

Dietary diversity among ethnic people

Editorial

There are 45 ethnic groups in Bangladesh residing in plain land as well as hilly forest dense area. Most of them live in Chittagong hill tracts. We do not know much of them. Their diverse life style, different cultures, primitive agricultural practices, dependency on nature, traditional health belief makes them interesting area of study. Their dietary preparation and food consumption are also different in comparison to mainstream population. Nappi/Siddle (a mixture of various small fish) is very favorite food item and they consume it three times daily. Pork meat is available in market of Rangamati, Khagrachari and Bandarban district and almost all tribal groups like it though chicken is also available. Tribal people prefer to take Bashroll (Bamboo root) as vegetable and nutritive value of bashroll is quite unknown and need to be researched. Samuk, Mushroom, Frog, Snake, Kakra and Jhijhi insects were taken seldom by ethnic people because of unavailability. Some ethnic people inform me they consume everything what they get easily. Dry fish is their routine item particularly Suri and Chingri. They cook leafy vegetables with half boil. On the other hand Santals ethnic group reside in plain land of northern part of Bangladesh and prefer to consume Mongoose, Hare, Crab, Snake and Civet. Pork is also very common item in their menu. Different dietary patterns can have an effect on overall health because we know pleasure apparently acts as health promoters and worries can adversely affect health. Evidence suggests that food eaten in amounts that are too small, or too large, or that is unbalanced, results in malnutrition or diseases.

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