

Thesis Title Nutritive Value of Food Intake and Growth
in Weight and Height of Primary School -
Children Who Consume Milk : a Case Study
in Sisya Wattana School, Bangkok.

Thesis Supervisory Committee

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Data for nutritive value of food intake was obtained by 3 days food record, which showed that milk consumers got more than 67% RDA of energy and nutrients while non-milk consumer received calcium, riboflavin and niacin less than 67% of the RDA. The average intake of protein, calcium, phosphorus, vitamin A and riboflavin in milk consumers were significantly higher than those who did not consume milk at $P < 0.05$, $P < 0.001$. The gain in weight and height after 4 months follow up were compared between two groups of children and it was not significantly different. The two groups of children had the same opinion that "Milk can replace the principle food" and some of the non-milk consumer had the opinion as "Drinking milk everyday makes the children fatty."

Although, the findings did not indicate that growth of children in weight and height who were effected by milk intake (≥ 400 cc per day) who were in middle economic status but milk consumption clearly showed the nutrient supplements in the schoolchildren. It is therefore, recommended that further study is necessary to assess the impact of long-term milk consumption on height of these schoolchildren.