COMPARATIVE STUDY ON RECOMMENDED DIETARY ALLOWANCES AND
REAL DIETARY INTAKE OF SOME SRI LANKAN HOUSEHOLDS

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This project was carried out to compare the real dietary intake of the people living in the
village of Raigama in the Kalutara district (Site A) and Poddala in the Galle district (Site B).
The study was carried out by obtaining information on a pre-prepared questionnaire. The
information included the socio economic status, health status in the families investigated
and also the amount of various daily dietary intake components. The latter data was then
converted into calories, vitamins, minerals etc. using the national food composition tables.

The mean dietary intake of food items reflected an over dependence on Rice in site A and
Bread in site B. The daily consumption in both sites was very high and over 90% of the
population in site A consume protein even over 200% of recommended dietary allowances.

The intake of Energy, Vitamin A and Riboflavin in site A is not satisfactory while energy,
Vitamin A, Iron, Riboflavin and Niacin in site B are not satisfactory in relation to the
standards.

The analysis of Body Mass Index (BMI) shows that the percentage of obese males in site B
was greater than site B while the normal and under weight percentages of both sites were
more or less the same. The obese percentage of females in site B was three times higher
than the site A. Seventy percent of females in site A were able to maintain normal body
weight while in site B 46% did so.