ABSTRACT

RIZKA RAHMANIAH. Energy and Nutrients Contribution of Label Drinks Among Primary and High School Students at Bina Insani Bogor. Under Direction of DRAJAT MARTIANTO and EVY DAMAYANTHI.

The objective of this research is to analyze the contribution of drinks to the level of energy and nutrient intake of the primary and high school students at Bina Insani Bogor. Cross-sectional study design method was applied. The data were collected within the period of January to February 2011 at Bina Insani School. The sample taken consisted of three hundreds respondents, consisting of primary, junior high school and senior high school students, 100 students each. The results of this study showed that on average, the contribution of drinks consumption towards overall energy and nutrient consumed is 5% among senior high school students, 9% among junior high school students and 9% among primary school students. Another prominent nutrient intake contribution is contribution of vitamin C and calcium. Factors affecting energy, vitamin C and calcium intake contribution are pocket money allocated to buy drinks, volume consumed, and frequency of consumption of drinks.

Keywords: packaged drinks, energy and nutrient contribution