

ENERGY AND NUTRIENT INTAKE FROM LOCAL FOOD CONSUMPTION AND
NUTRITIONAL STATUS OF LOWER NORTHEASTERN HOUSEWIVES, THAILAND.

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The purpose of this research was to study the relationship between energy and nutrient intake from rural's Thai food, and the nutritional status of 100 housewives in lower northeastern Thailand, who were chosen by a multistage sampling technique. Anthropometric measurement of the weight and height was performed for the body mass index (BMI). The dietary intake was noted individually by an individual interview; and the amount of food intake was estimated by the standard measured cups and tablespoons which were shown in front of a housewife. The three-day food record was interpreted into the amount of nutrient intake by using a table of food exchange. The study listed the local food regularly consumed, namely papaya salad, "Kaeng Oom", boiled fish, pounded fish and roasted fish. Most of the energy and nutrient intake came from local food except fat. The energy contribution from carbohydrate : protein : fat = 68 : 15 : 17. By using the body mass index as an indicator, the nutritional status of 61 percent of housewives was normal. Furthermore, the result indicated that there was a positive relationship between the energy and nutrient intake from local food consumption and the nutritional status. Housewives who had high energy and nutrient intake from local food, also had high BMI values.