

**KNOWLEDGE ON DIETARY FIBER AND  
CONSUMPTION OF DIETARY FIBER  
AMONG HOUSEHOLD MEAL PLANNERS  
IN HIN HUA HIGH SCHOOL**

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## ABSTRACT

Dietary fiber (DF) deficiency is prevalent globally. Nutritional knowledge has proved to be helpful in increasing DF consumption. Moreover, Household meal planner (HMP) presented as a mediator of DF consumption of their household members. However, there is a lack in studies on nutritional knowledge of DF and DF intake of HMP. Hence, the purpose of this study was to determine and examine DF knowledge and DF intake as well as the correlation of DF knowledge and DF intake among HMPs. An auxiliary objective was to examine the influence of age, household income, and household size on the DF intake and DF knowledge. A DF knowledge and DF intake survey was performed among 95 female HMPs at Hin Hua High School in Klang, Malaysia. DF knowledge and the daily DF intake were evaluated via a set of questionnaire and Food Frequency Questionnaire. The overall DF nutrition knowledge level of female household meal planner was moderate level with a mean DF intake of  $18.64 \pm 6.73$  grams per day. A significant, positive correlation ( $r=0.251$ ,  $p=0.014$ ) were found between DF knowledge and DF, as the higher the HMP's nutrition knowledge level consumed more DF per day. Additionally, significant difference ( $p<0.05$ ) were found between age groups with DF intake, the DF intake which compliance with nutrition knowledge is gradually increase with age, where elder respondents consumed more DF. As a result, improving DF knowledge via nutrition education may be an effective means of increasing DF consumption in HMP.

