ABSTRACT

MERITA. The contribution of noodle, milk, and soft drink to macronutrient intake of normal and overweight female university students. Supervised by Dodik Briawan.

The objective of this research was to study noodle, milk, and soft drink contribution to nutrient adequacy among female teenagers with normal and overweight nutritional status. Design of research was cross-sectional study among female university student in dormitory of Bogor Agricultural University. This research has 90 samples, consist of 60 samples with normal nutritional status and 30 samples with overweight nutritional status. The result showed that nutritional knowledge of normal (53.3%) and overweight (60.0%) sample categorized was moderate. Attitude of product acceptance for normal sample categorized was neutral (58.7%). Whereas, overweight sample categorized was positif (60.0%). Noodle, milk, and soft drink consumption among normal sample was 2.1 ± 1.3 packs, 4.3 ± 3.2 packs, and 3.1 ± 2.5 packs per week respectively. Whereas, among overweight sample was 2.4 ± 2.2 packs, 5.1 ± 4.3 packs, and 2.0 ± 1.5 packs per week respectively. Energy contribution of noodle, milk, and soft drink to Requirement Dietary Allowance (RDA) among normal sample was 4.0%, 3.9%, and 5.5% respectively. Whereas, among overweight sample was 3.1%, 3.8%, and 3.3% respectively. Protein contribution of noodle, milk, and soft drink to RDA among normal sample was 2.7%, 8.7%, and 0.9% respectively. Whereas, among overweight sample was 2.1%, 5.4%, and 0.4% respectively. There was not significant correlation between score of nutritional knowledge and amount of noodle, milk, as well as soft drink consumption. There was not significant correlation between score of attitude and amount of noodle, milk, as well as soft drink consumption. There was significant correlation between milk consumption (gram) and nutritional status. However, there was negative correlation between soft drink consumption (gram) and nutritional status. There was not significant correlation between energy and protein intake of noodle, milk, as well as soft drink and nutritional status.

Keywords : Noodle, Milk, Soft drink, Macronutrient adequacy, and University students.