

THE LIFE CONDITION PATTERN OF THE "AMAS" (PROFESSIONAL FEMALE DIVER) IN SHIMA, MIE PREFECTURE (PART 2).

-THE FOOD STYLE AND ITS SPECIALITY-

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In order to elucidate the nutritional status of "Amas" of Shima, Mie Prefecture, a survey on the dietary pattern of four "Amas" aged between 53 and 56 was conducted from November, 1991 to October, 1993. The diving work of the "Amas" is hard. They are forbidden to wear diving suit. They have a special dietary habits to protect the health against cold in the sea during diving. They were given a take-home questionnaire to fill in regarding their intake of food group and nutrients eaten for three consecutive days in a month for 12 months one year. The daily intake nutrients of each "Amas" were analyzed using factor analysis to study the pattern of the "Amas" food life. Body weight and blood pressure were measured once a month, those in working season were compared with those in not-working season.

The average daily intake of energy of the "Amas" was lower and higher fat in working season, compared with those in not-working season. Large amounts of seaweeds, fish and shellfish were consumed, but the consumption of cereal, potato, oil, bean, meat, egg, milk and vegetable were small compared with the national average. The relative proportions of energy obtained from protein and fat in dinner was larger compared with that in breakfast and lunch. This is due to the large intake of main dish in dinner. The intake of staple food in breakfast was large, so the relative carbohydrate energy was large. There are two patterns in the body weight change of "Amas" in working season compared with the not-working season, the large and small. In the case of the "Amas" with a small body weight change, the intake of staple food was large in dinner in working season. This eating pattern showed a shortage of main dish intake in breakfast and staple food in lunch, but large intake of main dish and staple food in dinner. And the differences between the intake in working season and that in not-working season was small. But in the case of "Amas" whose body weight change was large, the intake of staple food, main dish and side-dish was small in working season compared with that in not-working season.