

Nutritents intake pattern of a Minangkabau ethniss group

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Abstrak

The high incidence cardiovascular (CVD) risk factors among various ethnic groups in Indonesia is possibly closely related to the nutrients intake pattern of groups in Indonesia especially the Minangkabau ethniss group. Therefore a cross sectional study was implemented to describe the nutrients intake pattern of the Minangkabau ethniss group. To achieve the objective the required sample size of 480 was selected. The studies population consisted of adults aged 18 years and older, living in the city of Padang. This study used sub-samples of a Body Mass Index Survey in provinces of Indonesia. Data of actual food intake, collected through a 24-hours dietary recall method were used to estimate the nutrient intake pattern. The nutrients intake data showed that the Minangkabau ethniss group had a poor quality of dietary fat pattern and a high risk toward cardiovascular risk factors, especially concerning dyslipidemia.