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Volume 4, Issue 5, October 2020, Pages 1451-1460

Assessment of fruit and vegetable consumption among female university students (Article) (Open Access)

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Abstract

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The low intake of fruits and vegetables is a global issue. This research aimed to determine the association of fruit and vegetable intake with waist circumference and barriers of intake. A total of 279 female students from the International Islamic University Malaysia, Kuantan, were recruited through convenience sampling and provided with a set of questionnaires to identify their fruits and vegetable intake. The waist circumference of respondents was measured. The majority of students consumed only one serving of fruit and vegetable per day, which is less than the levels recommended by the Malaysian Dietary Guideline. Only 9.0% of students had a fruits intake of two servings/day, while 6.5% had a vegetable intake of three servings/day which meets the recommendation. There was no significant association of fruits and vegetable intake with waist circumference among female students. Non-availability and not delicious were identified as major barriers to fruit and vegetable consumption respectively. In conclusion, the fruit and vegetable intake among the majority of female university students is inadequate. Thus, there is a need to increase awareness and develop strategies to promote adequate fruit and vegetable intake among this specific target group. © 2020 The Authors. Published by Rynnye Lyan Resources.

Author keywords

Barrier Female Fruits University students Vegetables

Indexed keywords

EMTREE medical terms:

adult article awareness controlled study convenience sample diet female fruit human human experiment major clinical study Malaysia practice guideline questionnaire university student vegetable consumption waist circumference

Funding details

Funding sponsor	Funding number	Acronym
International Islamic University Malaysia	RIGS17-034-0609	IUM

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