

**Jinlin Fu, Zhiqiang Wang, Binyou Wang:** Transitions Of Food Groups And Nutrients In The Northeast Of China : A 3-Year-Interval's Follow-Up Study. *The Internet Journal of Nutrition and Wellness*. 2006. Volume 2 Number 2.

Full text available at

<http://www.ispub.com/ostia/index.php?xmlFilePath=journals/ijnw/vol2n2/china.xml>

### **Abstract**

**Objective:** To explore the dietary patterns and changes in population of northeastern Chinese over time. **Design:** A longitudinal, descriptive, comparative, population-based study.

**Setting:** Heilongjiang, China.

**Study participants:** 1468 and 1418 participants aged 0-95 who had complete records on the three 24-hour dietary recalls in 1997 and 2000 surveys, respectively.

**Results:** Differences in food consumption and nutrient intake existed in groups divided by gender, residence and household income. The staple food was cereals which offered 53.4 – 70.1% of the total energy in diet of any populations, and the next was fat and protein with 19.2 – 34.3% and 10.4 – 12.0%, respectively. Fat and protein devoted more proportion of energy than carbohydrate did in diet of the participants in developed and urban areas, and with higher income.

**Conclusion:** Certain increases in energy from protein, alongside a significant rise in energy from fat and a visible decline in energy from carbohydrate, were documented as main features in dietary patterns of Northeastern Chinese during the study period.

This survey was conducted in Heilongjiang, by Heilongjiang Provincial Centre for Disease Control and Prevention. The research was completed with financial assistance from the US National Institutes of Health (NIH) (R01-HD30880 and R01-HD38700) and statistical analysis was supported by the Alumni Association of Sasakawa Medical Scholarship and Chronic disease Division, School of Medicine, the University of Queensland.