

Appendix C
Compositions of High-fat diet estimate by Nutri Survey Program

Compositions of High-fat diet estimate by Nutri Survey Program from Nutrition Division, Department of Health, Ministry of Public Health.

Food	Amount	energy	water	protein	fat	carbohydrate	dietary fiber	cholesterol	Vit. A	Vit. E	Vit. B1	Vit. B2	Vit. B6	folic acid	Vit. C	sodium	potassium	calcium	magnesium	phosphorus	iron	zinc
	g	kcal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
Sugar. white	58	223.5	0.3	0	0	57.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pork. liver	100	126	72.3	19.9	4	2.4	0	215	17880	0	0.3	1	0	0	1	119	270	9	0	281	17.5	5.1
Pork. belly	100	368.1	49.2	13.9	33.5	2.8	0	36	0	0	0.3	0.1	0	0	0	49	350	4	0	98	0.5	0.1
Magarine. all purposed	200	1559	0	0.8	172.6	0	0	0	0	0	0	0	0	0	0	832	0	0	0	0	0	0
Hen egg. yolk	200	672.1	103.2	28.6	60.2	4	0	2500	1332	0	0.9	1.7	0	0	0	268	188	212	0	1034	12.6	4.8
Hen egg. white	33	16.8	28.9	3.3	0.4	0	0	0	2	0	0	0.1	0	0	0	60.4	50.2	1.6	0	3.6	0.2	0.1
Wheat flour. white.	150	546.4	17.9	15.5	1.5	114.5	4.1	0	0	0	1.2	0.7	0	0	0	3	160.5	22.5	0	162	6.9	1
chow	100	304	0	24	4.5	41.8	5	0	0	100	20	20	20	6	0	0.2	0.2	1	0.23	0.9	180	100
total energy	941	3816	271.8	106	276.7	223.2	9.1	2751	19214	100	22.7	23.6	20	6	1	1332	1019	250.1	0.23	1580	217.7	111.1
(%) total energy	100	100		11.11	65.26	23.39	0.23	70	500	3	3	3	0.5	0.1	0.02	34.89	26.7	6.55	0.23	41.39	5.7	2.91

