

**NUTRITIONAL STATUS AND DIETARY HABITS  
AMONG FOREIGN STUDENTS IN UNIVERSITY  
COLLEGE SEDAYA INTERNATIONAL (UCSI),  
CHERAS KUALA LUMPUR**

**CHUA SHIR LEE**

**B. Sc. (Hons.) Food Science and Nutrition  
Faculty of Applied Sciences  
UCSI University**

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Library Services  
UCSI Education Sdn. Bhd. (185479-U)  
No. 1, Jalan Menara Gading, UCSI Heights,  
56000 Kuala Lumpur, Malaysia.  
Tel: 603-9101 8880 Fax: 603-9102 3606  
Website : [www.ucsi.edu.my](http://www.ucsi.edu.my)

## ABSTRACT

Weight gain and behavioural patterns during college may contribute to overweight and obesity in adulthood. The aims of this study were to investigate the nutritional status and dietary habits of University College Sedaya International (UCSI) foreign students between 19 and 25 years old with reference to gender and ethnic background. 155 (101 males and 54 females) foreign students from Africa, Middle East, Indonesia and China were studied. Students had their weight and height measured and completed questionnaire about their dietary patterns. There was about 35% of students had the risk of being overweight and obese. Both male and female students from Africa had greater proportion of overweight and obese than others. The majority ( $n = 137$ , 88.4%) of students stated that they skipped breakfast more often than the other 2 meals. There was 80% of students who had their meals outside at least 3 times per week and 46.5% of them consumed fast food at least 3 times per week. 52.9% of students consumed fried foods daily, 21.9 % of them ate vegetable daily while only 7.7 % of students reported that eating fruits for the daily basis. More than half (77.8%) of the female students had either been dieting in the past or were currently dieting, compared with 29.7% of the male students. And we also found that only 2.6% of students in this study chose the foods based on the healthy reason.

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Flt. 1, Jalan Mesara Gading, UCSI Heights,  
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Website : [www.ucsi.edu.my](http://www.ucsi.edu.my)