3536053 NUFN/M : MAJOR : FOOD AND NUTRITION FOR DEVELOPMENT; M.Sc.
(FOOD AND NUTRITION FOR DEVELOPMENT)
KEY WORD : BREAKFAST PATTERN / MACRONUTRIENT / MICRONUTRIENT
ATITADA BOONPRADERM : BREAKFAST EATING PATTERN AND DIETARY INTAKES : A CASE STUDY OF PERSONNEL AT MAHIDOL UNIVERSITY, SALAYA, NAKHON PATHOM, THAILAND. THESIS ADVISOR : PATTANEE WINICHAGOON, Ph.D., THARA VIRIYAPANICH, M.S. ORAPIN BANJONG, M.C.N. 135 p. ISBN 974-589-166-5

A cross-sectional survey was conducted among 267 office personnel in Mahidol University at Salaya campus, during June to December 1994. The objectives of the study were to determine breakfast eating pattern and nutrient intakes. The sample was taken from all faculties, except the Institute of Nutrition. At each faculty, sampling was done proportionate to position classification grouping and sex. Information on demography, breakfast pattern and factors potentially affecting breakfast eating pattern were collected. Two dietary assessment methods, namely, a 7-day food record and a 3-day of 24-hour recall were used to measure breakfast and daily intakes, respectively.

Overall, 2.6% of the subjects skipped breakfast. Almost half of the personnel (45.8%) had breakfast everyday. The regularity of breakfast consumption did not depend on sex, household income grouping or educational attainment. However, there was a significant difference in regularity of taking breakfast between high PC and low PC group, and between household income levels during the weekdays. Sixty-one percent of office personnel, particularly males, prefered Thai-style breakfasts. Single plate dishes and rice with side dish are common Thai style breakfasts. Females favored western-style breakfasts, which included coffee with bread and sandwiches. Milk and fruits or fruit juice were not commonly consumed. Men and those with less time who traveled were inclined to eat breakfast at home, whereas more of women ate breakfast in the office.

For both macro and micronutrients, breakfast contributed one-fifth of the daily nutrient intakes and 15-25% of RDA. Regular breakfast takers and those who consumed high energy breakfast (>150 kcal) had higher daily intakes of most nutrients, particularly micronuutrients, than the irregular or low energy breakfast takers. The overall daily energy intake was only 60%-80% of the RDA, whereas daily protein intake seemed to be adequate. In addition, over 50% of protein were derived from animal sources, and energy derived from fat was 30%. Since the studied population has a sedentary life style, the relatively low energy intakes compared to the RDA might not be a problem, and their nutritional status judged by body mass index was similar to the national average for adult Thais.

For micronutrients, both from breakfast and daily consumption, they appeared to vary widely. Breakfast contributed rather low vitamin C intakes. However, the daily intake of vitamin C was made up by other meals of the day. Iron intakes were apparently adequate, particularly in men. The actual utilizable iron needs further investigation as bioavailability was not accounted for in the present study. Calcium intakes were definitely low (<50% of RDA), both from breakfast and daily intakes.