

The objectives of this independent study were to study food consumption and nutritional status of the nuns at Tapotaram Temple Suthep Sub-District Mueang District Chiang Mai Province. The studied group consisted of 34 Buddhist nuns. The instruments was questionnaires on general information, food pattern, food consumption. Using the test-retest method the statistical reliability of food consumption was 0.94. The derived data was analyzed by using frequency, percentage and mean. The nuns were assessed for nutritional status by measure their body weight (kilograms) and high (meters). The nuns' body mass index (BMI) were calculated nutritional status and were evaluated by comparing with standards criteria of WHO.

The results of this study showed that the nuns had two meals a day including breakfast and lunch. Rice was the main dish, protein came from eggs and fat from vegetable oil, vegetables included long green bean and pumpkin and fruit as banana and mandarin.

The nuns did not consume sweet-desserts, coffee, tea and caned fruit-juice. However, the nuns did use salt, sauces and monosodium-glutamate in cooking.

This study showed 70.59% of the studied group had a normal nutritional status; 20.59% of overweight status, 5.86% of obesity status and 2.94% of underweight status.