**THIS SURVEY IS TO UNDERSTAND THE IMPACT COVID-19 HAS CREATED IN OUR FOOD HABITS.**

A survey from a total of 100 people were taken for 5 age categories.

Less than 20, 21 to 30, 31 to 40, 41 to 50 and More than 51. These categories had both Vegetarians and Non-Vegetarians distributed unevenly.

**Insight-1**

**Age vs Diet (Veg or Non-Veg)**



The diet of the people had more Non-Vegetarians in the 21-30 age group and more vegetarians in the 51 plus age group. This might give us an insight that the older generation prefer veg foods since its easy to digest. Also, the cholesterol in the non-veg food might be reason for the 51 plus group to avoid it during this time. From less than 20 group, there is a spike in N-Veg and decrease in Veg, but there on, the number of NV decreases and Veg Increases.

**Insight – 2**

**Repeated food vs Age**



Though we've taken the data across 5 different age categories (both Veg and Non-Veg),  
it's found that irrespective of being a veg or Non-veg, people prefer vegetarian foods more during this time. Plain Rice and curd rice are the top most everyday repeated food irrespective of age or diet.

**Insight – 3**

**Diet vs Outside food preference**



Though it’s proven that the virus does not spread through food, most of us wonder if outside food consumption during the pandemic is safe of not. So, I wanted to find out what people think about this. I asked if they’d say yes, no or maybe to outside food at this time, and as expected the majority was for NO (52%). This maybe for varied reasons such as cleanliness, water etc. Also, it is to be noted that the numbers for a ‘NO’ are more in case of Non-vegetarians, proving that meat eaters don’t prefer meat cooked outside or even veg food.

During the initial days, there was a check on delivery executives too. If any one of them had tested positive, the Government tracked the addresses to which they delivered too. But post that, the safety precautions have increased and hence we’ve about 43% saying MAYBE for outside food.

**Insight – 4**

**Which health drink do people prefer?**

In Chennai, Tamil Nadu, people prefer the **Kabasura Kudineer** the most. Kabasura Kudineer is a traditional formulation used by Siddha practitioners for effectively managing common respiratory ailments such as the flu and cold. It consists of a whopping 15 herbal ingredients, each of them having unique characteristic features of its own. Since Covid-19 mainly affects the respiratory system, this drink is consumed the most by the Tamil Nadu people.

The next commonly consumed drink is the **Turmeric milk**, also called the Golden milk.   
It’s touted for its many health benefits and often used as a remedy to boost immunity and stave off illness. It is gaining popularity in the western cultures now.

As we all say, nature gives Us the solutions for everything. Similarly, we can fight COVID with the help of nature itself.

**LET’S FIGHT TOGETHER.**