

Food is an important component to sustain lives and providing energy to do works. Food define as any material from either plant or animal source that is made up of a wide variety of essential nutrients and is taken into the body to be used for many bodily functions which are required for life sustenance. The amount of energy can be calculated by the amount of calorie in the food.

Objectives

1. To identify factors that influence the students' food consumption.
2. To determine the relationship between the students' knowledge on food consumption with BMI.
3. To determine the relationship between the students' attitude on food consumption with BMI.

Methodology

Cross - sectional study, among 101 year 2 medical students, Faculty of Medicine and Health Sciences, UNIMAS, Kuching, Sarawak from October 2014 to June 2015.

Data collection by self-administered questionnaires

Section A

Sociodemographic data

Section B

Food consumption

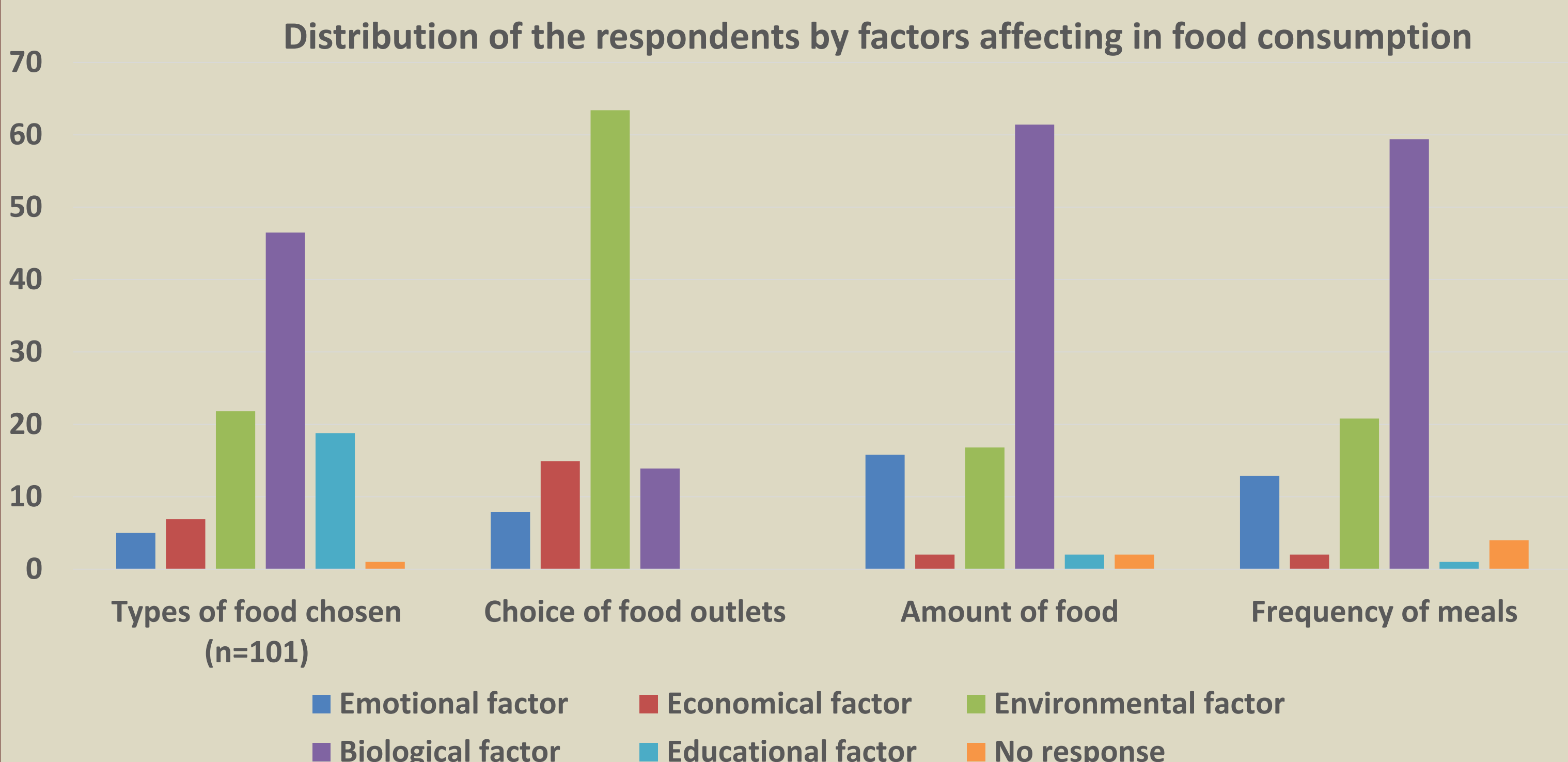
Section C

24 hr dietary recall

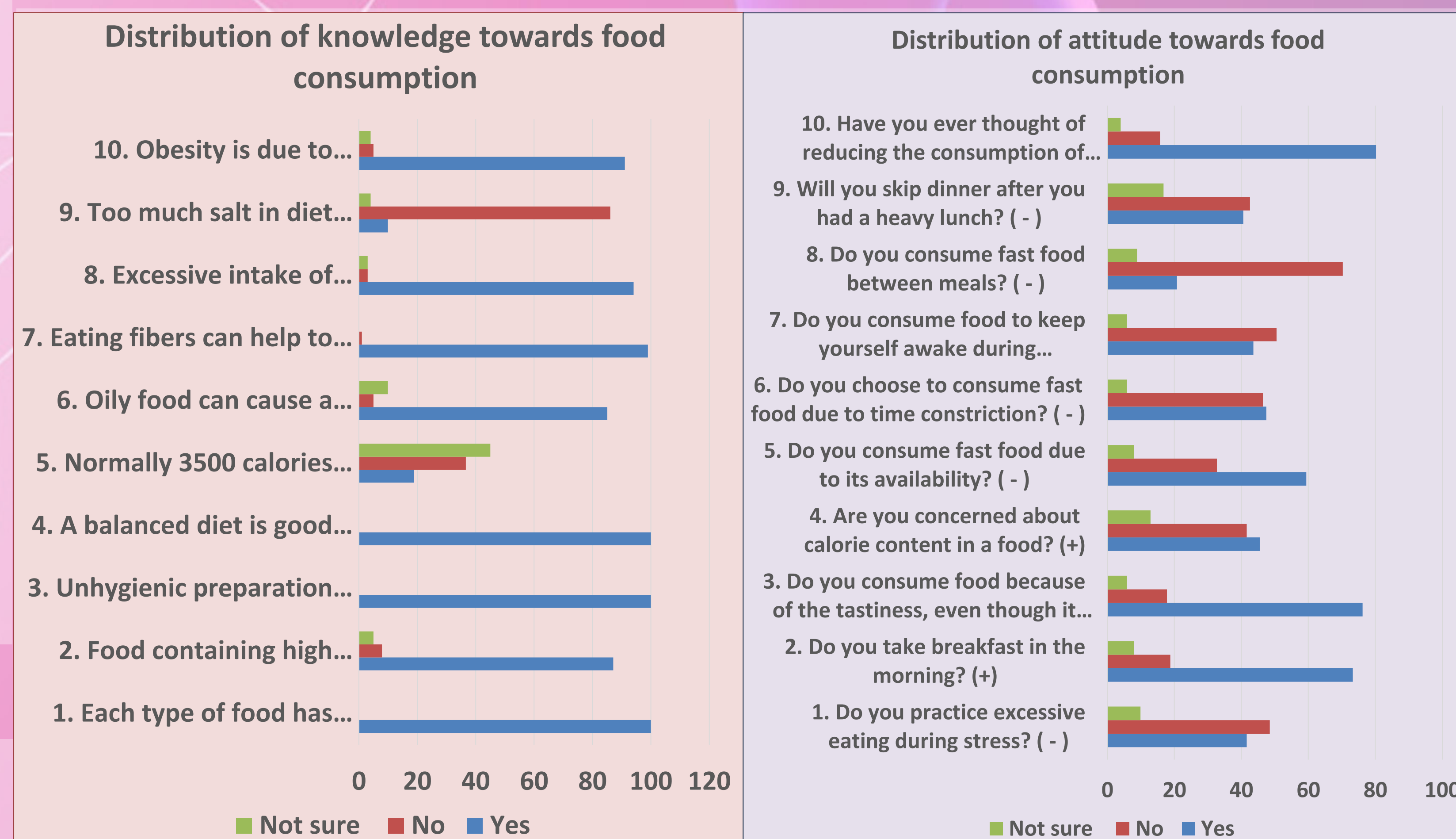
Data analysis by SPSS 22.0.

Results and discussion

Distribution of the respondents by factors affecting in food consumption



Results and discussion



* There was statistically significant relationship ($p < 0.001$) between the respondents' gender and calorie intake. The male has the highest mean total calorie (1819 kcal) compared to female (1313 kcal) due to their differences in biological metabolism. There was a significant relation between mean intakes of energy and all nutrients with gender.

Conclusion

Knowledge plays an important role in total calorie intake. The most common factor that influences food consumption in terms of types of food chosen, the amount of food and frequency of meals was biological factor whereas, in terms of choice of outlet, environmental factor had the most influence. The subjects were more concern about the taste of the food rather than the cost and nutritional value when it comes to eating. Moreover, calorie intake differed between the sexes. Therefore, it is important to promote healthy food as tasting delicious.

References

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- *Heidal, K. B., Colby, S. E., Mirabella, G. T., Al-Numair, K. S., Bertrand, B., & Gross, K. H. (2012). Cost and calorie analysis of fast food consumption. *Food and Nutrition Sciences*, 3:942 – 946.

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