

## Food habits and carbohydrate contribution intake

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### *Abstract*

The objective of this study was to analyze food habits and carbohydrate contribution intake from sago consumption in Kepulauan Meranti regency Riau Province. The study design was cross sectional study through interviews and filling out FFQ and food recall questionnaires, also measurement of body mass index from 181 subjects with inclusion criteria are sago consumption, aged 35-80 years, and undiagnosed with diabetes. The results showed that there were 71,16% participant have been consumed sago more than 10 years and consumed sago 1- 6 times a week, about  $173,7 \pm 88,3$  g/day. Subjects with normal body mass index (BMI) were more than 50%. There were significant correlation between energy and carbohydrate intake with BMI. Frequency of sago consumption have significant correlation with carbohydrate and fat intake, nor with sago consumption. The significant correlation between the carbohydrates contribution from sago to amount of sago consumption (g / day), frequency of sago consumption / month, the frequency of sago consumption in the last month, amount of total energy intake, carbohydrate intake and protein intake, with a value of  $p = 0.000$  at the level of  $\alpha = 0.01$ . In conclusion, sago consumption minimal 1-6 times a week could be contribution to keep the BMI in normal range if consumed at the amount of  $173,7 \pm 88,3$  g/day.

### *Biography:*

Dr Syartiwidya has expertise in the evaluation of health conditions in the community, especially for non-communicable diseases namely diabetes. He believes that diabetes can be controlled or prevented from becoming a complication of other diseases by regulating eating patterns, especially food that is at risk of causing the disease. She is very concentrated in the development of local food in his area, namely sago. This is evidenced by the results of his research related to sago and its impact on health.

### *Speaker Publications:*

1. Syartiwidya (2019) Effect of sago consumption on NCDs clinical sign among whom consuming sago in Kepulauan Meranti District, Riau Province, Indonesia. *J Food Nutr* 5: 1-11.
2. Syariful Thamid, Syartiwidya. (2003). Study of Texture and microstructure changing of fish nugget during processing and storing.
3. Martianto, Drajat & Sulaeman, Ahmad & Tanziha, Ikeu & Rimbawan, Rimbawan & Syariful Thamid, Syartiwidya. (2019). Preference for Sago and Nutrient Intake among Communities Consuming Sago in Kepulauan Meranti District, Riau Province, Indonesia. *Jurnal Gizi dan Pangan*. 14. 10.25182/jgp.2019.14.2.91-98.
4. Syariful Thamid, Syartiwidya. (2019). Association between Sago Consumption and NCDs' Clinical Signs among Those Consuming Sago in Kepulauan Meranti Regency, Riau Province, Indonesia. *Journal of food and nutrition research*. 7. 476-484. 10.12691/jfnr-7-6-10.

