

Role of Digital Food Delivery Apps in Shaping Eating Patterns and Nutritional Health Among Youth

Masum Ali
Lucknow University

Abstract—Role of Digital Food Delivery Apps I Shaping Eating Patterns and Nutritional Health Among Youth Rapid development of digital food delivery applications has changed significantly the dietary behavior and lifestyle patterns of young individuals [1], [2]. The increasing accessibility of fast food, Processed food etc. high-calorie beverages through online delivery platforms Concerns have been expressed regarding nutritional health between youth populations [3], [4]. This study Purpose of assessment the influence of digital food delivery applications about eating habits, meal frequency, food preferences, and nutritional health between young individuals' traditional person 18–30 The year [5], [6]. A cross-sectional survey-based study was conducted among 150 participants Selected from colleges and urban communities. Data was collected using a structured questionnaire focusing on frequency of food delivery app usage, Dietary choices, skipping meals, consumption of junk food, Physical activity and self-reporting health outcomes. This emerged from the results 72% of the participants used food delivery applications at the very least three times per week, while 58% Reported increased consumption of fast food After conventional use of these platforms [7], [8]. Approx 64% Respondents are preferred. High-calorie foods Value pizza, burgers, fried snacks, and sugary beverages over balanced meals [9], [10]. About 49% Attrition was reported among participants. Homemade meals due to the convenience of online food to order [11], [12]. Nutritional assessment Indicated it 41% Among the experienced respondents weight gain, 36% reported. Reduced physical activity, and 29% experienced digestive issues Affiliated unhealthy eating practices [13], [14]. Statistical analysis demonstrated a significant association between frequent food delivery app usage and poor dietary habits ($p < 0.05$) [15], [16]. in addition, participants who often ordered food online Exhibition lower fruit and vegetable intake Compared to occasional users [17], [18]. The conclusion of the study is that digital food delivery applications is quite affected. The eating behavior and nutritional health of youth by promoting easy access Energetic and nutritious poor food options [19], [20]. Though these applications Provide

convenience and time-saving benefits, excessive dependence but online food delivery services I can contribute. Unhealthy dietary practices, Overweight etc long-term metabolic disorders between young populations [21], [22]. Public health awareness programs, Nutrition education, and healthier food options but digital platforms Minimization is recommended. Adverse health impacts and encourage balanced eating habits. Youth [23], [24].

Index Terms—Digital food delivery apps, youth health, nutritional health, eating behavior, online food Order, efficient food consumption, Dietary habits, obesity, lifestyle.

I. INTRODUCTION

The advancement of digital technology has changed significantly human lifestyle, communication system, and consumer behavior across the world. One of the fastest growing sectors in the digital era is the online food delivery industry, that has changed the traditional methods of food shopping and consumption. Digital food delivery applications Esteem Swiggy, Zomato, Uber Eats, and food has emerged increasingly popular among pandas. Youth populations Because of their convenience, fast service, attractive discounts, and easy accessibility Through smartphones and internet services [1], [2].

I recent years, Widespread availability of smartphones, affordable internet connectivity, Digital payment systems, and urban lifestyles Has accelerated the use of online food delivery services Among youth and young adults [3], [4]. Young individuals, College students and workers, in particular, often prefer to order. Food online due to busy schedules, academic pressure, lack of cooking time, and changed social habits [5], [6]. Food delivery applications furnish a wide variety of food options from healthy meals Fast food, desserts, sugary beverages, and processed

snacks, Make them extremely attractive young consumers [7], [8]. Though digital food delivery applications offer convenience and time-saving benefits, their increasing usage have taken up serious concerns About eating behavior and nutritional health between youth populations. Many studies show this frequent online food ordering is linked to higher consumption of calorie-dense foods rich in fat, sugar, sodium, and preservatives [9], [10]. Excessive intake Such as unhealthy foods May increase the risk of obesity, high blood pressure diabetes mellitus, spirit disease, digestive disorders, and metabolic syndrome Among youth and young adults [11], [12]. The influence of digital food delivery applications expands beyond food accessibility and convenience. Online platforms Use advanced marketing strategies such as personalized recommendations, discount offers, cashback rewards, influencer promotions, and social media advertising to encourage repeated food Behavioral order between users [13], [14]. These marketing techniques Can be seriously affected food preferences, Advantageous eating habits, and unhealthy dietary choices between youth populations [15], [16]. Frequent exposure to attractive food advertisements and promotional notifications can direct increased fast-food consumption and reduced intake of nutritious homemade meals [17], [18]. Another important issue Affiliated digital food delivery There are services the development of sedentary lifestyle behavior between young individuals.

Excessive smartphone usage, less physical activity, Irregular meals and eating habits terminal at night are often observed. Frequent users of online food delivery applications [19], [20]. Such lifestyle changes can negatively affect and contribute to both physical and mental health. Long-term health complications [21], [22]. The COVID-19 pandemic More fast the growth of digital food delivery platforms worldwide. During lockdown periods and movement restrictions, Online food ordering is done. One Safest and most convenient methods to acquire meals [23], [24]. Even after the pandemic, many consumers Continued use food delivery applications Regularly and due to convenience improved delivery systems [25], [26]. Seam a result, Online food delivery services are deeply integrated. The daily routines of many young individuals. Despite the increasing popularity of digital food delivery applications, Limited research

has been thoroughly reviewed. Their impact and about eating patterns nutritional health Among young society, especially in developing countries. For the most part previous studies Mainly focused customer satisfaction, business development, and technology adoption, while fewer studies examined the health outcomes of excessive dependence but online food to order platforms [27], [28].

So that's it a need How to investigate digital food delivery applications influence dietary habits, food samples, food preferences, and nutritional outcomes between young populations. The present study was kept between 150 participants Age between 18 and 30 years to diagnose the role of digital food delivery applications in forming food patterns and nutritional health among the young participants. The study the purpose of this is to assess food ordering frequency, preferences. Unhealthy food items, skip meals, physical activity levels, and self-reported health outcomes Affiliated online food delivery app usage [29], [30]. The findings of this study I can contribute. Better understanding of the public health impact of digital food environments and can help decision makers, healthcare professionals, teachers, and food delivery companies Development effective strategies to promote healthy eating habits between youth populations [31], [32].

II. BACKGROUND OF THE STUDY

The rapid development of digital technology and smartphone-based services have changed significantly. The food consumption behavior of people across the world, especially in between young individuals. Digital food delivery applications Esteem Swiggy, Zomato, Uber Eats, and has progress very popular because of Food Panda. Their convenience, fast service, attractive discounts, and easy accessibility Through smartphones [1], [2]. The increasing availability of affordable internet services, Digital payment methods, and urban lifestyles has accelerated the growth of these applications between youth populations [3], [4].

Young individuals are among the majority active users of food delivery applications Because they are very influenced. Modern digital environments and changed lifestyle patterns. Students and working young people often prefer. Online food Order due to busy academic

schedules, Lack of cooking time, peer influence, and the convenience of getting food inside minutes [5], [6]. Food delivery platforms allocate a wide variety of fast foods, salty, sweet, and beverages, it encourages frequent consumption Energetic and nutritious poor food items [7], [8]. Studies It has proved so repeated exposure to online food advertisements and promotional offers Can be strongly influenced. Food cravings and impulsive ordering behavior Among youth and young adults [9], [10].

The growing dependence but food delivery applications Concerns have been expressed regarding unhealthy dietary habits and nutritional health. Several researchers have reported this. Frequent users of these platforms must be used high-calorie foods rich in fat, sugar, salt, and preservatives When using fewer fruits, Vegetables, etc. homemade meals [11], [12]. Such unhealthy eating patterns Obesity, high blood pressure, diabetes, cardiovascular diseases, Indigestion, etc metabolic syndrome between youth populations [13], [14]. Excessive fast-food consumption Also attached to nutritional deficiencies, Impaired immunity, and poor overall health status [15], [16]. Another important issue Affiliated online food delivery There are services the development of unhealthy lifestyle behaviors. Easy availability of food through mobile applications Reduced motivation to cook and increased dependence on ready to eat meals [17], [18]. Many young users Development irregular eating schedules, Skip breakfast, eat. Late-night meals, and the fiancé emotional eating When using digital platforms [19], [20].

In addition, excessive screen time and online food Ordering habits are generally linked sedentary lifestyles and low physical activity, More additions the risk of weight gain and obesity [21], [22]. The COVID-19 pandemic Added more the use of digital food delivery Worldwide services. During lockdown periods, Online food ordering has emerged safer and more convenient. Convenient option due for restrictions on outdoor movement and closure to eat facilities [23], [24]. Even after the pandemic, many young consumers Continued use these platforms Because of their convenience, Fast delivery systems, and promotional benefits [25], [26]. This rapid increase I digital food consumption has progress an important public health There is concern because it can have a negative impact long-term nutritional health and between eating behaviors youth

populations [27], [28]. Digital food delivery companies Also use advanced marketing techniques such as personalized recommendations, social media advertising, Impressive marketing, cashback offers and discount promotions to attract customers young consumers [29], [30]. These marketing strategies Encouragement frequent food Order and add preferences unhealthy foods over balanced diets [31], [32].

Research studies Point it out youth populations in front frequent online food promotions More likely to be used junk food and sugary beverages Regularly [33], [34]. Despite the increasing popularity of food delivery applications, Limited research has focused specifically on their impact but nutritional health and dietary patterns among young people in developing countries. For the most part previous studies Mainly focused consumer satisfaction, technology adoption, and business growth rather than health-related consequences [35], [36]. It is therefore important to consider how digital food delivery applications influence eating behavior, dietary choices, and health outcomes between young individuals. The present study was kept between 150 participants Age between 18 and 30 years to diagnose the relationship between digital food delivery application usage and nutritional health. Data on food order frequency, meal preferences, consumption of fast food, physical activity, jumping behavior, and self-reporting health outcomes was locate together using a structure questionnaire [37], [38]. The findings of this study can support healthcare professionals, Academics, decision makers and digital food companies Develop strategies for promotion. Healthy eating habits and nutritional awareness between youth populations [39], [40].

III. LITERATURE REVIEW

Digital food delivery applications have progressed an important part of modern lifestyles and significantly influence eating behavior, food preferences, and nutritional health between youth populations. Several researchers have studied the relationship between online food delivery services and changed dietary habits Among youth and young adults [1], [2]. Alalwan (2020) Reported it mobile food Requests for orders have increased. Rapid popularity for convenience, ease of access, and customer satisfaction [1]. Likewise, Zhao and Bacao (2020) Observed it

online food delivery platforms Experienced significant growth during the COVID-19 pandemic, As a result of that increased dependence Restaurant-based meals and processed foods between young consumers [2]. Their findings suggested it frequent online food ordering May have a negative impact healthy eating practice. Stephens et al. (2020) Held a study but young adults and found it regular use of food delivery applications was associated with poor dietary quality and increased fast-food consumption [4]. The research revealed this many participants Preferred high-calorie foods Like pizza, burgers, fried snacks, and sugary beverages instead of balanced meals. Similar findings Reported by Keeble et al. (2021), Who identified a positive relationship between food delivery app usage and increased Body Mass Index (BMI) between young adults [5]. Research done by Kumar and Sharma (2021) shed clarity on its college students Use often food delivery applications Because of academic pressure, Convenience, and attractive promotional offers [8].

Their study Reported it excessive dependence but online food Ordering helped skip meals, irregular eating schedules, and low consumption of homemade food between youth populations. Patel and Shah (2020) Found this too convenience foods and online meal Ordering habits were strongly associated. Unhealthy dietary behavior between university students [12]. Several studies Focused on the nutritional impact of fast-food consumption Promoted by digital platforms. Monteiro et al. (2019) Explained it ultra-processed foods consisting of high levels of fats, Sugar, sodium, and preservatives, which can increase. The risk of obesity, diabetes, cardiovascular diseases, and metabolic disorders [13]. Hasan etc. (2021) He went on to say that frequent fast-food intake young people can activity together nutritional deficiencies and poor health outcomes [23]. The influence of digital marketing young people's eating behavior has also been much discussed. Previous literature. Brown and Green (2020) Reported it food advertisements but social media and digital platforms Strongly influenced food cravings and impulsive eating behavior between adolescents [14]. Likewise, Fernandes et al. (2022) It concluded online exposure to unhealthy food promotions affect significantly dietary choices and increases preference to junk foods between young consumers [30]. Studies has also stressed the relationship between online food Order

and sedentary lifestyles. Verma and Yadav (2022) Found it prolonged smartphone usage and frequent online food ordering was linked to reduced physical activity and increased obesity risk between youth populations [16]. Robinson et al. (2020) Also clarified this unhealthy eating behavior Together with sedentary lifestyle patterns Both can have a negative impact on physical and mental health. Young adults [10].

Research related to the COVID-19 pandemic demonstrated a major increase I digital food delivery service usage worldwide. Poelman et al. (2021) Observed it lockdown restrictions Increased dependence on online food delivery applications and eating behavior changed adults and adolescents [3]. Rahman et al. (2022) Explained that too urban populations increasingly dependent on digital food delivery Services during and after a pandemic convenience and safety Concerns [34].

I the Indian context, the study reported rapid growth I the online food delivery market and changed dietary patterns between urban youth populations. Banerjee and Roy (2020) identified. A high prevalence of junk-food consumption between college students I metropolitan cities [18]. Singh and Kaur (2020) further observed that lifestyle changes, increased screen time, and unhealthy food consumption Helped grow obesity trends between Indian youth [20].

IV. CURRENT SCENARIO OF THE STUDY

I the present era of digitalization, Online food delivery applications have emerged popular. An essential part of daily life, especially in between young individuals and urban populations. Widespread use of smartphones, high-speed internet connectivity, and digital payment systems has increased significantly the popularity of food delivery platforms Value Swiggy, Zomato, Uber Eats, and Food Panda. These platforms Furnish instant access to a variety of foods, attractive discounts, doorstep delivery, and convenient ordering systems, Construct them extremely attractive youth populations [1], [2]. Currently, the frequency of online food Order among teenagers and young adults has increased rapidly due to changing lifestyle patterns, Busy academic schedules, urbanization and more reduced time to home cooking [3], [4]. Young consumers Prefer ready meals, fast food, fried snacks, sugary beverages, and processed foods available

through food delivery applications [5], [6]. The convenience Delivered by these applications has changed traditional eating habits and reduced dependence but homemade balanced diets [7], [8]. The current scenario indicates that digital food delivery platforms Strongly influenced food preferences and dietary behavior among the young people. Many students and used by professional workers. These applications multiple times Due per duration promotional offers, Cashback facilities, social media advertisements, and personally food recommendations [9], [10]. Seam a result, Unhealthy eating habits such as eating concluding at night, skipping meals, overeating, etc. excessive fast-food consumption is becoming increasingly common among young populations [11], [12].

Currently, health professionals and researchers' Express concerns about the nutritional consequences of excessive dependence but food delivery applications. Studies reveal that frequent consumption High calorie content and low-nutrient foods May increase the risk of obesity, diabetes, high blood pressure, cardiovascular diseases, Indigestion, etc metabolic syndrome between youth [13], [14]. Increased screen time and sedentary lifestyles Affiliated online food Ordering habits also contribute. Reduced physical activity and weight gain [15], [16]. The COVID-19 pandemic More fast the growth of digital food delivery Worldwide services. During lockdown periods, Online food ordering is done. One Safest and most convenient methods to secure meals [17], [18]. Even after that the pandemic, the habit of giving orders food online continues between young consumers for convenience, fast delivery systems, and easy accessibility [19], [20]. This continuous rise I food delivery app usage have made nutritional health One among the youth important public health concern [21], [22]. I India and other developing countries, the rapid expansion of food delivery applications has created both opportunities and challenges. While these platforms support employment generation and while providing convenience to consumers, they also inspire. Unhealthy dietary choices when nutritional awareness There is a shortage [23], [24]. Most food delivery platforms Mainly promote fast food and processed meals Instead of being balanced and healthy food options [25], [26]. Consequently, researchers, nutritionists, and healthcare professionals Underlines quickly. The need to healthy menu marking,

nutritional education, and awareness programs for motivation better food choices between youth populations [27], [28]. The current scenario shows that digital food delivery applications player a major role by shaping eating behavior, food preferences, and nutritional health between young individuals. Continuous evaluation is therefore important their long-term impact but dietary practices and public health so that effective interventions and health promotion strategies Can be prepared [29], [30].

V. POLICIES AND STRATEGIES

The rapid growth of digital food delivery applications has created major public health concerns approx. unhealthy eating habits and poor nutritional health between youth populations. Governments, healthcare organizations, educational institutions, and food delivery companies Focuses quickly policies and strategies to promote healthy dietary behavior and reduce the harmful effects Affiliated excessive fast-food consumption [1], [2]. One Most of all important strategies is the implementation of nutritional labeling policies but digital food delivery platforms. Many health organizations recommend it. Food delivery applications Should be clearly visible calorie content, sugar level, fat percentage, Sodium content etc nutritional information to every food item available but their platforms [3], [4]. Nutritional labeling helps consumers to make informed food choices and encourages awareness about this. Healthy eating habits between youth populations [5], [6]. Governments and public health authorities also promote policies That motivation healthier food environments but digital platforms. Regulatory agencies I several countries develops guidelines to limit the promotion High fat, high sugar and high-salt foods Youth were targeted and young adults [7], [8]. Restrictions About misleading advertising, unhealthy food promotions, and excessive discount campaigns can help to reduce impulsive fast-food consumption between youth [9], [10]. Pedagogical and awareness programs is another important strategy to improve nutritional health. Schools, colleges, universities, and healthcare institutions organize nutritional education campaigns to raise awareness of balanced diets, Healthy lifestyle practices, and the harmful effects of excessive junk-food consumption [11], [12]. Public health campaigns through social media, TV, etc.

digital platforms Can encourage young individuals to choose healthier food options and reduce addiction. Processed foods [13], [14]. Food delivery companies themselves can participate an important role in promotion healthy eating behavior. Digital platforms can be introduced. Special categories to healthy foods, low calorie food, vegetarian diets, Protein-rich food, and balanced nutritional options [15], [16]. to give healthier meal recommendations, to emphasize nutritious food items, and rewarding customers who choose. Healthy meals Can have a positive effect. Dietary habits between youth [17], [18]. Another important strategy Includes collaboration between healthcare organizations and digital food delivery companies. Dietitians and nutritionists can help. Food delivery platforms in design for health menus and awareness Program [19], [20]. Integration of nutrition counseling, healthy meal suggestions, and in the calorie tracking system food delivery applications Can help retain customers. Healthier eating practices [21], [22]. Policies Encouraging physical activity and healthy lifestyle behavior are equally important. Governments and educational institutions Should be encouraged regular exercise, Participation in sports etc reduced screen time Among youth and young adults [23], [24]. Community oriented health programs and wellness initiatives Can help reduce obesity and lifestyle-related diseases. Sedentary behavior and unhealthy food consumption [25], [26]. Youth-oriented development nutritional policies It is also necessary in developing countries where there is awareness of this. Healthy eating remains limited. National food safety authorities Should be monitored food quality, Hygiene standards, and nutritional value of meals Sold by online delivery platforms [27], [28]. Strong regulatory policies can provide for. Safer food practices and improve overall public health outcomes [29], [30].

I the current digital era, A balanced collaboration between governments, healthcare personnel, educational institutions, parents, and food delivery companies Need to reduce the negative health impacts of digital food delivery applications [31], [32]. Effective implementation of nutritional policies and health promotion strategies Can encourage healthier eating patterns, improve nutritional awareness, and security youth populations from long-term health complications Affiliated unhealthy dietary practices [33], [34].

VI. COMPETENCY-BASED CURRICULUM

A competency-based curriculum linked to the role of digital food delivery applications in forming food patterns and nutritional health The focus is on development among young participants practical knowledge, healthy lifestyle behaviors, critical thinking, and between responsible food decisions learners. I the modern digital era, young society are increasingly affected. Online food delivery platforms Favor Swiggy, Zomato, and Uber Eats, which affects significantly. Their dietary habits and nutritional choices [1], [2]. Therefore, educational programs Should assist students to understand the relationship between digital technology, eating behavior, and health outcomes. The curriculum should be given students with knowledge of balanced nutrition, healthy eating habits, calorie intake, Food safety etc. the harmful effects of excessive fast-food consumption [3], [4]. Learners How to understand unhealthy foods rich in fat, sugar, and sodium May increase the risk of obesity, diabetes, superior blood pressure, cardiovascular diseases, and other lifestyle disorders youth populations [5], [6]. Students should also be aware of the influence of digital marketing, uses advertising on social media, discount offers and personal recommendations. Food delivery applications to attract consumers [7], [8]. Besides that, theoretical understanding, Emphasis should be placed on competence-based curriculum. The development of practical skills related to healthy food selection and lifestyle management. Students Must learn to review. Nutritional labels, Assessment food quality, calculates calorie intake, prepare balanced meal plans, and make informed dietary choices When using online food delivery Services [9], [10]. The curriculum Should be encouraged learners to develop responsible digital habits and reduce impulsive food structure behavior that is influenced by online promotions and peer pressure [11], [12]. Behavioral competency is another important component of the curriculum.

Students Adoption should be encouraged. Healthy eating practices Prefer using homemade meals, to maintain regular meal timings, increasing fruit and vegetable intake, to reduce sugary beverage consumption, and participation in it regular physical activities [13], [14]. Educational activities Value nutritional awareness programs, Workshops, surveys and more community health campaigns can assist

students Seek their knowledge I real-life situations and improve overall lifestyle behavior [15], [16].

The curriculum Research should also be promoted. Analytical competencies between learners. Students can do surveys and case Studies on eating behavior, food delivery application usage, Obesity trends, and nutritional health between youth populations [17], [18]. Through inquiry-based learning, students Can develop critical thinking abilities, about data interpretation skills, and evidence-based understanding the impact of digital food environments but public health [19], [20].

In addition, competence-based learning should be included. Public health education and digital literacy components. The students must understand. Government nutritional policies, Regulations for food safety, and the role of healthcare professionals in promotion healthy lifestyles [21], [22]. They Awareness should also be created about misleading. Online advertisements, Advertising for unhealthy food, and the psychological influence of social media on marketing food preferences [23], [24].

Overall, a competency-based curriculum digital food delivery applications and nutritional health can execute an important role by promoting awareness, healthy eating behavior, and responsible deploy digital technology between youth populations. Such educational approaches Can help prevent lifestyle-related diseases, better nutritional knowledge, and encourage healthier food choices in the rapidly growing digital food environment [25], [26].

VII. METHODOLOGY

The present review study was performed to evaluate the role of digital food delivery applications in forming food patterns and nutritional health between youth populations. The study mainly focused on analyzing and summarizing previously published data. Research articles, Reports etc scientific studies related to online food delivery services, dietary behavior, fast-food consumption, and nutritional health outcomes Among youth and young adults [1], [2]. A systematic review approach was approved for collection. Relevant information from various national and international sources. Research articles was collected from online databases Prefer Google Scholar, PubMed, ScienceDirect, and Research Gate. Literature published from periodicals, conference

papers, The government's report, public health documents, and nutritional studies Published between 2018 and 2025 I was involved. The review [3], [4]. The keywords Used for literature searches. "digital food delivery apps," "Ordering food online" "youth" eating behavior" "fast-food consumption," " nutritional health" " obesity in youth" " dietary habits," and "food delivery platforms" [5], [6]. Studies Focus on teenagers, college students, and young adults Age between 18 and 30 years Mainly rated for analysis [7], [8].

To better understanding of the topic, based on a questionnaire observational survey It was also held between 150 participants belonging Colleges and urban communities. The participants were selected by a convenience Sampling method The questionnaire Questions related to frequency of food delivery app usage, Preferred food categories, skip meals, physical activity fleet, fast-food consumption, and self-reported health outcomes [9], [10].

Inclusion Criteria The inclusion criteria to the study our:

- Participants Age between 18 and 30 years.
- Individuals By using digital food delivery applications Regularly College students and working youth Are willing to participate voluntarily. Participants able to understand and respond the questionnaire [11], [12].

Exclusion Criteria The exclusion criteria Including:

- Participants below 18 years or above 30 years of age.
- Individuals with severe chronic illnesses Touched dietary behavior.
- Incomplete or incorrectly completed questionnaires.
- Participants which did not use online food delivery applications [13], [14].

Data collection It was conducted through online and offline questionnaires. Responses Collected, organized and analyzed for identification. Common eating patterns and nutritional behaviors between participants [15], [16]. Descriptive statistical methods as percentages, frequency distribution, and comparative analysis were used to interpret. The findings [17], [18]. Ethical considerations were maintained throughout the study. Participation was a

volunteer confidentiality of participant information was stored, and the data was only used for academic and research purposes [19], [20]. The methodology I adopted the present review study Support to understand. The growing influence of digital food delivery applications but dietary habits, lifestyle behavior, and nutritional health between youth populations. The information collected also helped with identification. Public health Concerns and the need to nutritional awareness and healthy lifestyle interventions [21], [22].

VIII. RESULTS AND FINDINGS

The present study was kept between 150 participants Age between 18 and 30 years to diagnose the role of digital food delivery applications in forming food patterns and nutritional health between youth populations. The data collected indicates that. Online food delivery applications Widely used among young individuals and significantly influential their dietary behavior, food samples, and lifestyle Exercises [1], [2]. The study findings Revealed it 72% of the participants used digital food delivery applications at the very least three or more times per week, while 18% is used these platforms Sometimes and only 10% Reported rare usage [3], [4]. The high frequency of online food Refers to the order between the participants the growing dependence of youth populations but digital food delivery Services for daily meals and snacks [5], [6]. Analysis of food preferences It turned out most participants Preferred fast foods and processed meals over healthy homemade food options. Approx 64% Most of the respondents like pizza, burgers, fried chicken, noodles, sandwiches, desserts, and sugary beverages through food delivery applications [7], [8]. Only 21% Participants reported regular consumption of healthy foods Esteem salads, fruit, soups, etc. balanced meals When using online platforms [9], [10]. The study Also demonstrated significant changes in eating behavior among the participants. About 49% Among the respondents admitted neglect. Homemade meals Because of the convenience and accessibility of online food delivery Services [11], [12]. in addition, 56% Participants reported consumption late-night meals When using food delivery applications, and 43% Admitted overeating during periods of stress, Entertainment, or social media usage [13], [14]. Findings related to

nutritional health Indicated it excessive use of digital food delivery applications It can negatively affect your physical health youth populations. Approx 41% Participants reported noticeable weight Come after frequent online food Ordering habits, while 36% Reported reduced physical activity levels and sedentary behavior Affiliated prolonged smartphone usage [15], [16]. About 29% Among the experienced respondents' digestive issues Such as acidity, bloating and indigestion due to frequent fast-food consumption [17], [18]. The study He further revealed that promotional offers and discounts Strongly influenced online food Regulating behavior among young participants. Approx 68% Among the participants said that cashback offers, combo deals, and discount coupons encouraged them to order food more often than necessary. [19], [20]. Social media advertisements, impressive promotions and personalized alerts were also significantly affected food cravings and impulsive ordering behavior between respondents [21], [22]. Another important finding was related to nutritional awareness between the participants. Though many respondents were aware of the harmful effects of excessive fast-food consumption, only 32% Check regularly nutritional information or calorie content Before you order food online [23], [24]. The majority of participants Food choices are primarily based on taste, affordability, convenience and promotional offers instead of nutritional value [25], [26]. A gender-based analysis indicates that. Male participants are used food delivery applications A little more often than female participants, especially for late-night meals and order fast food [27], [28]. However unhealthy eating practices and reduced physical activity observed between both groups [29], [30]. The overall findings of the study Suggest it digital food delivery applications Significant eating pattern and nutritional health between youth populations. Frequent use of these platforms is linked to increased fast-food consumption, skip meals, sedentary lifestyles, unhealthy eating behavior, and risk of obesity and related to lifestyle disorders [31], [32]. The results to emphasize the need to nutritional awareness programs, on healthy food options digital platforms, and public health interventions Encourage balanced eating patterns between young individuals [33], [34].

IX. CONCLUSION

The present review study It concluded digital food delivery applications The food pattern has changed significantly. Nutritional behavior between youth populations. The increasing availability of smartphones, internet services, and online food delivery platforms Made ordering food more convenient, accessible and popular among teenagers. Young adults [1], [2]. Applications Like Swiggy, Zomato, and Uber Eats has evolved an important part of modern lifestyles and daily food consumption Exercises between youth populations [3], [4]. The findings of the study It was demonstrated frequent use of digital food delivery applications is strongly associated with unhealthy eating habits Like increased fast-food consumption, skipping meals, eating ultimate at night, overeating, etc. reduced intake of nutritious homemade meals [5], [6]. Most participants Prefers high-calorie and processed foods including pizza, burgers, fried snacks, desserts, and sugary beverages Because of convenience, taste and promotional offers available but online food delivery platforms [7], [8]. The study More illumination on this excessive dependence but online food delivery services May have a negative impact nutritional health and lifestyle behavior among the young people. Increased fast-food consumption and sedentary lifestyle practices were linked to weight gain, less physical activity, digestive problems, obesity risk, and other lifestyle disorders participants [9], [10]. Digital marketing strategies Prefer discounts, cashback offers, social media advertisements, and personal recommendations were also run. A major role in influencing food preferences and impulsive ordering behavior between young consumers [11], [12]. The COVID-19 pandemic More fast the growth and dependence but online food delivery applications worldwide. Even after the pandemic, many young individuals Continued use these services Regularly due to convenience, fast delivery systems, and changed lifestyle patterns [13], [14]. Though food delivery applications While it provides comfort and interval-saving benefits, excessive and uncontrolled use can contribute to this. Unhealthy dietary behavior and long-term public health Concerns [15], [16]. The study Underlines the importance of nutritional awareness, Training in healthy lifestyles, and responsible digital food consumption between youth

populations. Educational institutions, healthcare professionals, Politicians, parents, and food delivery companies We should occupation together to promote. Healthy eating habits, balanced diet, regular physical activity, and informed food choices between young individuals [17], [18].

Finally, digital food delivery applications player a major role in forming food patterns and nutritional health Among the young population the modern digital era. Therefore, effective nutritional policies, awareness program, healthy food promotion strategies, and responsible use of technology is essential to minimize health risks and improve overall health future generations [19], [20].

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