

## **Summary**

**Title:- Consumption of Trans Fatty Acids and regularity of Menstrual Cycle among Working Women in the Age group of 30-45 years .**

**Duration of the Project: 2 years**

The study was conducted on 200 working women in the city of Mumbai in the age group of 30-45 years. They were asked about their eating pattern in a day through the food frequency questionnaire. Around 92 % of the women had breakfast every day indicating. The study was conducted to understand the eating patterns among working women and its effects on their menstrual regularity, in the urban city of Mumbai. The respondents were either working full time or part time. The respondents revealed how early working hours made it difficult for them to cook food and carry their meals. In spite of all the odds they would eat their breakfast on a daily basis and also carried their lunch from home. Cereal based breakfast was commonly consumed. In which preference was given to South Indian foods like Idli, Dosa, Uttapa etc..Fruits were eaten on a daily basis by them, though the time of eating fruits was different for all. Most of them preferred eating fruits in the morning. The snacks consumed during office hours were either roasted or fruit juices. Some had fast foods from nearby outlets outside. The consumption of trans fats from snacks was less in this case as they had few snacks from outside. The snacks like Samosa, Sev Puris were consumed where the shortening agent used is a source of trans fats. Menstrual discomfort was common among all though they reported of shorter cycle which may be the reason for change in the date of their menstrual cycles. Stomach ache and back pain were the common

complaints given by the respondents. Common cravings were sweets during the menstrual period. The common lifestyle diseases seen among their families was Diabetes Mellitus. A shift in the regular eating pattern definitely has an effect on the menstrual cycle, which was agreed by the respondents. The respondents in the study do not mention a major irregularity in the menses though there are changes in the dates every month. Further study is required to understand the role of fats in the menstruation regularity.