

**CONTRIBUTION OF SEASONINGS TO NUTRIENT INTAKE ASSESSED BY FOOD FREQUENCY QUESTIONNAIRE IN ADULTS IN RURAL AREA OF KOREA** Shim J.E.<sup>\*1</sup>, Paik H.Y.<sup>1</sup>, Ahn Y.J.<sup>1</sup>, Lee H.K.<sup>2</sup>, and Moon H.K.<sup>3</sup> <sup>1</sup> Department of Food and Nutrition, <sup>2</sup> Medical School, Seoul National University, Seoul 151-742. <sup>3</sup> Department of Food and Nutrition, Dankook University, Seoul 140-714, Korea.

This study was performed to determine the consumption of various seasonings(SNG), which were usually omitted from Food Frequency Questionnaire(FFQ), and their contributions to nutrient intake levels assessed by FFQ. Dietary survey with FFQ, which was composed of 65 mainly uncooked food items, was conducted in 493 adults over 30 years of age from 373 households in rural area of Korea. Household consumption of major SNG items - garlic, red pepper powder, fermented soy bean paste, oil, soya sauce, salt, etc. - per month or year were estimated by a questionnaire from the housewives of the survey participants. Daily consumption of SNG items by each subject was derived by dividing daily household consumption by 3 methods: ① by the number of household members, ② by the number of household members over 10 years of age, ③ by the weighted number of household members calculated with ratio of the RDA of energy of household members. Calculation by the method ③ was judged to be most reasonable based on comparability of mean values to results of National Nutrition Survey and small SD values produced in general. Therefore, results of method ③ was used to determine the contribution of SNG to nutrient intake of subjects obtained by FFQ. Daily intake of subjects were significantly increased by SNG consumption for all nutrients compared with intake by FFQ alone. Percentage of nutrient intake from SNG to total daily intake ranged from 2.26% in carbohydrate to 69.23% in Vit. E. Nutrients with higher contribution from SNG were energy 8.27%, fat 33.98%, Fe 20.29%,  $\beta$ -carotene 17.78%, Vit. E 69.23%. These results indicate that SNG consumption can contribute significantly for several nutrients and it must be considered in surveys using FFQ constituted mainly of uncooked food items.