

FOOD HABITS AND DIETARY INTAKES  
AMONG ADULTS IN SIN HEAP LEE  
CONSOLIDATED BHD.

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## Abstract

Appropriate nutrition intake during the adult years is important for body repair and maintenance and helps in reducing the risk of some chronic diseases. However, there is a lack in dietary studies on adults compared to other vulnerable groups such as children and elderly. Hence the purpose of this study was carried out to assess the food habits and dietary intake among adults. A questionnaire and two days 24-hour dietary recall was used to describe present food habits and dietary intake of adults. This survey was performed among 105 adults in Sin Heap Lee Consolidated Bhd. located at Jalan Tun Razak, Kuala Lumpur. High frequent in eating away from home, high in fast food and snack consumption and low in fruit and vegetable intake were found among subjects. However, meat items and alcohol beverages consumption from present results was lower than others study. Results showed significant low intake of calcium ( $337.78 \pm 201.48\text{mg/day}$ ) and vitamin C ( $28.80 \pm 30.04\text{mg/day}$ ) among subjects. Energy and iron intakes (energy= $1930.67 \pm 356.71\text{kcal/day}$ , iron= $13.72 \pm 7.17\text{mg/day}$ ) were lower than RNI level. Significant difference between calcium ( $t=-1.029$ ,  $P=0.018$ ) and iron intake ( $t=6.553$ ,  $P=0.037$ ) with genders and between energy intake with frequency of fast food consumption ( $F=3.461$ ,  $P=0.036$ ). As a result, more effort needed to make the changes to achieve healthy food habits and dietary intake among adults.