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WONGTIP TITAYASTAN : THAI FOOD-HEALTH FOOD. THESIS ADVISORS :
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Food is necessary to sustain life. However, the proportion of nutrients consumed is also important since an unbalance diet could be a risk of non-communicable disease that increases the mortality rate of people each year. The objective of this study was to collect names of common Thai foods, evaluate their nutrient composition, and to determine the amount of staple foods (i.e. rice) typically consumed per serving. Fifty Thai foods were collected and categorized into four groups; one-plate dishes, set-plate, snacks and salads. The foods were then evaluated to determine their nutritive values in terms of proximate composition, dietary fiber and sodium. Four methods were used to calculate nutritive values namely, compilation from published food composition data, calculation from the ingredients in the menus by the INMUCAL program, weighing of ingredients and calculation of nutritive values, and direct chemical analysis.

Nutritive values of 50 Thai foods were determined. They were classified into 4 groups: 14 dishes were good in energy distribution, 19 dishes were low in fat (<10 g per serving), 21 dishes were good sources of dietary fiber (>2.5 g per serving), and 7 dishes were low sodium (<500 mg per serving). There were some healthy food menus that should be promoted but required adjustment for some ingredients. They were, for one-plate dishes: Khao rat phat priao wan (ข้าวราดผัดเปรี้ยวหวาน), Khao rat phat sato (ข้าวราดผัดสะตอ), Sen yai rat na kung (เส้นใหญ่ราดหน้ากุ้ง); for set-plate dishes: Khao-sadao-nam pla wan and pla duk yang (ข้าวสะตอ+น้ำปลาหวาน+ปลาชุกย่าง), Khao-kaeng liang and mu tod (ข้าวหอมลิ้นง+หมูทอด) and Khao niao nam tok neua and vegetables (ข้าวเหนียว+น้ำตกเนื้อ+ผัก); for snacks: Khao kreab pak mor (ข้าวเกรียบปากหม้อ) and Meang come (เมี่ยงคำ); for salad dishes: Yam tua pu (ยำถั่วพู) and Yam makaeyaw (ยำมะเขือยาว). Eating a variety of food, especially in the form of set plates, together as a family, as is predicted in the Thai culture, could provide good foods and promote good health.