



Food Habits and Lifestyle of Ethnic Groups from North-East India - A Comparative Study

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Abstract

The northeast region of India is distinct from the other parts of the Indian mainland by geographical features, weather, and climate. The region has rich flora and fauna, including tribal ethnic diversity among people staying in this region. All these variations lead to diverse food habits and lifestyles in this region. The nutrition of these people in their natural habitat is an interesting aspect to survey and further scientific study since some preparations are unique of their kind with their health benefits. The present work is a survey of different ethnic groups of students in a Regional Educational institute in one of the northeastern states. The survey was done using a questionnaire of a specific format, and the information obtained was subjected to comparative statistical analysis. The survey work is an initiative towards scientific exploration of the rich cultural and culinary heritage of northeast India.

Keywords: Food Habit; Northeastern Ethnic Food

Introduction

The northeastern region of India comprises 8 states, namely Arunachal Pradesh, Assam, Meghalaya, Mizoram, Nagaland, Manipur, Tripura, and Sikkim. The Physical Geography of this region encompasses the eastern Himalayas, the Patkai, the Brahmaputra, and the Barak valley plains. A humid sub-tropical climate predominates in this region with mild winters, hot and humid summers, and severe monsoons. The geographical location and climate support diverse flora and fauna along with several crop species as well as disparate ethnicities in this region. North-east India, with its diverse ethnic groups, was found to be a hub of conventional culinary aspects.

An integral part of cultural identity for diverse ethnic groups is their traditional food. Traditional foods not only please taste buds and serve nutritional value, but sharing meals with loved ones

adds to the pleasure of cooking and enhances pride in the culinary heritage. Traditional dishes are passed down through generations, and family recipes are often kept secret. Conventional diets are also found to be rich in fruits, vegetables, whole grains, and minerals and are often claimed to lower the risk of several chronic diseases.

All nutrients the body needs are available through foods [1-3].

Foods with added sugar, added salt, refined carbohydrates, and processed meat often cause health hazards. A healthy body mass index can be maintained by good nutrition and physical activity, reducing the risk of lifestyle-oriented diseases. It also improves well-being, increases energy levels and resists illness [4,5].

How a person or group eats, in consideration of the types of food eaten, and the quantity and time of food eaten, determines the

food habits of a person or group. If a healthy lifestyle is followed, it improves our overall health. Other than food habits, physical exercise and the usage of drugs impact health and nutrition [6,7].

Food choices preferred by a person in his daily life determine their dietary habits and thus differ individually, as well as among ethnic groups. Food preferences and taboos vary among different tribes or cultures. Such individual dietary choices often play a significant role in the quality of life, health and longevity [9-13].

The present study comprises a survey work of food habit and lifestyle on five different ethnic groups of northeastern India. These groups were none other than different groups of students in a regional educational institute in Tripura, one of the northeastern states.

Methods

A survey of food habits and lifestyles has been carried out among the students of the Regional Educational Institute

of different communities, including Tripura, Mizo, Bengali, Assamese, and Manipuri. The survey information obtained by questionnaire was subjected to a comparative statistical study.

Questionnaires were prepared that included information about the students’ diverse eating patterns and lifestyles, such as their timing of breakfast, lunch, and dinner. The type of foods, veg/non-veg, taken in places and times, and how frequently consumption used to happen were also included. Information on whether they have chronic diseases or allergies and if they take any medicine was included. More information on how often they play indoor/outdoor games and engage in different outdoor activities, and if the subjects follow any health care guidelines, was also included.

Results

The information obtained

The questionnaire format provided a total of 29 sets of information tabulated subsequently as follows.

Table 1: Details about data collected.

Sl. No	Name of community	No. of male	No. of female
1	Tripuri	7	8
2	Mizo	3	12
3	Bengali	8	7
4	Assamese	6	9
5	Manipuri	7	8
6	Naga	7	8

Table 2: Whether vegetarian (V)/non vegetarian (NV).

Sl. No	Name of community	No. of veg (male)	No. of non veg (male)	No. of veg (female)	No. of non veg (female)
1	Tripuri	2	5	2	6
2	Mizo	0	3	2	10
3	Bengali	1	7	0	6
4	Assamese	0	6	1	8
5	Manipuri	1	7	0	7
6	Naga	0	7	3	5

Table 3: Which time do you eat breakfast everyday.

Sl. No	Name of community	7 am to 8 am (male)	8 am to 9 am (male)	9 am to 10 am (male)	Any time please specify (male)	7 am to 8 am (female)	8 am to 9 am (female)	9 am to 10 am (female)	Any time please specify (female)
1	Tripuri	0	3	3	1	0	2	5	1
2	Mizo	0	1	2	0	0	5	6	1
3	Bengali	3	2	3	0	4	1	1	1
4	Assamese	3	0	3	0	1	3	5	0
5	Manipuri	2	1	4	0	2	2	4	0
6	Naga	0	2	5	0	1	0	4	3

Table 4: Which time do you eat lunch everyday.

Sl. No	Name of community	12 pm to 1 pm (male)	1 pm to 2 pm (male)	2 pm to 3 pm (male)	Any time please specify (male)	12 pm to 1 pm (female)	1 pm to 2 pm (female)	2 pm to 3 pm (female)	Any time please specify (female)
1	Tripuri	0	2	3	2	1	3	4	0
2	Mizo	0	0	3	0	3	7	1	1
3	Bengali	0	5	3	0	0	5	1	1
4	Assamese	0	3	3	0	1	3	5	0
5	Manipuri	2	4	0	1	2	4	2	0
6	Naga	1	5	1	0	2	3	3	0

Table 5: Which time do you eat dinner everyday.

Sl. No	Name of community	7 pm to 8 pm (male)	8 pm to 9 pm (male)	9 pm to 10 pm (male)	Any time please specify (male)	7 pm to 8 pm (female)	8 pm to 9 pm (female)	9 pm to 10 pm (female)	Any time please specify (female)
1	Tripuri	0	1	3	3	1	2	4	1
2	Mizo	1	2	0	0	8	3	1	0
3	Bengali	0	0	5	3	0	3	2	2
4	Assamese	0	1	5	0	2	3	4	0
5	Manipuri	4	1	2	0	5	3	0	0
6	Naga	4	1	2	0	4	4	0	0

Table 6: How many litres of water do you take in a day.

Sl. No	Name of community	2 litres (male)	3 litres (male)	4 litres (male)	Specify, otherwise (male)	2 litres (male)	3 litres (male)	4 litres (male)	Specify, otherwise (male)
1	Tripuri	0	3	2	2	4	3	0	1
2	Mizo	2	1	0	0	10	1	0	1
3	Bengali	1	3	4	0	1	3	2	1
4	Assamese	0	5	0	1	3	6	0	0
5	Manipuri	4	2	1	0	5	3	0	1
6	Naga	3	1	1	2	5	0	0	3

Table 7: How often do you eat vegetables in a week.

Sl. No	Name of community	Daily (male)	1-2 times (male)	2-3 times (male)	Specify, otherwise (male)	Daily (female)	1-2 times (female)	2-3 times (female)	Specify, otherwise (female)
1	Tripuri	1	3	1	2	6	1	1	0
2	Mizo	0	1	2	0	0	3	6	3
3	Bengali	2	3	2	1	1	4	2	0
4	Assamese	2	1	3	0	2	1	6	0
5	Manipuri	0	6	1	0	3	1	4	0
6	Naga	2	1	4	0	1	4	3	0

Table 8: How often do you eat non-veg in a week.

Sl. No	Name of community	Daily (male)	1-2 times (male)	2-3 times (male)	Specify, otherwise (male)	Daily (female)	1-2 times (female)	2-3 times (female)	Specify, otherwise (female)
1	Tripuri	1	3	2	1	1	3	3	1
2	Mizo	0	1	2	0	0	3	6	3
3	Bengali	1	4	3	0	1	4	2	0
4	Assamese	1	2	1	2	0	0	8	1
5	Manipuri	1	2	4	0	0	5	3	0
6	Naga	0	4	3	0	0	4	4	0

Table 9: How many days in a week do you eat eggs.

Sl. No	Name of community	Daily (male)	1-2 days only (male)	Never (male)	Specify, otherwise (male)	Daily (female)	1-2 days only (female)	Never (female)	Specify, otherwise (female)
1	Tripuri	0	7	0	0	0	7	0	1
2	Mizo	0	3	0	0	0	7	1	4
3	Bengali	0	5	1	2	1	3	0	3
4	Assamese	1	5	0	0	0	6	0	3
5	Manipuri	0	5	0	2	0	8	0	0
6	Naga	1	6	0	1	5	1	1	1

Table 10: How many days in a week do you eat meat (chicken, pork, beef etc) likewise.

Sl. No	Name of community	Daily (male)	1-2 days only (male)	Never (male)	Specify, otherwise (male)	Daily (female)	1-2 days only (female)	Never (female)	Specify, otherwise (female)
1	Tripuri	0	6	0	1	0	7	0	1
2	Mizo	0	3	0	0	0	8	1	3
3	Bengali	0	5	0	3	0	6	0	1
4	Assamese	0	4	0	2	0	6	0	3
5	Manipuri	0	6	0	1	0	7	1	0
6	Naga	0	7	0	0	0	8	0	0

Sl. No	Name of community	Daily (male)	1-2 days only (male)	Never (male)	Specify, other-wise (male)	Daily (female)	1-2 days only (female)	Never (female)	Specify, other-wise (female)
1	Tripuri	0	6	1	0	0	5	1	2
2	Mizo	0	3	0	0	0	8	3	1
3	Bengali	0	6	0	2	0	5	0	2
4	Assamese	0	4	1	1	0	8	0	1
5	Manipuri	0	7	0	0	0	7	1	0
6	Naga	0	2	4	1	0	7	1	0

Table 11: How many days for a week do you eat fish.

Sl. No	Name of community	Agree (male)	Undecided (male)	Disagree (male)	Others (male)	Agree (female)	Undecided (female)	Disagree (female)	Others (female)
1	Tripuri	0	2	5	0	0	5	3	0
2	Mizo	1	1	1	0	4	4	4	0
3	Bengali	0	3	5	0	0	2	5	0
4	Assamese	1	0	5	0	0	0	9	0
5	Manipuri	0	1	5	1	1	1	3	3
6	Naga	3	2	2	0	2	3	3	0

Table 12: Do you think you should eat fast food as your lunch.

Sl. No	Name of community	Often (male)	Sometimes (male)	Never (male)	Daily (male)	Specify other-wise (male)	Often (female)	Sometimes (female)	Never (female)	Daily (female)	Specify other-wise (female)
1	Tripuri	0	7	0	0	0	0	5	2	1	0
2	Mizo	0	2	1	0	0	0	10	2	0	0
3	Bengali	3	2	1	2	0	2	3	2	0	0
4	Assamese	0	6	0	0	0	1	1	3	4	0
5	Manipuri	0	5	2	0	0	1	6	0	1	0
6	Naga	0	7	0	0	0	0	8	0	0	0

Table 13: How often do you eat fruits.

Sl. No	Name of community	Yes (male)	No (male)	Yes (female)	No (female)
1	Tripuri	0	7	1	7
2	Mizo	1	2	1	11
3	Bengali	2	6	1	6
4	Assamese	1	5	1	8
5	Manipuri	1	6	0	8
6	Naga	0	7	0	8

Table 14: Do you have any food allergy.

Sl. No	Name of community	Always (male)	Sometimes (male)	Only in special occasions (male)	Specify, otherwise (male)	Always (female)	Sometimes (female)	Only in special occasions (female)	Specify, otherwise (female)
1	Tripuri	0	7	0	0	2	5	1	0
2	Mizo	0	3	0	0	1	10	1	0
3	Bengali	0	3	5	0	0	4	3	0
4	Assamese	0	4	2	0	0	7	2	0
5	Manipuri	0	7	0	0	4	3	1	0
6	Naga	0	7	0	0	0	7	1	0

Table 15: How often do you eat sweets.**Table 16:** Where do you usually eat breakfast.

Sl. No	Name of community	At home (male)	At work place (male)	Fast food restaurants (male)	Specify, otherwise (male)	At home (female)	At work place (female)	Fast food restaurants (female)	Specify, otherwise (female)
1	Tripuri	6	0	1	0	8	0	0	0
2	Mizo	3	0	0	0	11	0	0	1
3	Bengali	8	0	0	0	7	0	0	0
4	Assamese	5	0	1	0	8	0	0	1
5	Manipuri	7	0	0	0	8	0	0	0
6	Naga	7	0	0	0	8	0	0	0

Table 17: Where do you usually eat lunch.

Sl. No	Name of community	At home (male)	At work place (male)	Fast food restaurants (male)	Specify, otherwise (male)	At home (female)	At work place (female)	Fast food restaurants (female)	Specify, otherwise (female)
1	Tripuri	7	0	0	0	7	1	0	0
2	Mizo	3	0	0	0	8	2	1	1
3	Bengali	6	2	0	0	5	1	1	0
4	Assamese	1	3	1	1	3	1	4	1
5	Manipuri	5	0	2	0	8	0	0	0
6	Naga	1	1	5	0	6	0	1	1

Table 18: Where do you usually eat dinner.

Sl. No	Name of community	At home (male)	At work place (male)	Fast food restaurants (male)	Specify, otherwise (male)	At home (female)	At work place (female)	Fast food restaurants (female)	Specify, otherwise (female)
1	Tripuri	7	0	0	0	8	0	0	0
2	Mizo	3	0	0	0	12	0	0	0
3	Bengali	8	0	0	0	7	0	0	0
4	Assamese	5	0	0	1	9	0	0	0
5	Manipuri	7	0	0	0	8	0	0	0
6	Naga	6	0	1	0	8	0	0	0

Table 19: How often do you eat junk food/fast food.

Sl. No	Name of community	Often (male)	Sometimes (male)	Never (male)	Specify other-wise (male)	Often (female)	Sometimes (female)	Never (female)	Specify other-wise (female)
1	Tripuri	1	6	0	0	3	5	0	0
2	Mizo	1	2	0	0	6	0	6	0
3	Bengali	3	2	3	0	0	3	4	0
4	Assamese	3	2	1	0	2	0	7	0
5	Manipuri	0	3	4	0	2	2	4	0
6	Naga	2	2	3	0	2	0	6	0

Table 20: Do you usually play an outdoor/indoor games.

Sl. No	Name of community	Always (male)	Sometimes (male)	never (male)	Specify, other-wise (male)	Always (female)	Sometimes (female)	never (female)	Specify, other-wise (female)
1	Tripuri	1	4	2	0	0	2	6	0
2	Mizo	1	2	0	0	5	0	7	0
3	Bengali	2	3	3	0	1	3	3	0
4	Assamese	0	1	4	1	0	5	4	0
5	Manipuri	4	3	0	0	1	2	5	0
6	Naga	1	0	6	0	0	4	4	0

Table 21: What are you usually doing while you are eating.

Sl. No	Name of community	Gossiping after sitting (male)	Standing and gossiping (male)	Watching TV/mobile (male)	Specify, other-wise (male)	Gossiping after sitting (female)	Standing and gossiping (female)	Watching TV/mobile (female)	Specify, otherwise (female)
1	Tripuri	2	0	5	0	0	0	8	0
2	Mizo	0	0	3	0	3	0	8	1
3	Bengali	2	0	6	0	2	0	5	0
4	Assamese	1	1	3	1	0	0	9	0
5	Manipuri	1	0	5	1	1	0	6	1
6	Naga	1	0	5	1	2	0	6	0

Table 22: Are you satisfied with your eating patterns.

Sl. No	Name of community	Yes (male)	No (male)	Specify, otherwise (male)	Yes (female)	No (female)	Specify, otherwise (female)
1	Tripuri	7	0	0	6	2	0
2	Mizo	3	0	0	4	8	0
3	Bengali	8	0	0	7	0	0
4	Assamese	1	5	0	4	5	0
5	Manipuri	5	1	1	3	5	0
6	Naga	4	3	0	2	6	0

Table 23: Do you have any chronic diseases.

Sl. No	Name of community	DM (M)	HPT (M)	Heart dis-eases (M)	Constipa-tion (M)	IBS (M)	Specify, oth-erwise (M)	DM (F)	HPT (F)	Heart dis-eases (F)	Constipa-tion (F)	IBS (F)	Specify, oth-erwise (F)
1	Tripuri	0	0	0	0	0	7	0	0	0	0	0	8
2	Mizo	0	0	0	0	0	3	0	0	0	2	1	9
3	Bengali	0	1	0	0	1	6	0	0	0	0	0	7
4	Assamese	0	0	0	0	0	6	0	0	0	0	0	9
5	Manipuri	0	1	0	0	0	6	0	0	0	1	1	6
6	Naga	0	0	1	1	0	5	0	0	0	0	0	8

Table 24: From which source do you obtain most information on health related matters.

Sl. No	Name of community	Television (male)	Internet (male)	University/school/ training (male)	Specify, other-wise (male)	Television (female)	Internet (female)	University/school/ training (female)	Specify, other-wise (female)
1	Tripuri	0	7	0	0	0	8	0	0
2	Mizo	0	3	0	0	1	9	2	0
3	Bengali	0	8	0	0	0	7	0	0
4	Assamese	0	6	0	0	0	7	2	0
5	Manipuri	0	7	0	0	0	7	1	0
6	Naga	0	6	1	0	0	7	1	0

Table 25: How often do you like to see cinema in theatre, cultural activities in free times.

Sl. No	Name of community	Never (male)	1-2 times in a week (male)	3-4 times in a week (male)	Specify otherwise (male)	Never (female)	1-2 times in a week (female)	3-4 times in a week (female)	Specify other-wise (female)
1	Tripuri	0	7	0	0	6	2	0	0
2	Mizo	2	0	0	1	0	6	0	6
3	Bengali	2	2	1	3	2	2	0	3
4	Assamese	2	3	0	1	5	3	0	1
5	Manipuri	2	4	0	1	7	0	0	1
6	Naga	1	1	1	4	5	1	0	2
7	Muslims	3	3	0	1	1	2	0	0

Table 26: How often do you like to visit night clubs or bars.

Sl. No	Name of community	Never (male)	1-2 times in a week (male)	3-4 times in a week (male)	Specify other-wise (male)	Never (female)	1-2 times in a week (female)	3-4 times in a week (female)	Specify other-wise (female)
1	Tripuri	7	0	0	0	8	0	0	0
2	Mizo	3	0	0	0	11	1	0	0
3	Bengali	8	0	0	0	7	0	0	0
4	Assamese	4	0	0	2	9	0	0	0
5	Manipuri	7	0	0	0	8	0	0	0
6	Naga	6	0	1	0	8	0	0	0

Table 27: Have your eating habits changed since you started attending university.

Sl. No	Name of community	Yes, a lot (male)	Yes, but not much (male)	No, not at all (male)	Specify other-wise (male)	Yes, a lot (female)	Yes, but not much (female)	No, not at all (female)	Specify other-wise (female)
1	Tripuri	0	5	2	0	3	3	2	0
2	Mizo	2	1	0	0	0	7	5	0
3	Bengali	5	2	1	0	4	3	0	0
4	Assamese	5	1	0	0	9	0	0	0
5	Manipuri	6	1	0	0	6	2	0	0
6	Naga	7	0	0	0	8	0	0	0

Table 28: Would you say you are.

Sl. No	Name of community	Underweight (male)	Overweight (male)	Normal weight (male)	Underweight (female)	Overweight (female)	Normal weight (female)
1	Tripuri	1	3	3	4	0	4
2	Mizo	0	0	3	5	2	5
3	Bengali	2	1	5	2	1	4
4	Assamese	0	2	4	2	1	6
5	Manipuri	0	1	4	3	1	6
6	Naga	1	0	5	1	3	5

Table 29: Do you take any medicine daily.

Sl. No	Name of community	Yes (male)	No (male)	Yes (female)	No (female)
1	Tripuri	0	7	0	8
2	Mizo	0	3	0	12
3	Bengali	0	8	0	6
4	Assamese	0	6	0	9
5	Manipuri	1	7	0	7
6	Naga	0	7	1	7

The information set collected was separated by community: Tripura (7 males, 8 females), Mizo (3 males, 12 females), Bengali (8 males, 7 females), Assamese (6 males, 9 females), Manipuri (7 males, 8 females), and Naga (7 males, 8 females). Ultimately, 15 sets of information were collected from each community.

It has been found that most students are non-vegetarian, irrespective of sex. Students preferred breakfast between 9 am to 10 am mostly, then 8 am to 9 am, and a minimum between 7 am to 8 am. Bengali, Manipuri, and Assamese communities prefer to have

breakfast from 7 am to 8 am. They complete their lunch between 1 pm to 3 pm mostly. Students enjoy dinner mostly between 9 pm to 10 pm in the case of males and 8 pm -9 pm in the case of females. The maximum students drink water 2 liters in a day, then 3 liters and the minimum drinking of water is 4 litres. Taking of vegetables was recorded more in the case of females in a week and male students were found to take non-veg more than females. However, females from Mizo, Assamese and Naga communities take non-veg more than males. It presumes that females were more conscious of taking food than males. Among the students of the Regional Edu-

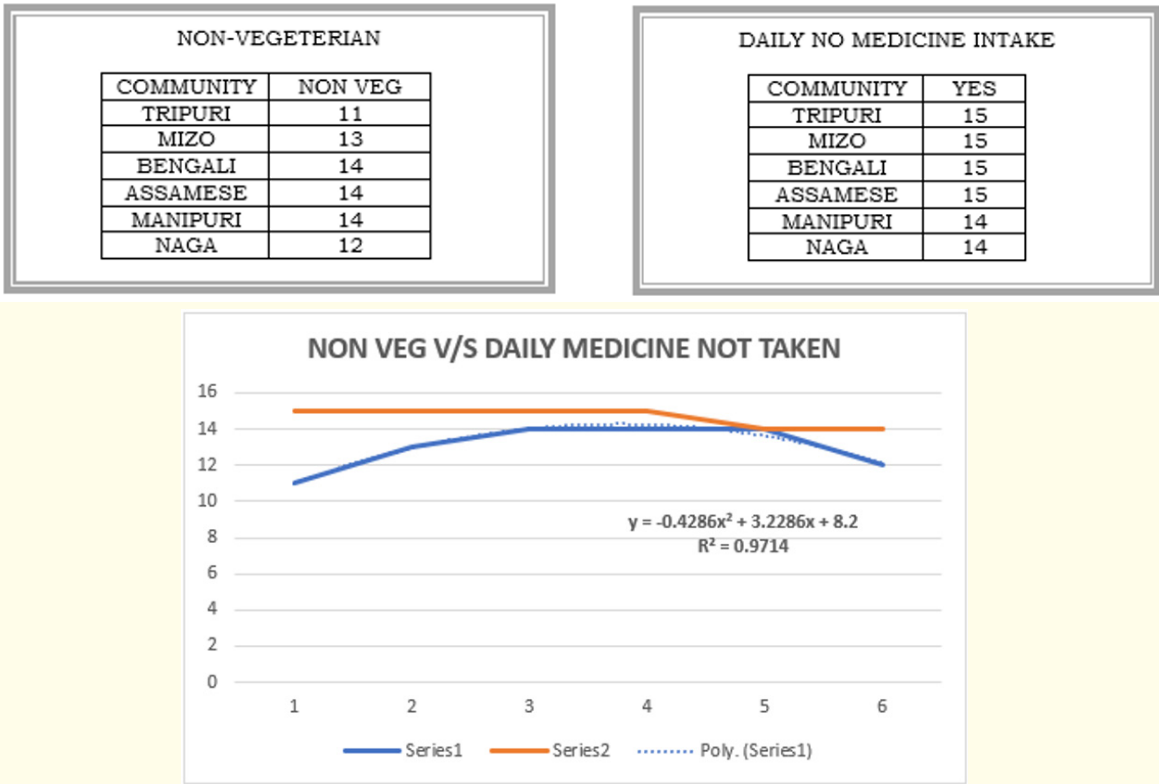
cational Institute of Tripura, it was observed that eggs and meat are preferable to fish. A significant observation is found that most students irrespective of sex disagree with eating fast food, but they are not even taking fruits daily in a large number. Food allergies are recorded in minimum cases. Sweets are not preferred significantly by the students. Students were observed to prefer their meals 3 times a day. A significant observation was recorded that students usually take food by watching TV and mobile phones and in addition, they were not interested in games (outdoors/indoors). However, most students were satisfied with their eating patterns, but females of Mizo, Manipuri, Naga, and Assamese are not satisfied with their eating patterns at present. Students are not suffering from diabetes mellitus, hypertension, heart disease, constipation, and irritable bowel syndrome. It is noted that students are cautious about receiving health information and mostly, they prefer to have it from internet browsing. Male students are found to entertain themselves by watching cinema and doing cultural activities in their free time than female; whereas Manipuri, Naga, and Assamese females mostly stopped them from being entertained. Visit-

ing nightclubs and bars are not recorded except for 1 Mizo female and 1 Naga male.

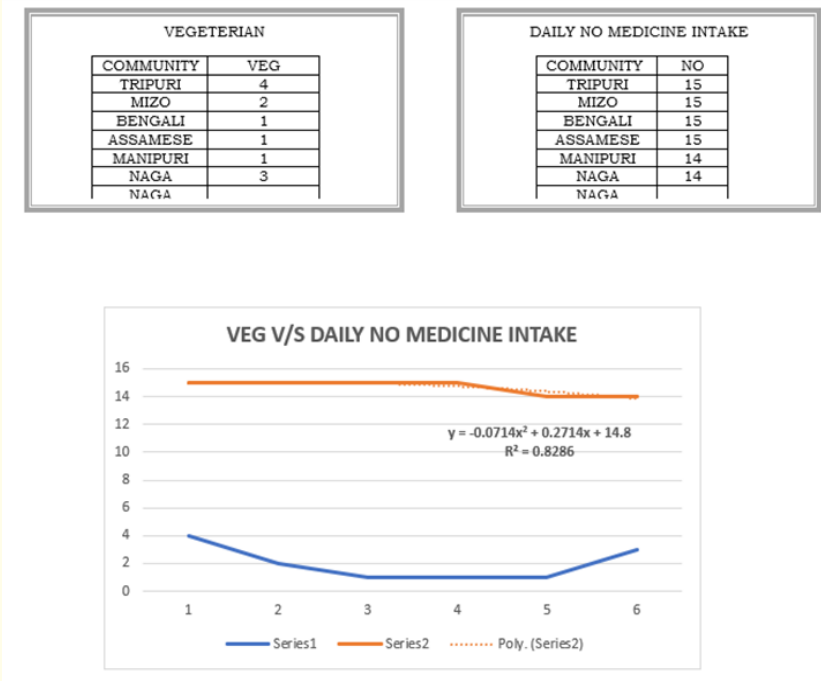
The food habits among the students often change; however, most of the students were found with normal body weight. Female students were found to have low body weight in comparison to male counterparts. No students were taking medicine daily except 1 Manipuri male and 1 Naga female.

Comparison of survey information

Comparative assessment by applying the Excel software program was carried out, followed by drawing correlation curves of polynomial 3° and by recording the equation along with R² value (R²=correlation coefficient). A comparative assessment of the data obtained after completing the survey report is as follows: Graph 1 and Graph 2 were framed for comparing the vegetarian/non-vegetarian v/s no medicine taken daily. It is found that non-vegetarian students have established a significant correlation by .



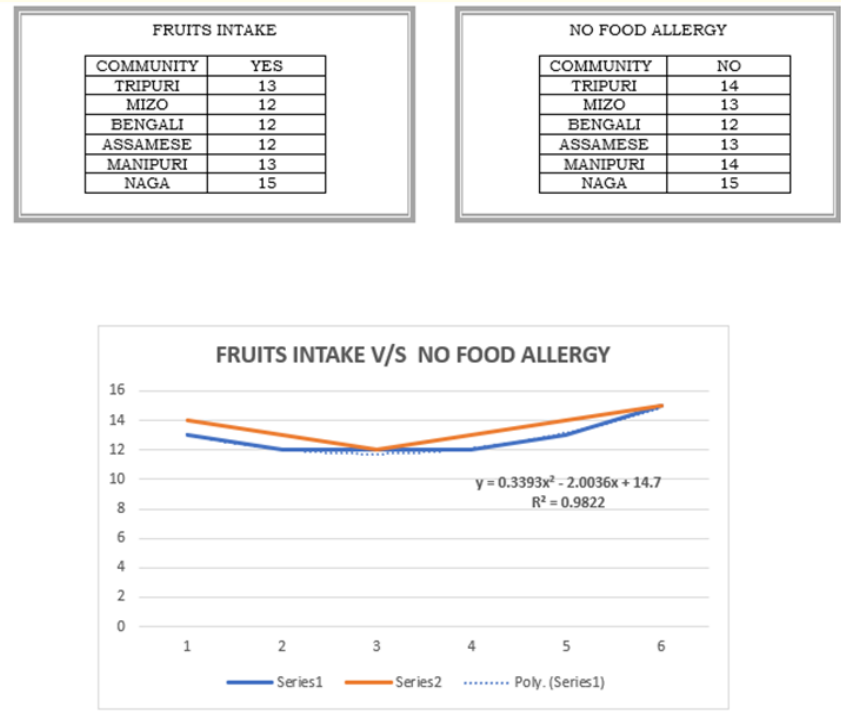
Graph 1: Comparison of survey report between non vegetarian and daily no medicine intake.



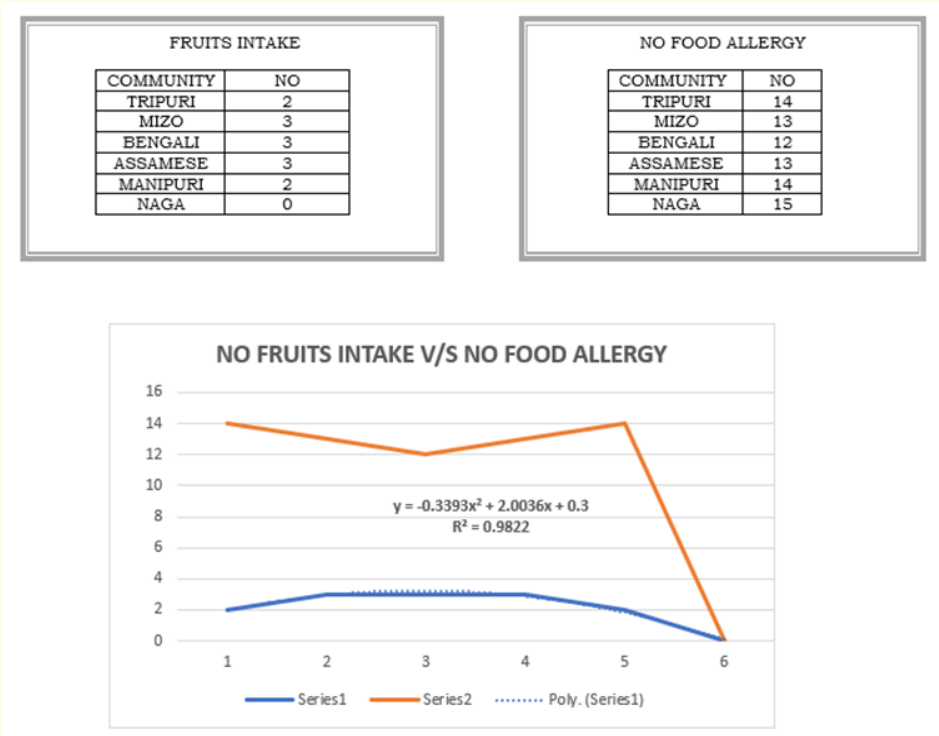
Graph 2: Comparison of survey report between non vegetarian and daily no medicine intake.

Graph 3 and Graph 4 represent the comparative assessment between fruits taken/fruits not taken v/s no food allergy. From both the tables, the drawn graph asserted the value same.

It indicates that food allergy does not have any correlation with either fruits taken or not taken.



Graph 3: Comparison of survey report between fruits intake and no food allergy.



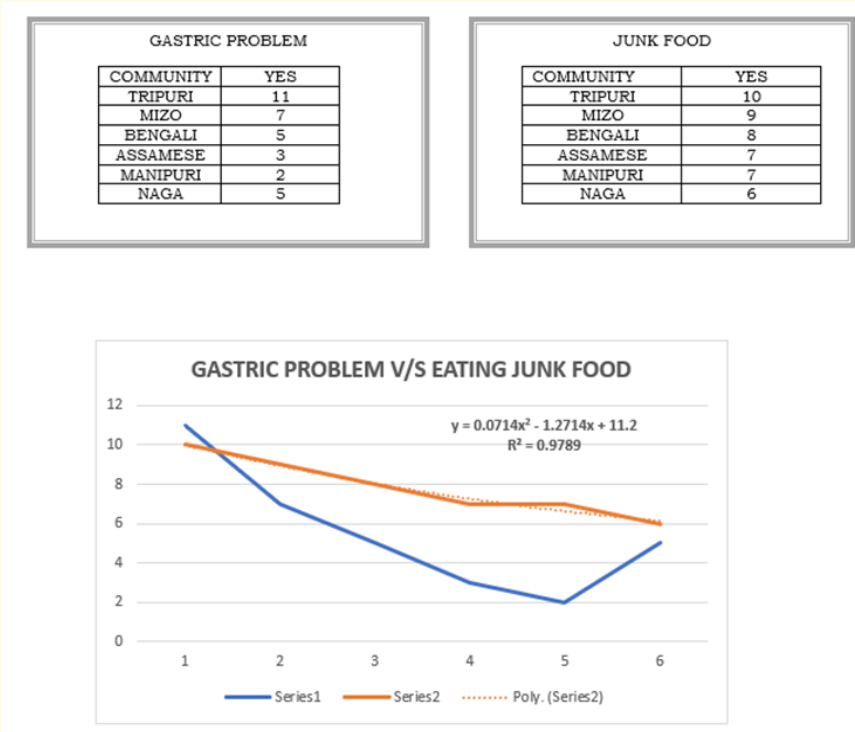
Graph 4: Comparison of survey report between no fruits intake and no food allergy.

Graph 5 and Graph 6 represent the correlation between eating junk food and eating no junk food v/s having gastric problems. The significant correlation between eating junk food and having gastric problems is established by, which means junk food is responsible for gastric problems.

Graph 7 and Graph 8 were drawn to see the correlation between playing activity/not playing activity v/s having normal body weight. It indicates normal body weight does not have any correlation with either playing activity or not playing activity, as the R2 value is the same.

Conclusion

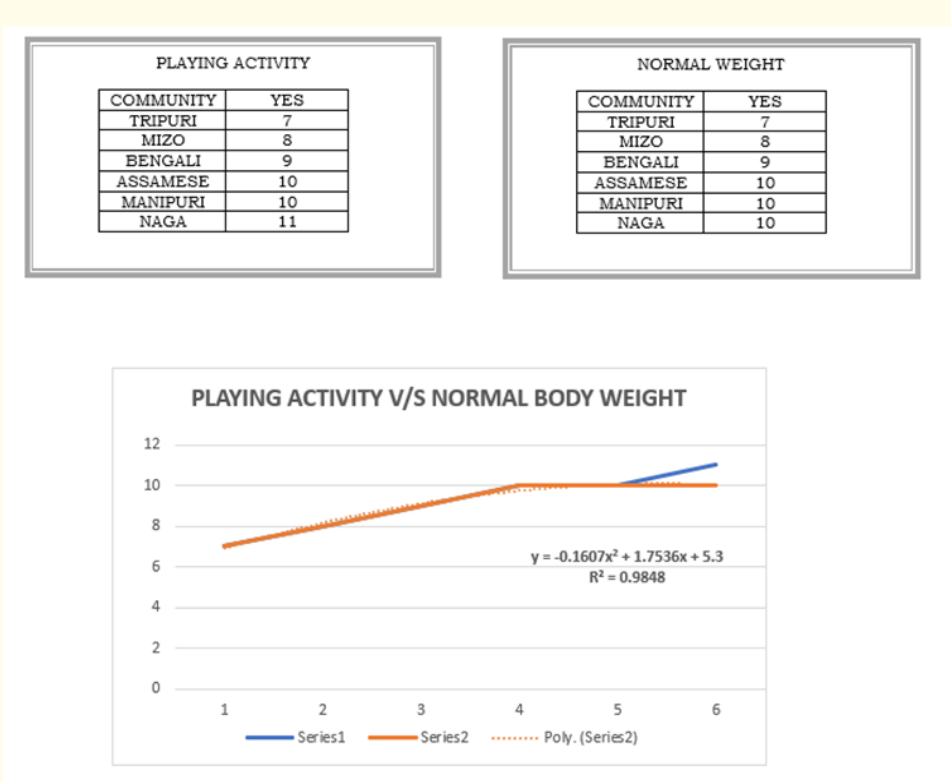
Preventing malnutrition and improving food security can be addressed by improving regular nutrition. The ideal time for promoting lifelong healthy eating habits and lifestyles is from pre-school to college. The present survey work helped to promote a balanced diet habit, among students of different ethnic groups as well as gave an idea about the regular food habits of northeastern tribal communities in India. Indian economy is agrarian, the northeast is no exception. The flora and fauna related to subtropical climate conditions make people mostly consume more dietary carbohydrates. Non vegetarian tribal ethnic food often comprises a rich animal protein. Plant proteins were found in comparatively less their consumption.



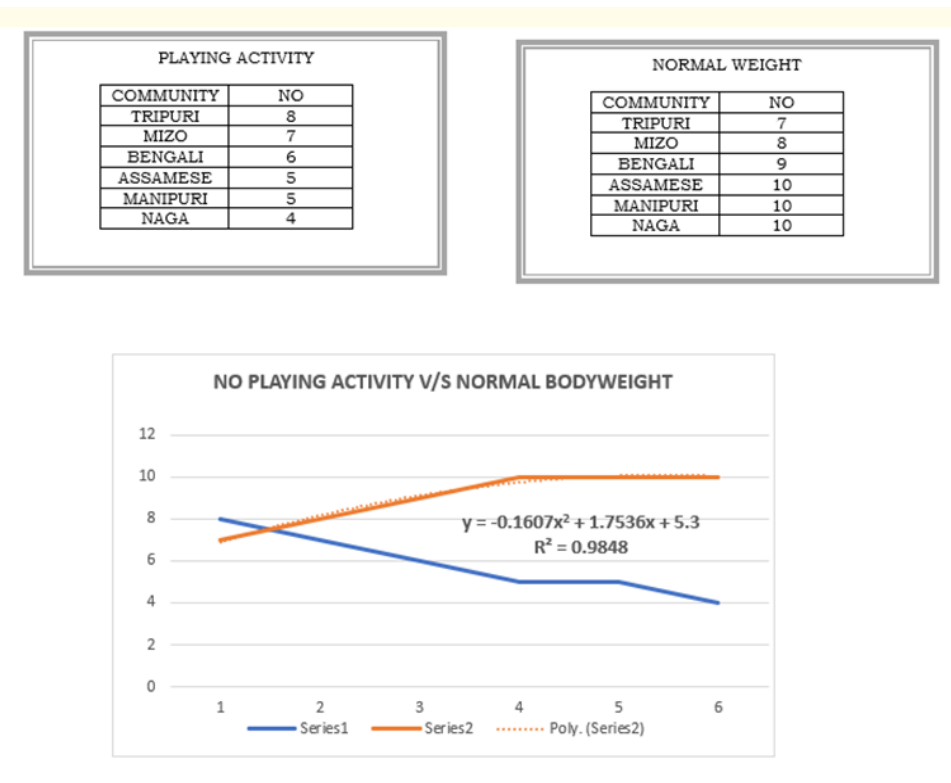
Graph 5: Comparison of survey report between having gastric problem and eating junk food.



Graph 6: Comparison between having no gastric problem and eating no junk food.



Graph 7: Comparison between playing activity and having normal body weight.



Graph 8: Comparison between not playing activity and having normal weight.

Since a healthy mind resides in a healthy body, developing healthy dietary and lifestyle patterns from an early age can enhance an individual's overall health and well-being and, in turn, reflect the national well-being.

Ethics Approval and Consent to Participate

The research was ethically approved by the ethics committee of the Regional Institute of Pharmaceutical Science and Technology, Agartala, India. All the candidates involved in the survey were above 18 years old and willingly submitted consent to take part in this study. The study was conducted under the guidance of a supervisor, the first author of this research work. The work was done to fulfill a curriculum under the course of pharmacy.

Consent for Publication

All the authors accept the decision of publication of this present work without any conflict.

Availability of Data and Materials

All the information related to the present study was made available in the manuscript and agreed with each author. All data generated or analyzed during this study are included in this published article. It is a survey study, and the data provided were real-time data during the study. Resources were arranged by the students at the Regional Institute of Pharmaceutical Science and Technology based on their interest, and the study was purely for academic purposes.

Competing Interest

All the authors declare that there is no competing interest either financially or non-financially.

Funding

It is purely non-funded work. All the authors involved contributed on their interest whenever necessary.

Author's Contribution

Bi-plab de and Ashmita Saha were involved in conceptualization, supervising and editing. Biswajit Debbarma, Esther Lalnun-

puii, and Rosysmita Kashyap wrote the article. Sangita, Laiza, Yengkokpam, Madhumita and Sushanta were involved in data curation and formal analysis. All the authors contributed to data collection and interpretation.

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Future Prospects

To survey the nutritional diversity of various tribes from a broader perspective.

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