combinational foods. These foods add a new dimension altogether and bring forth challenges to both ingredient manufacture and regulators.

Indian traditional food is not just diverse in nature, but the nutrition value of the food items is enriching. Indian food consists of combinations of grains, vegetables, oils, spices, nuts which have mines of nutrition. The nutrients in traditional food help in boosting immunity power and brain function. Traditional Indian food contains fewer calories help one to control and maintain weight. Supports immunity, Indian food embraces immunity and brain too. Good for heart, less saturated fat in traditional Indian food helps to preserve heart.

Tradition foods are foods and dishes that are passed on through generation or which have been consumed for many generations. Traditional foods and dishes are traditional in nature, and may have a historic precedent in a national dish, regional cuisine or local cuisine. Traditional food and beverages may be produced as home made by restaurant and small manufactures and by large food processing plant facilities. In a culture and tradition that is as wide as India, every state has its very own delicious creations. The various traditional foods of India states put together present an abundance of flavour, spices, texture, and a heavenly potential to satisfy the food lover. The traditional food of Odisha has been widely appreciated for its fabulous use of herbs and spices. Odisha ethnic food is known for its large assortment of dishes. The cooking style varies from region to region and is largely divided in north Odisha and east Odisha cuisine. Odisha is quite famous for its diverse multi cuisine available in a large number of restaurants and hotel

resort, which is reminiscent of unity in diversity. the staple food in Odisha includes wheat, rice and pulses with chana (Bengal gram) being the most important one.

### **Health Benefits of Traditional Food**

Traditional foods are typically made from whole and unprocessed ingredients. They are often nutritionally balanced, containing a mix of proteins, carbohydrates, and fats necessary for human health. Furthermore, traditional diets are usually adapted to local conditions and are therefore more sustainable. Traditional foods tend to be higher in vitamins and minerals, they are also lower in salt, fat and sugar. In general, a traditional diet is higher in protein, low in carbohydrate and contains a moderate amount of fat. Traditional Odisha food, however, is not only healthy, but is also incredibly tasty with a lot of health benefits.

### **Importance of Traditional Food:**

The traditional food which are prescribed by a particular group of society reflects the availability of reflect the availability of food items either grown within the region of its introduction or at times have percolated into the ritual systems by cultural interactions. The traditional food often gets so fossilized that even if the new introduction of items comes into the system, they are not taken into the traditional food system. These types traditional food concept have been changed drastically in our society in light of our contemporary way of life. The various aspect of traditional food has been recorded in ancient scriptures, literature as well as in oral narrative of folk. The traditional knowledge of food is viewed as the best for the specific to geographical condition. Changing food examples can harm the great soundness of the general public. So it is crucial to realize the significant traditional food like a staple, exceptional, occasional, district explicit, and their technique.

Odisha has a simple yet unique traditional food cooking style that has its own identity and this make it a major culinary tourism destination in the east India. Covered mostly with fertile plains and humid climate conditions, the state is a rice producer, and thus, cuisine of Odisha is mostly rice based. The Odiya cuisine uses a combination of locally sourced vegetables, cereals, pulses, dairy products and sea food as well as it uses less spices and oil compared with the cuisines of other Indian states. Despite that the recipes and cuisine is loaded with great taste, flavours and aromas... Some of the popular rice dishes in Odisha are khechidi that is cooked with rice, lentils and ghee; palau that has vegetables, dry fruits and spices; sweetrice dish, kanik prepared from dry fruits and ghee ; Ghee rice, and pakhala that is watered rice served with curd and stir-fried vegetables. Lentils dishes serves as a great accompaniment to rice and some lip-smacking famous The state Odisha is so diverse and vibrant that each of its district exhibits a unique tradition, culture and ever a distinctive food speciality. Such is their appetizing taste, that these delicacies should have rightly found a place in India desirable food map. But perhaps, it has remained concealed since years and decades, limiting the scrumptious flavour of the food items to just with in their home towns or Odisha alike. May they be vegetarian or non-vegetarian, the cuisine of Odisha is authentic and varied, and are made with local ingredients. Each delicacy has a distinctive cooking style. Having a humid climatic condition and agriculture being the major profession, rice is the staple food of Odisha. The dishes have a combination product, and plates of sea food which are loaded with rich taste, flavours and texture. For the Odia people, a meal is said to be incomplete without dessert. The culinary tradition of Odisha is centuries old. It is intertwined with the cultural identify of Odisha, and has evolved over a long period of time to acquire a uniqueness of its own. Odia foods are less spicy and less oily, making item one of the healthiest foods of India. The Mahaprasad served to the diets in the famous Jagannath temple of Puri represents the heritage of the food traditions of Odisha . Rice, pulses and seasonal vegetables serve as the basic ingredient of Odia foods. Besides, fish and sea foods also from a major part of the food preferences in Odisha. In Odisha cultures are diverse and unique amongst Odisha traditions. In spite of many changes in Odisha traditions over generations, Odisha States seem to have maintained a great extent of similarity with reference to traditional ethnic food habits and the reason behind is not convincingly known.

Rice is the main food of Odisha it is a well-developed state in India and has very well source of electricity and Steel of India. Rice is the staple food of this region. Traditional foods are those which are specific of the region and prepared and eaten since time immemorial. Traditional foods are generally prepared out of the staple crop grown in that region. The staple food of Odisha is rice. Lentils such as pigeon peas and moong beans are another major ingredient. Indigenous vegetables used in Odia cuisine are pumpkin, gourd, different types of green leafy vegetables ( saaga), vegetable such as potatoes, cauliflowers, and cabbages are also used alongside local vegetables. Traditional foods of Odisha served on disposable plate made of Sal Leaves. Traditional foods of Odisha use less oil and less spicy but of great taste. Mustard oil is used in several dishes. Curries are also garnished with dried raw mango and tarminid. Coconut is also used in several dishes panch phutan is blend of five spices. It contains mustard cumin, fenugreek, aniseed and Kalonsi, garlic and onion are also used, turmeric and red chillies are also commonly used. The food in the region around Puri, Cuttack is greatly influence of by Jagannath temple Kalonji and mustard paste is used mostly and curries tend to be sweeter. The Brahmapur region has influences of South Indian Cuisine and the Telugu people lining there have also invented new Odia dishes. World famous Lord Jagannath Mahaprasad 'Avada' is one of the traditional foods of Odisha. And "chhapan bhog" also a regular Odisha traditional meal comprises. Rice, pulses and green leafy vegetables and different Chutnies. Odisha traditional food is high in carbohydrate and some micro and macro nutrients. New rice which is harvested in the month of December is used for pre parathion of number of traditional foods different types of pithas Chakuli, arisha, chhunchi patra, Chitau, Manda, Kakara etc. and Paluo Kanika, Rice Kheer, Khichidi. To enhance the nutritive value of the rice-based food by adding functional ingredients to them to improve their taste texture and flavour as well as to increase their shelf live is the basic objective of value addition to any product. Any product can be studied value added if it is originally grown by the farmer and increased in value "by Labour and creativity. Many alternatives exist for adding value to commodities. Especially farm products are used in India and abroad to prepare value added products. They are Guava papaya, mangoes and other such fruits to prepare Jam and jelly, Pickles and preserves sauce and Ketch up made up tamato are very popular value addition. Now Testing a product is a very important part of value-added product. Taste, texture, flavour and appearance are all pre checked when it becomes a final product. A food is more nutritious when the level of nutrients is high in relationship to the number of calories the food content by eating healthiest food, we can maintain our health and also we can get excellent amount of vitamins, minerals, essential amino acids fibre which are very essential for our body. Some number of fruits, fresh vegetables whole grains, nuts, olive oil are all needed for excellent health and also well known to most of the people. Traditional foods of Odisha both vegetarian and Non-vegetarian works as calories and protein supporters. Brown rice of Odisha is highly nutritious and used to prepare different types of balance diet and it is medicinally important. According to old age experienced farmers of coastal Odisha. The brown and red rice has different in types which is more nutritious. After one time consumption they can work in their whole day without feeling hungry. Ladoo which is made from roasted rice mixed with sugar eaten by Lactating mother is helpful in producing milk and providing more nutrition to the breast-feeding child. In traditional food dried Bengal gram leaves used for iron security Food is an important part of various tradition and cultural significance in the life of the people of Odisha. Among the popular food of Odisha different kind of Pithas prepared form rice powder and gram dal. Another traditional food of Odisha is 'Pakhala'. It is a rice dish made by adding water to cooked rice. It may then be allowed to ferment overnight it is called Basi Pakhala. Dalma is another traditional food which made from Dal and Vegetables. It is very nutritious and considered as energy booster. Odia meal is not served by course all the dishes are severd at a time after which only eating start. While the main dishes are served on large plate other dishes are placed around it in small plates. Sometimes especially on festive occasion traditional food served on banana leaf. In traditional Odisha food "Kanji" is more nutritious which is prepared from boiled rice. Traditional food of Odisha is different in types according to areas sea foods are eaten on mainly coastal area. Odisha typically eat loads of cooked green leaves of various types. There are various types of traditional sweets are invented in the city of Puri to appease the deity Maha Laxmi about 700 years.

Even though the eating patterns of the Odia people have slightly changed in the urban areas, rural and tribal areas, these traditional and delicious cuisines of Odisha are still prepared during different festive occasions people know little about these appetizing delicacies which have remained concealed since ages within the tombs and districts of Odisha Gyimothy and Mykletun (2009) study that portrayed the changing status and use of a traditional Norwegian meal, smalahove, in designing tourist experience through a mixed method case study approach. Authors found that entrepreneurs in the Voss region had developed a new commodification approach to a culinary heritage.

Tamng et al (2010) study that stressed on the importance of ethnic food. They opined those ethnic foods possess protective properties, antioxidant, antimicrobial, probiotics, bio-nutrients, including other health-benefits. They stressed that due to rapid urbanisation other developments, especially introduction of fast foods have adverse effects on production as well as consumption patterns of ethnic foods. Therefore, people should be ascertained about the worth indigenous knowledge they possess, and biological significance of their traditional foods.

### Conclusion:

The nutritional importance of traditional foods needs to be recognized and popularized. Traditional food products are socially, culturally, and economically important. Traditional foods play an important role in ensuring food security and hold a tremendous potential in combating malnutrition to a significant extent. It is essential that the knowledge of their production is not lost. The wealth of knowledge on traditional products needs to be further expanded in collaboration with small scale food processors.

Traditional food items are generally made out of single food grain and hence do not contain multiple nutrients. Odisha is maintaining its traditional food practices remarkably well. This also indicates that we should not depend on food from elsewhere and learn to utilize its resources. Protecting, reviving and following the traditional food patterns can be one of the easiest and the best ways to create a healthy society.

### References

- Blab, Mandari, Mary & Joshi SR. (2013). Nutritional Content Evaluation of Traditional recipe consumed by ethnic communities of Meghalaya, India J. Traditional Knowledge, 12.(3): 498-505.
1. Gopalan, (.) Rama Sastri, B.V., & Balasa-bramanian S.C. (2012). Nutritive value of Indian Foods, National Institute of Nutrition, Indian Council of Medical Research (ICMR) Hyderabad- 500007, INDIA, 47-84
  2. Patil, Swati Bhauso & Khan, Md. Khalid (2011) Germinated brown rice D a value-added rice product: A Review. J. Food Sc. Technol., 48 (6); 66/-667
  3. Singh, Anchal & Gover, Kiran (2014). Post — Harvest Processing and Standardization of value added Cereal Based Traditional Recipes for Iron Security. Asian & J. Daily and Food Research, 33(4): 267-275
  4. Dhanya S, Ramesh NV, Mishra A. Traditional methods of food habits and dietary preparations in ayurveda- the Indian System of medicine. J Ethnic Food. 2019. <https://doi.org/10.1186/s42779-019-0016-4>
  5. Shukla A , “Ethnic food culture of Chhattisgarh state of India” Journal of Ethic foods 8 , Article number:28(2021) c.
  6. Blab, Mandari, Mary & Joshi SR. (2013). Nutritional Content Evaluation of Traditional recipe consumed by ethnic communities of Meghalaya, India J. Traditional Knowledge, 12.(3):498-505.