

Aunnop Sontichai 2009: Effects of Food Consumption behavior on Human Health in Natural and Semi-Natural Areas. Doctor of Philosophy (Environmental Science), Major Field: Environmental Science, College of Environment. Thesis Advisor: Assistant Professor Surat Bualert, Ph.D. 92 pages.

This study aims to explore the basic community background about natural subsistence, available sorts of food, seasonal foods, quantity of nutrition, nutritional intake per meal, people's health status, and consumption behavior. The total of 196 participants were selected by random sampling, including 98 participants residing in the radius of three kilometers from the municipal market in Saiyok District, Kanchanaburi Province and another 98 participants living in the area at least 10 years, aged 35 years old or more, and live around the market in the radius of 3 kilometers. Most of the data were collected in March 2006 but the frequency of consumption was taken place in July 2006.

The results showed that participants living in the natural area took more vitamin and carbohydrate than those who residing in the semi-natural area. In addition, participants living in the semi-natural area took more fat at statistically significant level of 0.05. Participants living in natural area had higher level of triglyceride and those who lived in the semi-natural area also had higher level of cholesterol and diabetes than those who was not in the area.

Fifteen participants were examined by increasing the intake *Melien auavis* Pierre the level of Vitamin about 100 grams per meal for thirty days and found that samples who ate mineral (fresh fruits) about one part, vitamin (vegetables) about two parts, protein (fresh water fish) about three parts, To carbohydrate (rice and sticky rice) about two parts, and fat (from vegetables) about 0.5 part, which were average total amount about  $\pm 3.31$  part per meal, could decline the level of cholesterols, triglycerides, and blood sugar in diabetes at the significant level of 0.01 However, hypertension did not show any statistically significance at 0.05.

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Student's signature

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Thesis Advisor's signature