

DIETARY INTAKES AND HABITS OF
ADOLESCENT BOYS IN HIN HUA HIGH
SCHOOL, KLANG

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Abstract

Adolescence is often considered a nutritionally vulnerable period. Appropriate nutrition is important for maintaining optimal health, normal growth and preventing future chronic disease. The lack of prospective and retrospective data collection on adolescent diet is essential. The goal was to describe present dietary intakes and habits of adolescent boys based on questionnaire and two days 24-hour dietary recall. Within a multistage, stratified random sample, 100 selected adolescent boys from Hin Hua High School, Klang (aged 13-18) were enrolled in the study. The food habits found among adolescents were percentage of confectionery consumption, irregular breakfast pattern (32%), eating away from home, dieting behavior (younger= 16.67% and older= 7.69%), nutrition supplement used (33%) and low vegetables (approximate 2 servings) and fruits intake (approximate 1 serving). Snacking habits among them need to be improved. Dieting adolescents show to have lower energy and iron intakes but slightly higher calcium intakes than non-dieting adolescents. Single nutrient vitamin was the common supplement used among them (30.3%). Adolescent's living location and fast food consumption did place a significant difference with their energy intakes. However, adolescent's fast food consumption was much lower than in the USA. Younger and older adolescents' dietary intakes of iron (23.28 ± 9.50 mg/day and 28.04 ± 12.28 mg/day) and vitamin A (1004.83 ± 416.08 μ g/day and 1206.33 ± 454.56 μ g/day) were high, whereas calcium intakes were below the Malaysia Recommended Nutrient Intakes (547.34 ± 215.54 mg/day and 605.55 ± 212.89 mg/day). High percentage of energy of RNI attained was found (93.55%). In a perspective, the poor dietary intakes and habits in Malaysia adolescents may compromise health of the future.