

## Editorial

# Indian Youth Should Be Trained Regarding Traditional Foods of the Country

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As an Indian native grass, bamboo shoots contain several nutritional compounds such as protein, vitamins, minerals, carbohydrates, fat, enzymes, coenzymes, lactic acid, reducing and non-reducing sugars, and also citric acid. Bamboo shoots are not only rich in nutrition but reflect a rich cultural history of traditional knowledge in India. Local people of Northeast India have consumed fermented bamboo shoots since ancient times; however, with increasing globalization and fast food consumption,

the traditional knowledge as well as skill of processing bamboo shoots seems to be changing and vanishing in the country. With increase in the fast food consumption and also changing food habits, we need to strengthen our existing traditional knowledge system among the Indian youth through educational programs emphasizing the considerable importance of these traditional foods in terms of health, social, cultural, as well as nutritional security.

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