

FOOD HABITS, DIETARY INTAKE AND
TOTAL CHOLESTEROL LEVEL OF YOUNG
ADULTS IN PUSAT BANDAR PUCHONG,
SELANGOR

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ABSTRACT

Rapid socioeconomic advancements in Malaysia for the past two decades have shown significant changes in the dietary patterns of Malaysians. Changes in this lifestyle especially in young adults causes rapid increment in dietary health related diseases such as high blood cholesterol which lead to coronary heart diseases. Therefore, the objectives of this study were to identify the total blood cholesterol levels among young adults and to determine the food habits and dietary intake of the young adults. Other aims of this study were to determine the relationship between total blood cholesterol level and dietary intake as well as the relationship between total blood cholesterol level and dietary habit scores among young adults. The sample consisted of 52.5% (n = 63) male and 47.5% (n = 57) female young adults in this study. The materials and methods used in this present study were total blood cholesterol level measurement and 24-hour dietary recall. There were 56.7% (n = 68) of young adults in this current study who were in the high risk total blood cholesterol level, 27.5% (n = 33) were in the borderline high total blood cholesterol level whereas only 15.8% (n = 19) of young adults were in the average total blood cholesterol level. There was no significant correlation observed between total blood cholesterol readings (mmol/L) and dietary fat intake (g). Besides that, there was also no significant correlation observed between total blood cholesterol readings (mmol/L) and dietary practice scores. Due to nutrition change within the country, there is a tendency of diet and lifestyle changes which have a closed relationship with various diet-related diseases like cardiovascular diseases. Hence, the practices of healthy dietary habits upon early years are vital.