

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 A 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.