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4.	Name of the Research Guide	Dr. S. Uma Mageshwari
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**1**

### Introduction

The modern lifestyle has driven a significant shift towards convenience, leading to the rapid growth of the Ready-to-Eat (RTE) and Ready-to-Cook (RTC) markets. The expansion of the RTE/RTC market in India is driven by rapid urbanization, innovative product development, rising disposable incomes, and the growth of the e-commerce sector.

The Ministry of Food Processing Industries (MOFPI) provides further impetus for increased production of RTE and RTC products. Over the past decade, the RTE sector has evolved with an annual compound growth rate (CAGR) of 12%, while RTC foods have grown at a CAGR of 7%. By FY'30, the production of RTE/RTC foods in India is projected to reach approximately INR 9,600 crore or 4.6 lakh metric tons, reflecting an anticipated CAGR of around 13% (MOFPI, 2023). This growth is further supported by a strong regulatory framework, sustained research, and government initiatives to encourage inventions, entrepreneurship, and sectoral development. The need for Ready-to-Eat (RTE) and Ready-to-Cook (RTC) foods has increased, spurred by changing consumer preferences for convenient food options.

The major RTE and RTC products in the market promise convenience, minimal preparatory time, and ease on a day-to-day basis. There has been a transition from unhealthier packaged options to more need-based, consumer-friendly options catering to a range of individual preferences, such as gluten-free, high fiber, reduced use of trans fat, and salt. This trend aligns with the broader global movements towards healthy eating behaviour.

According to Sahu, et al. (2024), there is a spike in the instances of non-communicable illnesses and conditions, leading to 52% of the fatalities. Alterations in lifestyle, like unhealthy dietary habits and lack of exercise, led to the widespread occurrence of non-communicable diseases (NCDs) (Plasek et al., 2019). Anjana et al. (2023) have reported noteworthy prevalence estimates for diabetes and prediabetes in India, quantifying them at 101 million and 136 million, respectively. These figures represent a marked and concerning increase compared to earlier data (IDF Diabetes Atlas, 2021).

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Starch Characterization, Functional Properties, Prebiotic Potential of Unripe Banana  
Flours and Development of Ready-to-Eat and Ready-to-Cook Products

# Starch Characterization, Functional Properties, Prebiotic Potential of Unripe Banana Flours and Development of Ready-to-Eat and Ready-to- Cook Products

*by* Central Library Avinashilingam

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