



# Making Street Foods Healthy

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# Definition (FAO)

- Street foods are ready-to-eat foods and beverages prepared and/or sold by vendors or hawkers especially in the streets and other similar places.
- They represent a significant part of urban food consumption for millions of low-and-middle-income consumers, in urban areas on a daily basis.
- Street foods may be the least expensive and most accessible means of obtaining a nutritionally balanced meal outside the home for many low income people, provided that the consumer is informed and able to choose the proper combination of foods.

# In Indian Metros

Those who leave early and come home late

Jobs involving continuous mobility

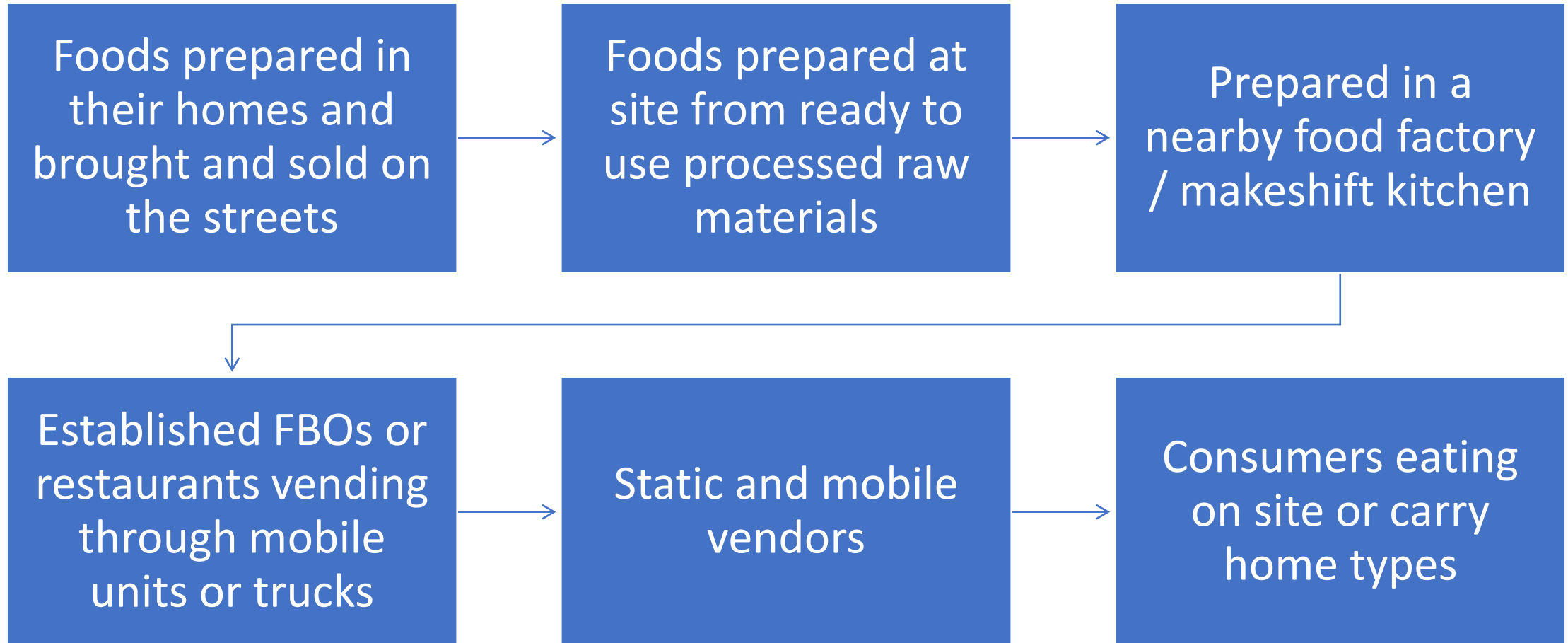
As a preference

Allows people to get out of a cloistered environment into the open

People on night shifts

It provides a source of income for millions including the educated

# Types of street food vending



# Why do people prefer street food

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Usually available very close to their place of work or residence

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Available anywhere for people whose work involves being on the move

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Affordable to all segments of society

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Rarely a need to wait for the food to be served

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Invariably prepared fresh (Ingredients may not be fresh) and served hot

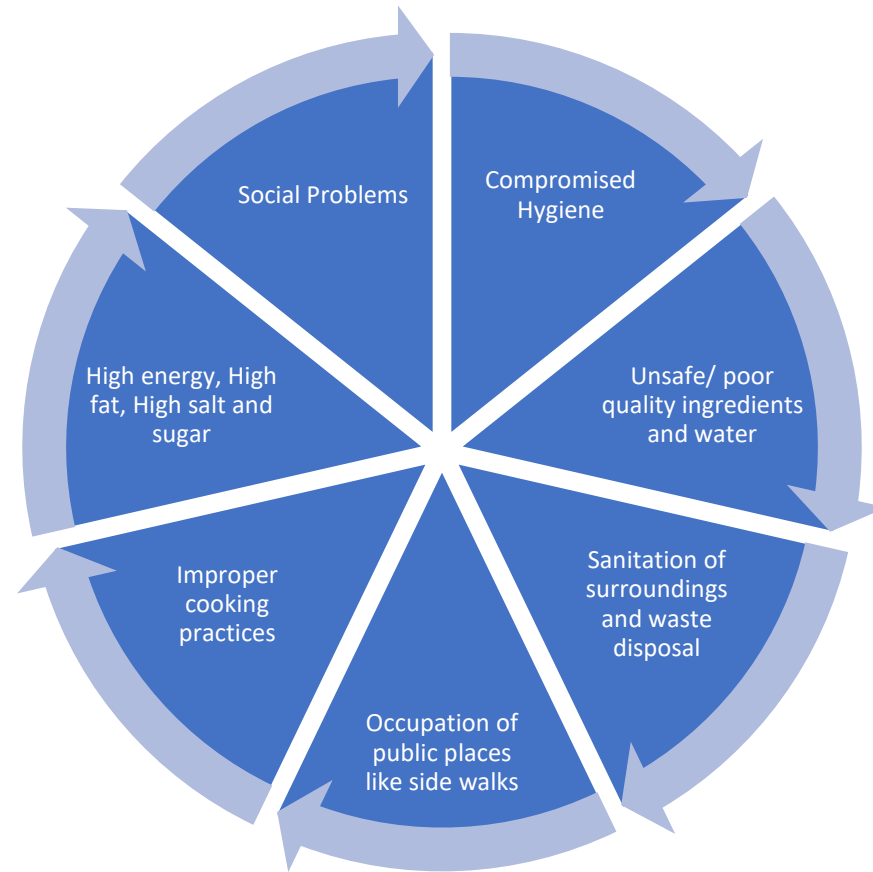
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Very palatable and achieves satiety in the limited time available

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Most often there is a wide choice of vendors and foods

# Problems related to street foods





READILY AND EASILY  
AVAILABLE VERY OFTEN  
WITHIN SHORT DISTANCES



FAIRLY AFFORDABLE TO  
ALL SEGMENTS OF  
SOCIETY



REFLECTS MORE OFTEN  
THE CULTURE OF THE  
LOCATION



BOTH TRADITIONAL AND  
NON TRADITIONAL FOODS



FOOD PREPARATION IS  
VISIBLE TO THE  
CONSUMER

# Advantages of street foods



# Health Hazards due to Poor Hygiene

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A wide range of bacterial eg Shigella , Salmonella , Campylobacter

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Viral diarrheas and hepatitis A and E

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Protozoan diseases like Amebiasis, Giardiasis

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Food waste and blocked drains can breed rodents and other disease transmitting arthropods



# Health Hazards due to Poor Quality of food ingredients

- Toxic unapproved colors and flavors
- Artificial ripening agents for fruits and vegetables
- Damaged and fungal infested agriculture products or veg and fruits
- Poorly preserved dairy products
- Vegetables from peri urban horticulture on banks of drains and contaminated water

# Health Hazards due to Poor Quality of food ingredients

- Poor quality of water used – Coliform bacteria are common
- Chemical contaminants from vessels used
- Pesticide and heavy metal contamination
- Adulterated raw materials

# Nutrition from Street Foods

- Findings
- Street Foods contributed significantly to the diet of children and adults in terms of energy, protein, and micronutrients and included most food groups
- Contributed up to 50% En in Nigeria and around 19% in Hyderabad
- (Ref Nutritional contributions of street foods to the diet of people in developing countries: a systematic review
- Steyn ,N.P et al ; Public Health Nutriron, Vol17,6, June 2014 1363-1374
- Systematic analysis included one study by Chakravarty and Canet (1996) from Kolkatta)

# Nutrition from Street Foods--2

- The energy from street foods is adding on to En intakes from home food (+ 1000Kcals)
- Proteins from SF in Kokatta contributed 20 -30gms
- Majority studies the protein from SF was about 50% of RDA

# Nutrition from Street Foods

- Fat- A 500 gm of SF contributed 12-15 gms in kolkatta
- SF contribute significantly to Fat as well as Sugar apart from Trans Fat and salt
- SF in other countries contribute significantly to Calcium, Iron and Vitamin A- No data from Indian SF



# FSSAI- Project Clean Street Food





Thank You