ABSTRACT

The changing environment, increasing affluence and market globalization have widened food options and changed our eating habits. The dietary patterns of Malaysians have changed markedly over the last four decades. It was reported that the daily intake of meat, poultry and fish exceeded the recommended amounts and the prevalence of adult obesity was more than tripled in the last ten years. Therefore, the objectives of this study were to determine the food habits and dietary intake among urban adults. Other aims of this study were to determine the relationship between monthly income and dietary fat intake as well as the relationship between monthly income and “food away from home habits” among urban adults. The sample consisted of 35.7% (n = 107) male and 64.3% (n = 193) female urban adults in this study. The materials and methods used in this present study were food habits questionnaires and 24-hour dietary recall. In this study, the urban female respondents showed a healthier food habits and lifestyle where they had lower alcohol consumption, higher consumption of fruits and vegetables and dairy products. Meanwhile, they also shown a high prevalence of physical activity. There was no significant correlation observed between monthly income and dietary fat intake (g). Besides that, there was also no significant correlation observed between monthly income and frequency of “food away from home”. 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 are vital.