

The purpose of this study were to collect Yong traditional foods' standard recipes and to calculate its nutritive values based on the nutritive values guideline from Nutrition Sector , Department of Sanitation , Ministry of Health (1992).

Twenty – four traditional Yong foods were examined. The findings showed that after their classification , there were nine curry recipes , ten pounded recipes ,and five others recipes. Cooking techniques were stir – frying , salad ,and grilling.

Meat and its products were used in traditional Young foods. These included pork , serpent – head fish ,and dried fish. Popular vegetables for cooking were thorny vegetables or Cha – Om , ivy guard , parsley, and wild betal. In addition , shrimp paste , fermented fish , and salt were used as seasoning while garlic , shallot , lemon grass , spring onion , dried hot pepper, galinggale ,and coriander seeds were used as herbs and spices for aroma. Also, lemon grass , galinggale , turmeric , and kaffer lime leaves were used to remove fishy odor.

From traditional Yong food recipes , it was found that these foods contain all five nutrients groups includes vitamin and minerals , i.e., energy , protein , fat , carbohydrates , fibers , calcium , phosphorus , potassium , vitamin A , B , C , and niacin.