

TO UNDERSTAND THE SNACKING PATTERN AND CHOICES OF THE ADOLESCENTS

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ABSTRACT

Background : Snacking, especially on items like chips, chocolates, and soft drinks, is widespread among young people, contributing to obesity due to poor snacking habits and high consumption of unhealthy snacks. Frequent snacking leads to higher energy intake, lower fruit and vegetable consumption, and increased intake of sugary beverages and fast food. Overconsumption of processed snacks high in fats, sugars, salt, and artificial ingredients can result in obesity, diabetes, and heart disease.

Trends show a rise in energy-dense, nutrient-poor snacks, influenced by factors like stress, cravings, and sleeplessness, which contribute to poor nutrition and meal skipping. Snacking driven by hunger tends to be healthier, while habitual or non-hungry snacking leads to unhealthy food choices and weight gain. Snacking while distracted can decrease satiety and increase later food intake.

Environmental factors, such as school policies and access to unhealthy snacks, significantly influence adolescents' snacking habits. Vending machines in schools offering unhealthy options correlate with increased consumption among adolescents. Worldwide, many children and adolescents are skipping meals in favor of snacks, with the main calorie sources being sweets, high-sodium snacks, and sugar-sweetened beverages. This shift has led to rising obesity rates among adolescents.

Defining "snacks" versus "meals" is important for understanding dietary patterns and making dietary interventions. This review aims to clarify these definitions, motivations behind snacking, and common food choices to identify areas for dietary improvement.

Objective: The primary objective of this study is to determine how often adolescents consume snacks on a daily basis. By collecting data on the number of times participants eat snacks throughout the day, the study aims to identify prevalent snacking patterns within this age group. Understanding the frequency of snacking can provide insights into potential nutritional gaps or excessive calorie intake that may contribute to various health issues such as obesity and poor dietary habits. This objective seeks to highlight the extent to which snacking is integrated into adolescents' daily routines and to establish a baseline for further analysis of their eating behaviors.

This secondary objective focuses on identifying the specific types of snacks that adolescents prefer and consume regularly. By categorizing snacks into different types, such as sweet, savory, spicy, or sour, the study aims to reveal the variety and nutritional quality of the snacks chosen by adolescents. This information is crucial for understanding the dietary habits and potential nutritional deficiencies or excesses in this demographic. It will also help in recognizing patterns in snack preferences that may be influenced by cultural, social, or marketing factors.

The second secondary objective is to evaluate the portion sizes of snacks consumed by adolescents. By measuring the typical quantities of different types of snacks eaten, the study aims to assess whether adolescents are consuming snacks in moderation or in excessive amounts. Understanding portion sizes is essential for gauging the overall caloric intake from snacking and its contribution to the daily energy requirements. This objective will help identify if portion control is a concern and if interventions are needed to promote healthier snacking habits. It will also provide insights into whether adolescents are more likely to consume prepackaged snacks in set portions or if they tend to overeat when

portions are self-determined. Together, these objectives aim to provide a comprehensive understanding of adolescents' snacking behaviors, including how often they snack, what kinds of snacks they choose, and how much they consume at each snacking occasion. This information is vital for developing targeted nutritional guidelines and interventions to promote healthier eating habits among adolescents.

Methodology: The study conducted was an observational, cross-sectional survey aimed at assessing the snacking patterns of adolescents aged 10-19 years at D.Y. Patil University, Nerul, Navi Mumbai. Over six months, ethical approval was secured, and 101 participants were recruited using a combination of stratified random and convenience sampling. Data collection involved a structured questionnaire that covered demographics, snacking frequency, types and portions of snacks, influences on snack choices, and electronic device usage during snacking.

Descriptive statistics were utilized to analyze the data using SPSS and Stata, ensuring a detailed summary of snacking behaviors and influencing factors. Ethical considerations included informed consent, confidentiality, and voluntary participation, with data handling ensuring accuracy and completeness without imputation for missing values.

Result: The study examined adolescent snacking patterns, frequency, types, and portion sizes, alongside factors influencing snack choices. It revealed that most adolescents snack 1-2 times daily, primarily in the evening, favoring spicy and savory snacks, with home being the main snacking location. Fruits and dry fruits were seen as the healthiest options, though convenience often led to less healthy choices. Taste was the primary driver of snack choices, and there was a strong link between screen time and snacking. Limitations included a small sample size, reliance on self-reported data, cross-sectional design, and limited scope, lack of nutritional assessment, and insufficient consideration of external, behavioral, and policy factors. Addressing these in future research could improve the understanding and promotion of healthier snacking behaviors among adolescents.

Conclusion: This study aimed to understand adolescent snacking patterns, focusing on frequency, types of snacks, and portion sizes, surveying 101 participants. It revealed that most adolescents snack 1-2 times daily (55.4%), with 37.6% snacking 3-4 times, primarily in the evening (93.1%). Adolescents favor spicy (92.1%) and savory (71.3%) snacks over sweet and sour options, with home being the primary snacking location (81.2%). Dry fruits (91.1%) and fruits (86.1%) are considered the healthiest snacks, although 97.0% would opt for any available snack in their absence. Wafers (92.1%), Namkeen (65.3%), desserts (56.4%), and biscuits (53.5%) are the most commonly consumed snacks. Taste is the main factor influencing snack choices (80.2%) and 94.1% use electronic devices while snacking. These findings highlight frequent snacking, a preference for spicy and savory flavors, and evening snacking at home, underscoring the need to address taste preferences and improve the accessibility of healthier snack options to promote better eating habits among adolescents.

Keyword : Adolescents , Snacking, Consumption, Health, Eating habits, Snacking Patterns, Taste, Portion size, Snacking behavior, Dietary pattern, and etc

1. INTRODUCTION

Snacking, the consumption of food and drinks like chips, chocolates, and soft drinks, is prevalent among young people, particularly students. (1) Poor snacking habits, such as indulging in unhealthy or excessive snacks between meals, contribute to obesity in adolescents. Research indicates that frequent snacking is linked to higher energy intake, lower consumption of fruits and vegetables, and more intake of sugary beverages and fast food. (2) Overconsumption of processed snacks containing high levels of fats, sugars, salt, (3), and artificial ingredients has negative health effects like obesity (4), diabetes, and heart disease. (1) Trends show an increase in energy-dense, nutrient-poor snacks over the years, with these snacks widely available in places frequented by youth. Snacking habits, often influenced by factors like stress, cravings, and sleeplessness, contribute to improper nutrition and meal skipping. (3) While snacking when hungry tends to involve healthier choices, snacking out of habit or in the absence of hunger leads to consumption of unhealthy foods, promoting weight gain and poor nutrition. (2) Preference is a major factor driving snacking choices, while physiological or functional reasons may also play a role, such as morning snacking for energy. Eating while distracted can reduce satiety and lead to increased consumption at subsequent meals. (1) Therefore the aim of the study is to assess the snacking pattern of the adolescent. Moreover, the context in which adolescents snack plays a pivotal role in shaping their dietary behaviors. Environmental factors like school policies, advertising, and access to unhealthy snacks influence adolescents' snacking patterns and choices. For instance, the prevalence of vending machines offering predominantly unhealthy snacks in school settings correlates with increased consumption among adolescents. (5) The

prevalence of young adults opting for snacks over meals varies worldwide. In developing countries, a significant number of children, adolescents, and college students report skipping meals and increasing their snacking behaviors. Over the past forty years, adolescents' snack consumption has risen, with the primary calorie sources being sweets, high-sodium snacks, and sugar-sweetened beverages. While the intake of fruits and vegetables has declined, the consumption of calorie-dense, less nutritious snacks has surged. These eating habits contribute to the rising obesity rates among adolescents. Snacking has become a common practice among children and adolescents, with snack sales in Mediterranean countries increasing by 57% over the past decade.(6)

Globally, adults often consume energy outside traditional meals like breakfast, lunch, and dinner. However, due to the lack of consistent definitions for "snacks," it remains unclear whether these additional eating occasions represent extra meals or snacks. The labeling of an eating occasion (e.g., as a meal or a snack) may influence subsequent food choices and satiety levels. Thus, establishing a clear distinction between "meals" and "snacks" is crucial. This review aims to assess the definition of extra eating occasions, understand the motivations behind them, and identify common food choices to pinpoint areas for dietary intervention and improvement.(7)

2. METHODOLOGY

2.1 Study Design- The study conducted was an observational study.

2.2 Study Setting- The study was conducted in the D.Y. Patil University Nerul, Navi Mumbai.

2.3 Study Duration- The study was for 6 months. The Ethical clearance was obtained from the Institutional Ethical committee prior to data collection.

2.4 Sample Size- All individuals from D.Y. Patil University and fulfilling inclusion criteria will be included.

2.5 Selection Criteria

Inclusion Criteria	Exclusion Criteria
Children of age group 10 to 19 years.	<ul style="list-style-type: none"> • Children below 10 years • Children above 19 years

2.8 Development of Tool –

1. Define Objectives:

- The aim is to assess snacking patterns among adolescents.
- Primary objective: To assess the frequency of snack consumption.
- Secondary objectives: To assess the types of snacks consumed and their portion sizes.

2. Literature Review:

- Review existing studies and questionnaires on adolescent snacking habits.
- Identify common themes and validated questions that can be adapted.

3. Questionnaire Design:

- Create questions that are clear, concise, and age-appropriate.
- Ensure questions cover the primary and secondary objectives.
- Include demographic questions for data segmentation.

4. Question Types:

- Using multiple-choice questions for frequency, types, and portion sizes to ensure ease of response and consistency in data collection.
- Include open-ended options where necessary to capture a wider range of responses.

5. Questionnaire Sections:

- o Demographics: To gather basic information about the participants.
- o Name
- o Age

- o Gender
- o Snacking Frequency: To assess how often adolescents snack in a day.
- o "How often do you snack in a day?" with options for 1-2 times, 3-4 times, >5times, and Never.
- Timing of Snacking: To determine when adolescents usually snack.
- When do you usually snack? with options for Morning, Afternoon, Evening, and Late at night.
- Taste Preferences: To understand the preferred taste profiles for snacks.
- What is your preferred taste for snacking? with options for Sweet, Sour, Spicy, and Savoury.
- Snacking Location: To identify where adolescents usually snack.
- Where do you usually snack? with options for Home, School, Friends or Relative (outdoor), and Traveling.
- Healthy Snack Perception: To gauge what adolescents consider as healthy snacks.
- According to you, what is a healthy snack? with options for Diet chivda, Oats Cookies, Dry fruits, Fruits, and an open-ended "Others" option.
- Response to Unavailability of Healthy Snacks: To understand their behaviour when healthy snacks are not available.
- What if healthier snacks are not available? with options for Avoid eating and Consume any other snack.
- o Types and Portions of Snacks Consumed: To capture the specific types and portion sizes of snacks.
- o What usually do you snack on? with specific snack options and portion sizes(e.g., Wafers 1 packet/half packet).
- o Influences on Snack Choices: To identify factors influencing snack choices.
- What influences your snack choices the most? with options for Taste, Availability, Peerinfluence, and Cost.
- o Snacking and Screen Time: To determine if adolescents use electronic devices while snacking.
- Do you watch TV or use electronic devices while snacking? with Yes and No options.

6. Validation and Pilot Testing:

- Pre-test the questionnaire with a small group of adolescents to ensure clarity and comprehensibility.
- Revise questions based on feedback to address any ambiguities or difficulties.

7. Finalization:

- Review and finalize the questionnaire, ensuring it aligns with the study objectives.
- Format the questionnaire for ease of administration, whether paper-based or digital.

Data Analysis: Descriptive statistics were used to analyze the data, including frequencies and percentages for categorical variables such as types of snacks consumed, portion sizes, factors influencing snack choices, and use of electronic devices while snacking.

Ethical Considerations:-This study adhered to ethical guidelines for research involving human participants. Informed consent was obtained from all participants and their guardians, and confidentiality and anonymity of participants' responses were maintained throughout the study.

2.9 : - Method of data collection :-

Study Design:-This research employed a cross-sectional study design to assess the snacking patterns and choices of adolescents.

Participant Recruitment:-Participants were recruited from schools within the target demographic area using a random sampling method. Informed consent was obtained from both participants and their guardians prior to their inclusion in the study.

Sample Size: A total of 101 adolescents aged between 10 and 19 years were included in the study sample.

Data Collection: Data was collected using structured questionnaires administered to the participants. The questionnaires were designed to collect information on various aspects of snacking behavior, including frequency of snack consumption, types of snacks consumed, portion sizes, factors influencing snack choices, and use of electronic devices while snacking.

Variables Assessed:

1. Frequency of Snack Consumption: Participants were asked about the frequency of their snack consumption, including the number of snacks consumed per day and the timing of snack consumption (morning, afternoon, evening, late at night).
2. Types of Snacks Consumed: Participants were asked to indicate the types of snacks they usually consumed, including categories such as wafers, namkeen, desserts, biscuits, fruits, and dry fruits.
3. Portion Size of Snacks Consumed: For each type of snack, participants were asked about their typical portion size, categorized as no consumption, one packet/serving, or half packet/serving.

4. Factors Influencing Snack Choices: Participants were queried about the factors that most influenced their snack choices, such as taste, cost, availability, and peer influence.

5. Use of Electronic Devices While Snacking: Participants were asked whether they typically used TV or electronic devices while snacking, with response options of yes or no.

2.10 Method of data collection relevant to the objective-

Objective:

- Primary objective :-To assess the frequency of snacks consumption among the adolescent
- Secondary objective:-To assess the types, and portion sizes of snacks consumed by adolescents.

Study Design: Cross-sectional survey using a structured questionnaire.

Target Population: Adolescents aged 10-19 years.

Sample Size: 101 adolescents to ensure statistical significance and representativeness.

Sampling Method:

• **Stratified Random Sampling:** To ensure representation across different age groups, genders, and school types (public, private).

• **Convenience Sampling:** To include participants from different schools, community centers, and youth clubs.

Data Collection Instrument: A structured questionnaire designed to capture data on snacking patterns.

Procedure:

1. Preparation:

- Obtain ethical approval from the institutional review board.
- Prepare consent forms for both parents and participants, detailing the study's purpose, procedures, and confidentiality measures.
- To administer the questionnaire effectively and without bias.

2. Recruitment:

- Contact schools, community centers, and youth clubs to seek permission for data collection.
- Distribute consent forms to potential participants through these institutions.
- Arrange specific times and places for participants to fill out the questionnaires.

3. Data Collection Steps:

- Step 1: Provide an overview of the study and instructions on how to complete the questionnaire.
- Step 2: Distribute the questionnaire and ensure each participant has sufficient time to complete it.
- Step 3: Collect the completed questionnaires and check for completeness and legibility.

4. Data Entry and Analysis:

- Data Entry: Enter data into a secure electronic database.
- Data Cleaning: Verify and clean data for any inconsistencies or missing responses.
- Statistical Analysis: Use descriptive statistics (frequencies, percentages) to summarize the data. Using SPSS method.

5. Quality Control:

- Double-check a random sample of the data against the original questionnaires to ensure accuracy.
- Address any discrepancies found during data entry.

6. Ethical Considerations:

- Ensure voluntary participation with the option to withdraw at any time.
- Maintain strict confidentiality of all participants' information.
- Use collected data solely for the purposes of this study and in accordance with ethical guidelines.

2.11 Data Analysis plan and methods

Statistical Analysis:

SPSS software tool was used to statistically analyze the data obtained.

General Considerations:

Data were gathered in accordance with the requirements of the study.

The.xlsx file format (Microsoft Excel Version 2007 or above) was used to transfer the data. An Excel spreadsheet file is an alternate data format. The received data were examined for mistakes, inconsistencies, and completeness. Stata version 13.1, a Windows-based statistical tool, was used to analyze the data (Stata Corp, USA). All patient records that meet the inclusion and exclusion criteria were added to the analysis.

Listings, figures, and summary tables were used to report the statistical analysis (TLFs).

Description of Demographics

The summary of demographic data was presented:

- Age – descriptive statistics
- Gender – n (%)

For categorical variables, the parameter's number and percentage of respondents within each category—along with a category for missing data where necessary—were typically given. The number of individuals, mean, and standard deviation (SD) values were given for continuous variables.

Specific subject information was included in the postings. Tabulations of categorical data were available for those categories that were in the data, unless otherwise indicated.

Handling Missing Values:

Imputation was not performed for missing data; it was classified as missing.

3. RESULT AND DISCUSSION

Q1) Demographic profile of participants

Table 3.1: Age group of participants (n=101)

	101
Mean	15.86
Median	17.00
Std. Deviation	2.57
Minimum	10
Maximum	19

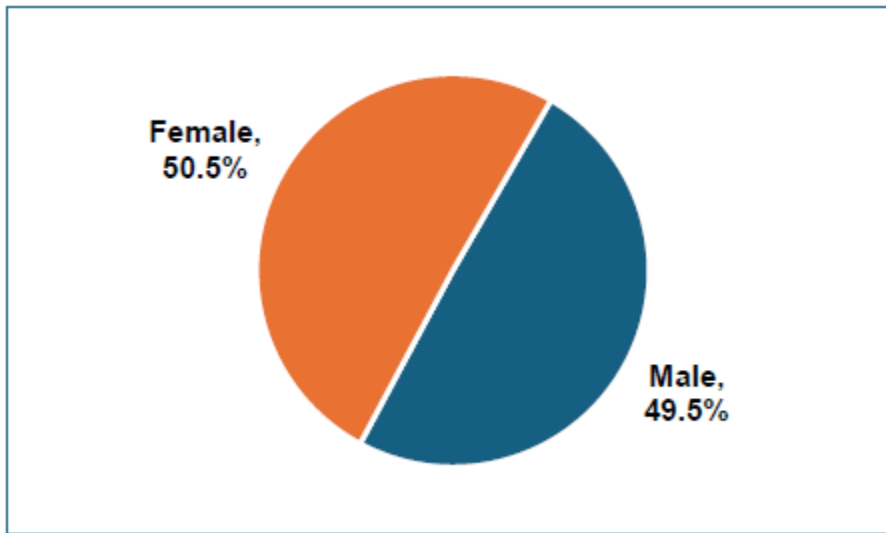
No: No. of participants

Table 3.2: Gender distribution of participants (n=101)

	<i>No.</i>	<i>%</i>
Gender		
• Female	51	50.5%
• Male	50	49.5%
Total	101	100.0%

No.: No. of participants

Figure 3.1: Gender-wise distribution of participants (n=101)



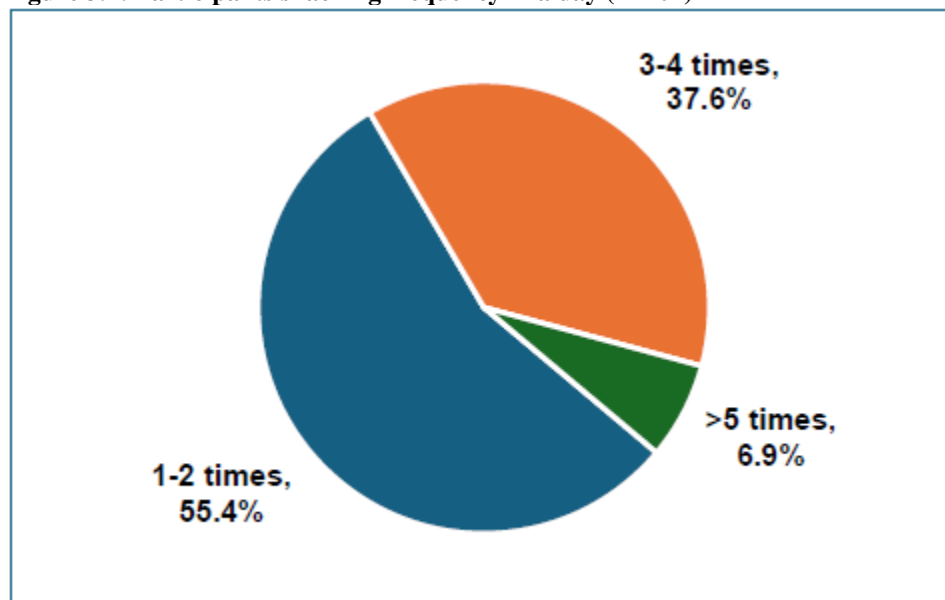
Q.2) How often do you snack in a day?

Table 3.3: Participants snacking frequency in a day (n=101)

	<i>No.</i>	<i>%</i>
How often snack		
• 1-2 times	56	55.4%
• 3-4 times	38	37.6%
• >5 times	7	6.9%
• Never	0	0.0%
Total	101	100.0%

No.: No. of participants response

Interpretation :- The study aimed to understand the snacking patterns and choices of adolescents, with the primary objective being to assess the frequency of snack consumption among this demographic. A total of 101 participants were surveyed, and the results are summarized in Table 3 and Figure 2. The findings reveal that the majority of adolescents snack 1-2 times a day, constituting 55.4% of the participants. A significant portion of respondents, accounting for 37.6%, reported snacking 3-4 times a day. Only a small percentage, 6.9%, indicated snacking more than 5 times a day. Surprisingly, none of the participants reported never snacking. These results shed light on the prevalent snacking habits among adolescents, highlighting that the majority snack at least once or twice a day, with a considerable proportion snacking multiple times throughout the day.

Figure 3.2: Participants snacking frequency in a day (n=101)**Q.3) When do you usually snack?****Table 3.4: Snacking period of participants (n=101)**

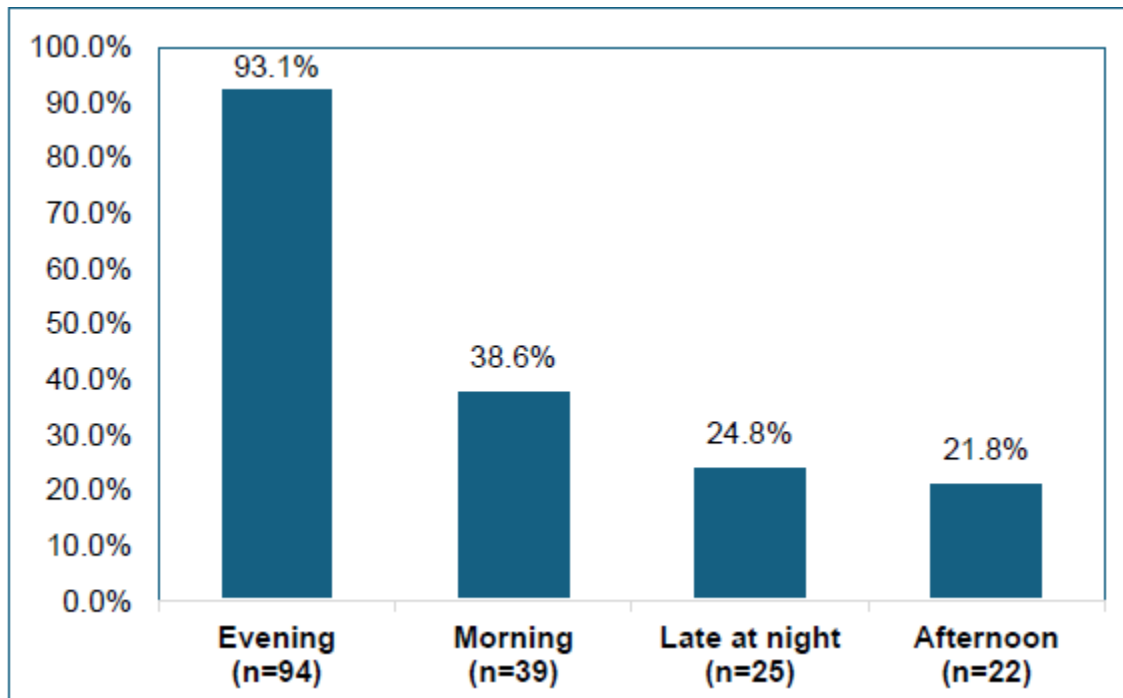
	<i>No.</i>	<i>%</i>
When usually snack		
• Evening	94	93.1%
• Morning	39	38.6%
• Late at night	25	24.8%
• Afternoon	22	21.8%

No.: No. of participants response

Interpretation :- The study aimed to understand the snacking patterns and choices of adolescents, with the primary objective being to assess the frequency of snack consumption among this demographic. A total of 101 participants were surveyed, and the results are summarized in Table 3 and Figure 2.

The findings reveal that the majority of adolescents snack 1-2 times a day, constituting 55.4% of the participants. A significant portion of respondents, accounting for 37.6%, reported snacking 3-4 times a day. Only a small percentage, 6.9%, indicated snacking more than 5 times a day. Surprisingly, none of the participants reported never snacking. These results shed light on the prevalent snacking habits among adolescents, highlighting that the majority snack at least once or twice a day, with a considerable proportion snacking multiple times throughout the day.

Figure 3.3: Snacking period of participants (n=101)



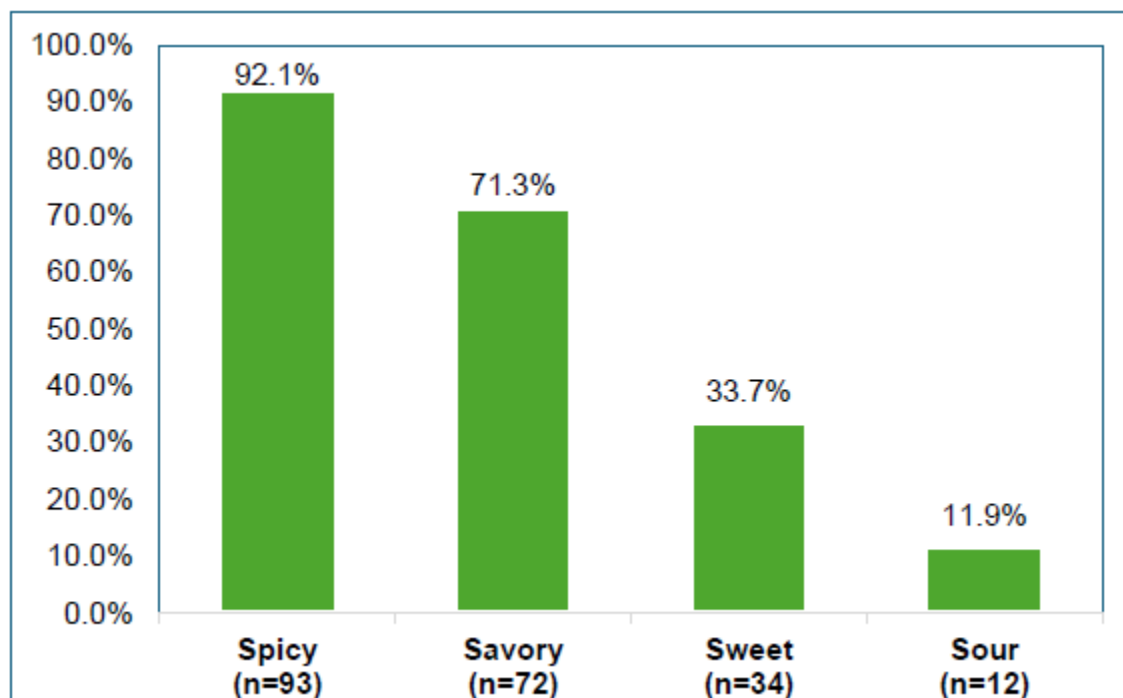
Interpretation:- The study, which involved 101 participants, revealed that snacking was most prevalent in the evening, with 93.1% of respondents reporting this as their primary snacking period. Morning snacking was less common, reported by 38.6% of participants, followed by late-night snacking at 24.8%, and afternoon snacking at 21.8%. This data indicates a clear preference for evening snacking among adolescents in the surveyed population.

Q4) What is your preferred taste of snacking?

Table 3.5: Participant’s snacking preferred taste (n=101)

	<i>No.</i>	<i>%</i>
Preferred taste for snacking		
• Spicy	93	92.1%
• Savory	72	71.3%
• Sweet	34	33.7%
• Sour	12	11.9%

FIGURE 3.4: Participant’s snacking preferred taste (n=101)



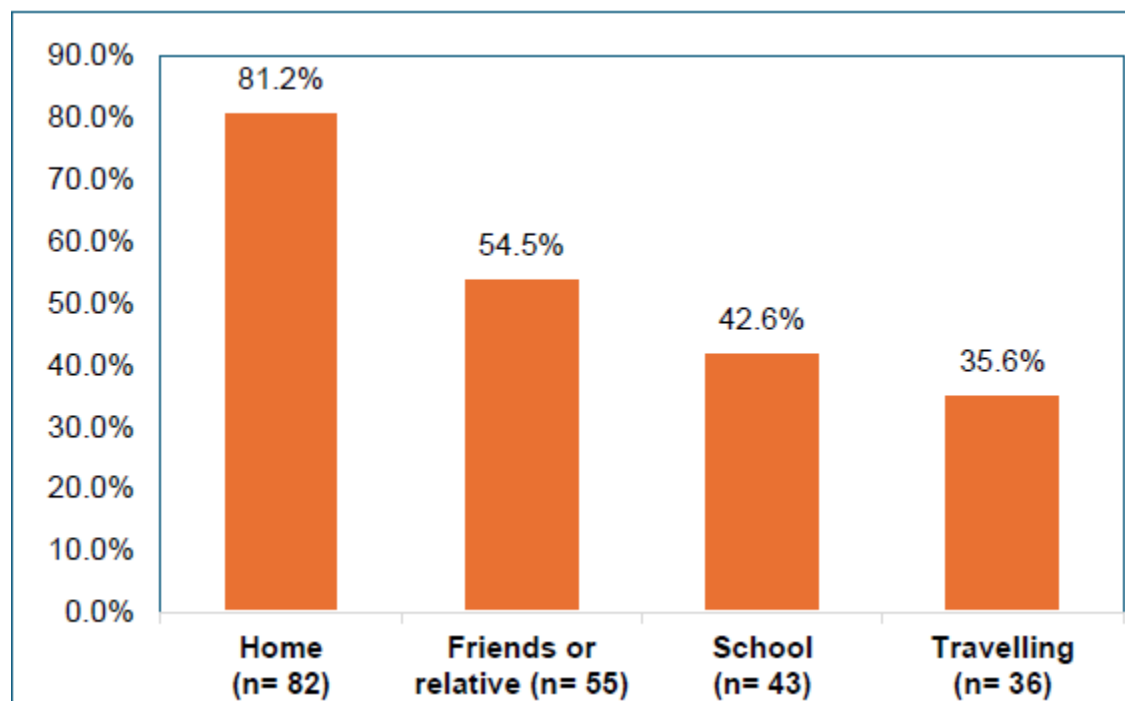
Interpretation:- In assessing preferred tastes among participants, the data from 101 respondents revealed that spicy snacks were overwhelmingly favored, with 92.1% of adolescents indicating a preference for this taste. Following spicy snacks, savory options were also popular, with 71.3% of participants expressing a liking for them. Sweet snacks were less preferred, with only 33.7% of respondents indicating a preference for this taste, while sour snacks were the least favored, with just 11.9% of adolescents indicating a preference for them. This data provides insights into the taste preferences of adolescents when it comes to snacking choices, with spicy and savory options being the most favored among the surveyed population.

Q5) Where do you usually snack?

Table 3.6: Participant’s snacking preferred place (n=101)

	No.	%
Where usually snack		
• Home	82	81.2%
• Friends or relative	55	54.5%
• School	43	42.6%
• Travelling	36	35.6%

Figure 4: Participant’s snacking preferred place (n=101)

FIGURE.3.5. Participant's snacking preferred place (n=101)

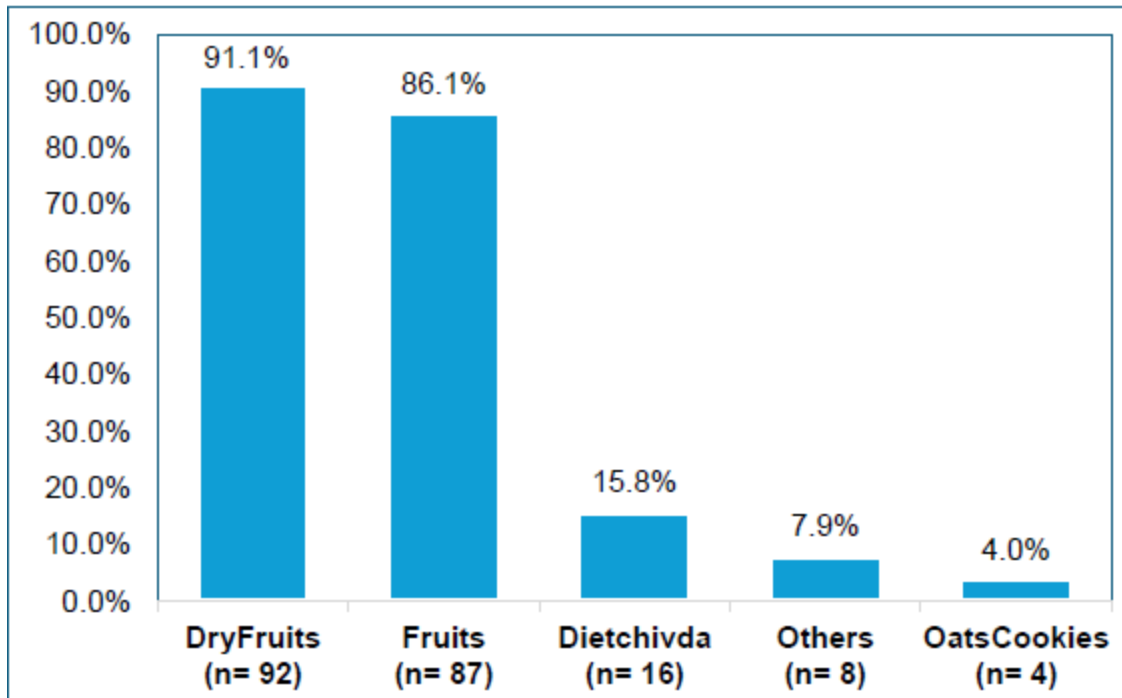
Interpretation:- Regarding the locations where adolescents typically snack, data from 101 participants revealed that the majority, 81.2%, reported snacking at home. Following home, social settings like friends' or relatives' places were also common snacking locations, with 54.5% of respondents indicating this preference. School emerged as another significant snacking environment, with 42.6% of adolescents reporting snacking there. Additionally, a considerable proportion, 35.6%, mentioned snacking while traveling. This information highlights the varied contexts in which adolescents engage in snacking behavior, with home being the primary location, followed by social settings, school, and travel situations.

Q6) According to you what is healthy snack?

Table 3.7: Participant's healthy snack choices (n=101)

	<i>No.</i>	<i>%</i>
Healthy snack		
• Dry Fruits	92	91.1%
• Fruits	87	86.1%
• Diet Chivda	16	15.8%
• Oats Cookies	4	4.0%
• Others	8	7.9%

Figure 3.6: Participant’s healthy snack choices (n=101)



Interpretation:- In exploring participants' perceptions of healthy snacks, data from 101 respondents revealed that dry fruits were overwhelmingly considered a healthy option, with 91.1% of adolescents endorsing them. Fruits followed closely behind, with 86.1% of participants viewing them as healthy snacks. Diet chivda was considered healthy by 15.8% of respondents, while oats cookies were mentioned by 4.0% as a healthy choice. Additionally, 7.9% of adolescents cited other snacks as healthy options.

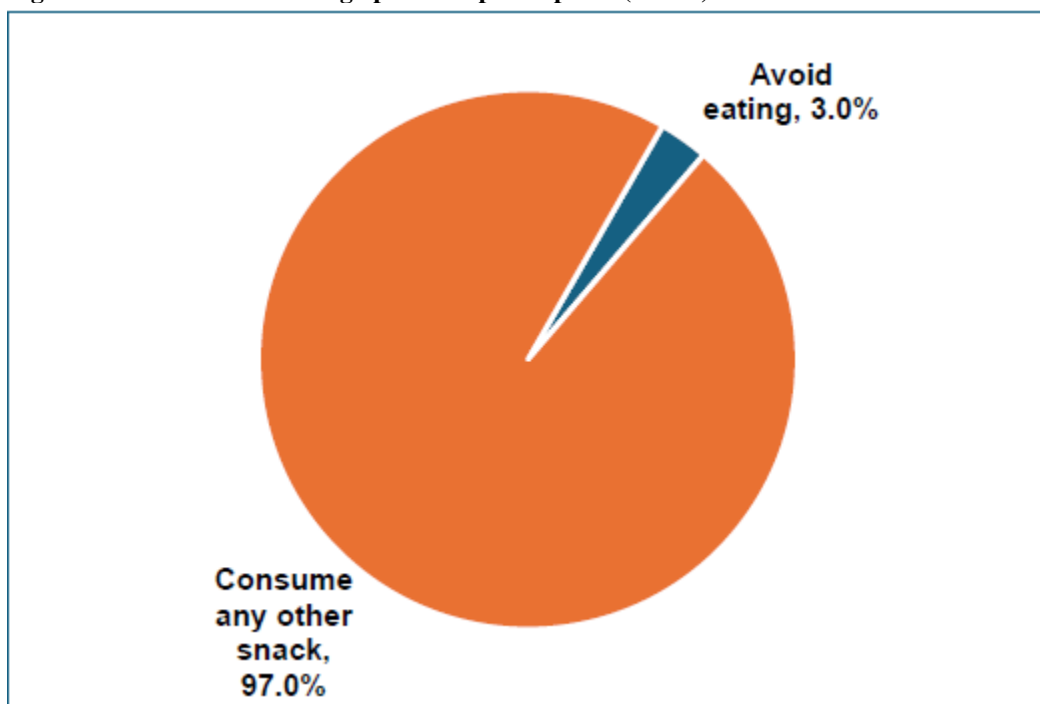
Q7) What if healthier snacks are not available?

Table 3.8: Alternate snacking options of participants (n=101)

	No.	%
Healthier snacks if not available		
• Avoid eating	3	3.0%
• Consume any other snack	98	97.0%
Total	101	100.0%

No.: No. of participants response

Figure 3.5: Alternate snacking options of participants (n=101)



Interpretation:- When considering alternatives if healthier snacks were unavailable, data from 101 participants revealed that the overwhelming majority, 97.0%, would opt to consume any other snack, regardless of its healthiness. Only a small minority, 3.0%, indicated that they would avoid eating altogether if healthier snack options were not available.

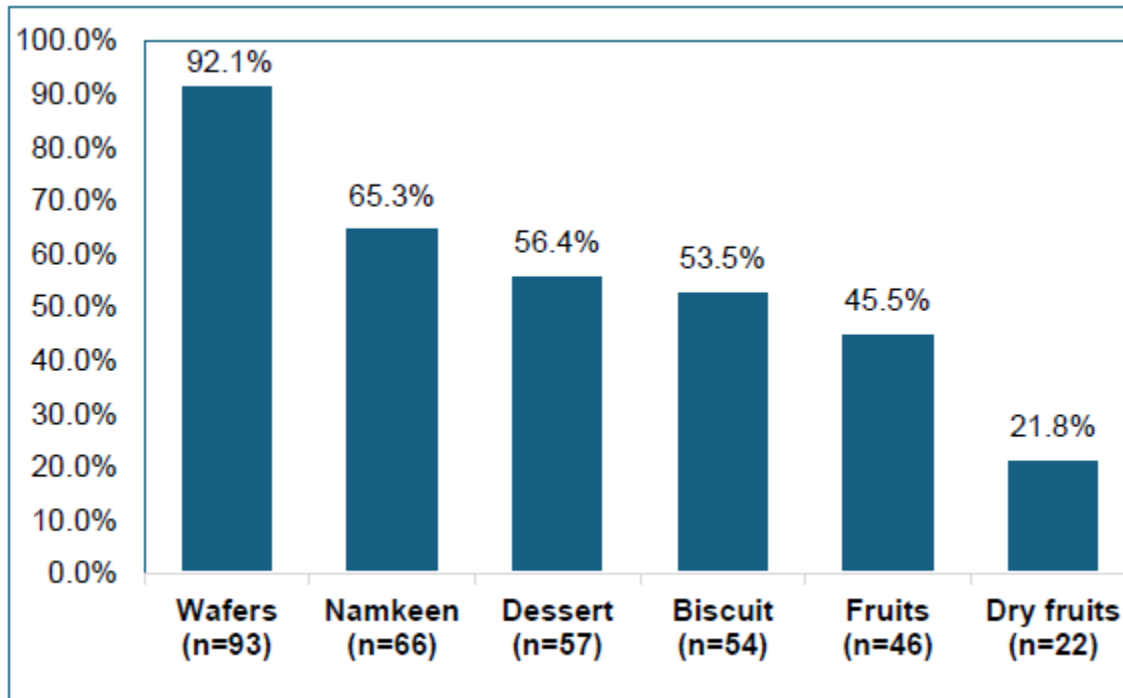
Q8) What usually you snack on?

Table 3.9: Participant’s snacking preferences (n=101)

	<i>No.</i>	<i>%</i>
What usually snack		
• Wafers	93	92.1%
• Namkeen	66	65.3%
• Dessert	57	56.4%
• Biscuit	54	53.5%
• Fruits	46	45.5%
• Dry fruits	22	21.8%

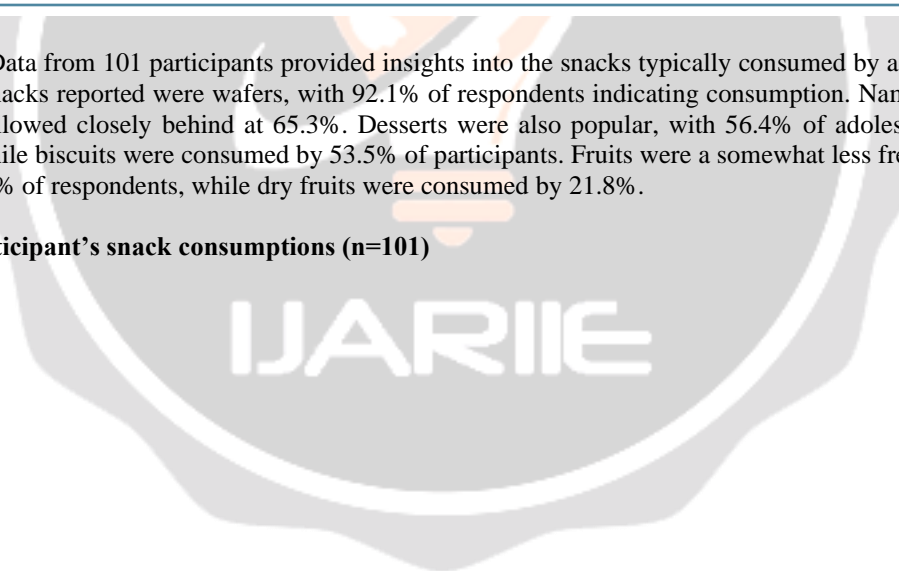
No.: No. of participants response

Figure 3.6: Participant’s snacking preferences (n=101)



Interpretation:- Data from 101 participants provided insights into the snacks typically consumed by adolescents. The most common snacks reported were wafers, with 92.1% of respondents indicating consumption. Namkeen, a savory Indian snack, followed closely behind at 65.3%. Desserts were also popular, with 56.4% of adolescents reporting consumption, while biscuits were consumed by 53.5% of participants. Fruits were a somewhat less frequent choice, reported by 45.5% of respondents, while dry fruits were consumed by 21.8%.

Table 3.10: Participant’s snack consumptions (n=101)



	<i>No.</i>	<i>%</i>		<i>No.</i>	<i>%</i>
Wafers			Dessert		
• No consumption	8	7.9%	• No consumption	44	43.6%
• One packet	80	79.2%	• One serving	54	53.5%
• Half packet	13	12.9%	• Two servings	3	3.0%
Total	101	100.0%	Total	101	100.0%
Namkeen			Fruits		
• No consumption	44	43.6%	• No consumption	60	59.4%
• One packet	14	13.9%	• One serving	39	38.6%
• Half packet	43	42.6%	• Two servings	2	2.0%
Total	101	100.0%	Total	101	100.0%
Biscuit			Dry fruits		
• No consumption	47	46.5%	• No consumption	79	78.2%
• One packet	48	47.5%	• One serving	21	20.8%
• Half packet	6	5.9%	• Two servings	1	1.0%
Total	101	100.0%	Total	101	100.0%

No.: No. of participants response

Interpretation:- Among the various snacks assessed, wafers were the most commonly consumed, with 79.2% of adolescents reporting consumption of one packet, followed by half packet consumption by 12.9%. In contrast, a significant proportion, 7.9%, reported no consumption of wafers. For desserts, 43.6% reported no consumption, while 53.5% consumed one serving. Namkeen, another popular snack, saw 42.6% of participants consuming half a packet, with 13.9% consuming one packet and 43.6% reporting no consumption. When it came to fruits, 59.4% reported no consumption, while 38.6% consumed one serving. Biscuits were consumed by 47.5% of participants in one packet servings, while 46.5% reported no consumption. Dry fruits showed the highest percentage of no consumption at 78.2%, with 20.8% consuming one serving.

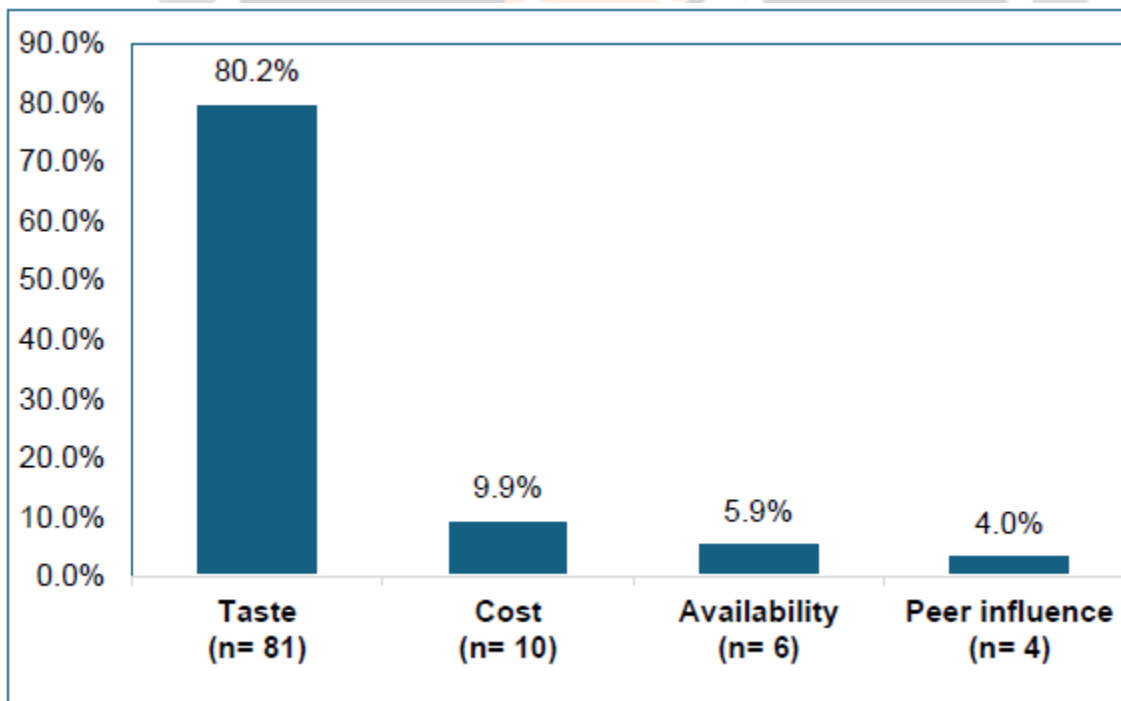
Q9) What influences your snack choices the most?

Table 3.11: Participant’s snack choices (n=101)

	<i>No.</i>	<i>%</i>
What influences snack choices		
• Taste	81	80.2%
• Cost	10	9.9%
• Availability	6	5.9%
• Peer influence	4	4.0%

No.: No. of participants response

Figure 3.7: Participant’s snack choices (n=101)



Interpretation:- The overwhelming majority, 80.2%, indicated that taste was the most influential factor in their snack choices. Cost was a lesser influence, mentioned by 9.9% of respondents, followed by availability at 5.9%. Peer influence emerged as the least influential factor, with only 4.0% of adolescents citing it as a determinant of their snack choices.

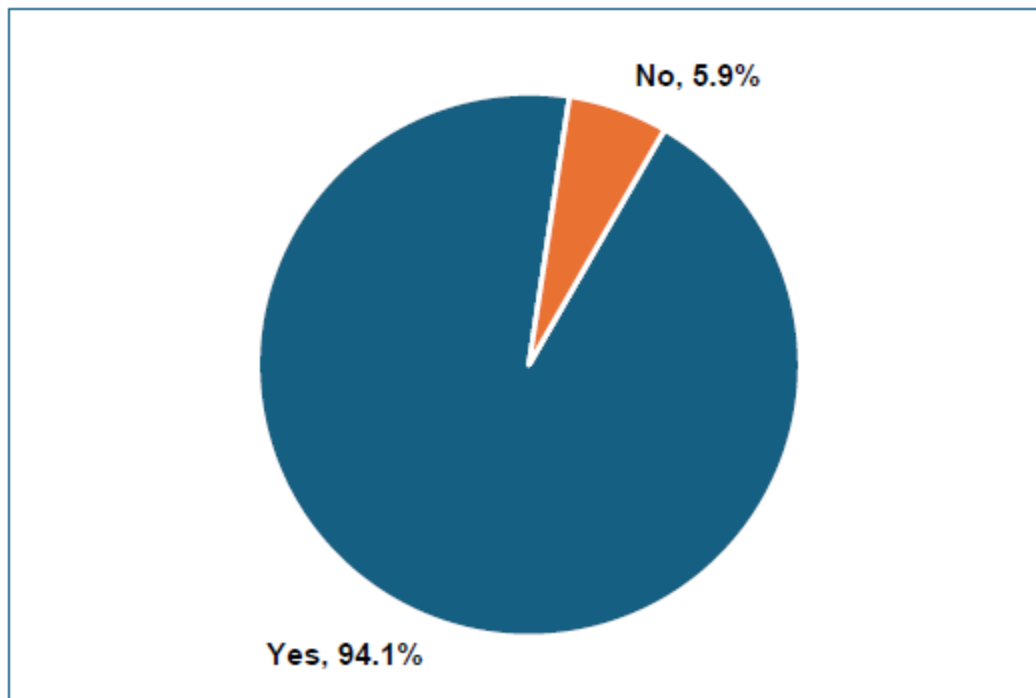
Q10) Do you watch TV or electronic devices while snacking?

Table 3.12: Use of TV or electronic devices while snacking (n=101)

	<i>No.</i>	<i>%</i>
Use of TV or electronic devices		
• Yes	95	94.1%
• No	6	5.9%
Total	101	100.0%

No.: No. of participants response

Figure 7.8: Use of TV or electronic devices while snacking (n=101)



Interpretation:- An analysis of data from 101 participants shed light on their behavior regarding electronic device use while snacking. The overwhelming majority, 94.1%, reported using TV or electronic devices while snacking, indicating a prevalent trend of multitasking during snack consumption among adolescents. In contrast, a small minority of 5.9% reported not using such devices while snacking.

4. CONCLUSIONS

The research study aimed to comprehensively understand the snacking patterns and choices among adolescents, focusing on the frequency, types of snacks consumed, and portion sizes. The survey, involving 101 participants, revealed significant insights into adolescent snacking behaviors. The majority of adolescents snack 1-2 times a day (55.4%), with a substantial portion (37.6%) snacking 3-4 times daily. Snacking was predominantly reported during

the evening (93.1%), followed by morning (38.6%), late at night (24.8%), and afternoon (21.8%). Taste preferences leaned heavily towards spicy (92.1%) and savory snacks (71.3%), with sweet and sour snacks being less favored. Home emerged as the primary location for snacking (81.2%), followed by social settings like friends' or relatives' places (54.5%), schools (42.6%), and while traveling (35.6%). In terms of perceived healthy snacks, dry fruits (91.1%) and fruits (86.1%) were considered the healthiest, while diet chivda and oats cookies were less commonly viewed as healthy options. If healthier snacks were unavailable, most adolescents (97.0%) indicated they would consume any available snack rather than avoid eating.

Wafers were the most commonly consumed snack (92.1%), followed by namkeen (65.3%), desserts (56.4%), biscuits (53.5%), fruits (45.5%), and dry fruits (21.8%). The consumption patterns showed that most adolescents would consume a full packet or serving of these snacks.

The primary factor influencing snack choices was taste (80.2%), with cost, availability, and peer influence playing lesser roles. Additionally, the study found that 94.1% of adolescents used electronic devices like TV or smartphones while snacking, indicating a prevalent trend of multitasking during snack consumption.

Overall, the study highlights a trend towards frequent snacking among adolescents, with a strong preference for spicy and savory snacks consumed primarily at home and during the evening. These findings underscore the importance of addressing taste preferences and accessibility in promoting healthier snacking habits among adolescents.

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