

# Assessment of food related habits and customs of *Bhil* tribe of Udaipur district, Rajasthan

SHWETA JOSHI AND VISHAKHA SINGH

Rajasthan is a home to various tribes who have very interesting history of origin, customs and social practices. About 39 per cent of Rajasthan tribal consists of Bhils. The present study was planned with the objective to assess the food habits and customs of Bhil tribe of Jhadol and Girwa panchayat samiti in Udaipur district. Five villages were randomly selected from each panchayat samiti. Ten families from each village were interviewed, thus making a total sample size of hundred families for the study. Food habits of Bhils are greatly influenced by beliefs, traditions, customs and taboos of the society. All the respondents were non-vegetarian. They consider the importance of special foods during various physiological conditions *i.e.* pregnancy, lactation, illness and fasting. Due to their low socio-economic condition they cannot afford the foods that are important during such conditions. Meal and alcohol plays a very important role in every occasion. Specific type of meal is prepared in different occasions that to depend upon the customs, food habits, and availability of the food in the particular area. Food habits of the tribes need to be assessed because it differs from one tribe to another and from one region to another and it has a major effect on the nutritional status of the population. There is a rich habitat of natural foods in Indian tribal environments that need to be used to promote food security, nutrition and health.

**Key Words :** Bhil tribe, Food habit, Food custom, Physiological conditions, Special foods, Udaipur

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MEMBERS OF RESEARCH FORUM

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**Author for correspondence :**

**SHWETA JOSHI**, Department of Food and Nutrition, College of Home Science, G.B. Pant University of Agriculture and Technology, Pantnagar, U.S. NAGAR (UTTARAKHAND) INDIA  
Email : [shweta29joshi@gmail.com](mailto:shweta29joshi@gmail.com)

**Associate Authors' :**

**VISHAKHA SINGH**, Department of Food and Nutrition, College of Home Science, Maharana Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA  
Email : [vishakha\\_singh@yahoo.com](mailto:vishakha_singh@yahoo.com)

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