

NUTRITIONAL KNOWLEDGE ON EDIBLE OIL AND  
CONSUMPTION OF EDIBLE OIL AMONG THE POPULATION  
AT TAMAN MUDA, CHERAS KUALA LUMPUR

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## ABSTRACT

Edible oil consumption among the world population is notably rising globally. An individual's nutritional knowledge towards edible oil is on concern as it affects their respective diet behavior and also health status. The contribution of a variety of social aspects and knowledge levels to consumption of edible oil was explored. The study focused on the knowledge and consumption of edible oil among respondents residing in Taman Muda, Cheras and also to correlate the knowledge and consumption of edible oil. A total of 99 (48%) males and 107 (52%) female respondents (n=206) aged 21 years old and above had participated. Socio-economic and educational level, nutritional knowledge, health- and diet-related beliefs and attitudes of respondents were assessed through questionnaires. Results showed that nutritional knowledge scores of residents in Taman Muda on edible oil was poor with the average score of  $6.60 \pm 2.91$ . Educational level ( $p=0.02$ ) plays a major role in defining nutritional knowledge where respondents with higher level of education has higher nutritional knowledge scores. In terms of edible oil usage and practices, majority of the respondents with higher nutritional score points preferred stir-frying (n=108) as their usual cooking method with only 13% (n=26) of the total respondents reused their cooking oil over 2 times and most of them (n=143) never measure the edible oil before cooking. Dietary edible oil knowledge was positively correlated with educational level and age group. Low edible oil knowledge was observed in this study, therefore improvement in edible oil knowledge interventions are important for the well-being of the consumers.

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