

Titiporn Pengwon 2006: Nutritional Status, Consumption Behavior and Nutritive Value of Local Food Recipes: A Case Study of Huairang-Klongpeed Watershed, Trat Province. Master of Home Economics, Major Field: Home Economics, Department of Home Economics.
Thesis Advisor: Miss Chanida Pachotikarn, Ph.D. 149 pages.
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The purpose of this research was to investigate the nutrition status, survey the species and the frequency using of local vegetables in the cuisine. The top ten local vegetables consumed and nutritive value of local food recipes were investigated. The 100 households were sampled from 17 villages in Watershed Area, Trat Province using multistage random sampling. Body mass index such as height, weight and the body fat such by Bioelectrical Impedance Analysis were measured. Data on nutrition status, local vegetables and local food recipes were collected. Frequency and percentage were used to analyze data.

The study revealed that the nutritional status of the sample group had body mass index at the level of normal 34 %, risk of obesity 20%, obese level I 27%, obese level II 12% and underweight 7%. Body fat was within slightly normal level 17%, over normal 13%, over normal 58% and under normal 12%. Forty eight percent of population were healthy and were diagnosed with gastric disease, diabetes and hypertension were at 10%, 9%, and 7%, respectively. They preferred to have their disease treatmented at county health department 86% and 8% at hospital.

The survey found that the 10 species of local vegetables consumed were Tao Rangk (Fish Tail Plam), Pak Nam (Lasia), Mara Keenok (Bitter ground), Jik Na (tender tips), Pak Bung Kun (Swamp Morning Glory), Yee Ra (Fennel leaves), Ma cok, Chamuang leaves, Boa Bok (Indian pennywort leaves) and Cha Pru (Wildbetal leaves). The most 20 types popular of local food were Gaeng Leang Toa Lak, Gaeng Plure, Gaeng Som Pak Nam, Gaeng Krati Mooyang Mara-Keenok, Gaeng Phet Pa, Gaeng Som Pla Krod Chamuang, Gaeng Som Kradook Moo Chamuang, Gaeng Hoy Krang, Gaeng Pla Sub Koa, Tom Moo Chamuang, Tom Nua Chamuang, Phad Pak Nam Phad, Pak Bung Krati, Moo Phad Naam Prik, Yum Jig Na, Yum Gong Tub Wan, Yum Kai Bai Cha Plu, Naam Pirik Ma cok, Naam Prik Kapi Ma ing, and Mara Keenok Tom NumTan Aoy. The nutritive value of local food recipes revealed that Gaeng Krati Mooyang Mara Keenok, Tom Moo Chamuang, Gaeng Plure, Yum Gong Tub Wan, Tom Nua Chamuang, Gaeng Som Pla-Krod Chamuang, The high energy and protein, most fat, high fiber, high calcium, high phosphorus, Vitamin A were 1,348.8 kcal, 117.2 g, 95.51 g, 21.7 g, 439.7 mg, 656.4 mg and 2,934.52 mg, respectively.

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