

DIETARY FIBRE INTAKE IN VILLAGE DWELLERS IN WEST SUMATRA

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Early studies on the relationship of dietary fibre intake to disease prevalence were concentrated on population groups in Africa and this experience tended to suggest that dietary fibre intakes were uniformly high in developing countries. It seems possible however, that in regions where the staple food is polished rice, the fibre intake might in fact be no higher than in developed countries.

In this study we investigated dietary fibre intakes in village dwellers in West Sumatra, Indonesia. A twenty-four hour recall method was used to estimate food intake of fifty adult females and forty-eight adult males in four villages located within 5 to 25 km of the city of Padang. Photographs of four portion sizes of each of a range of foods were used to assist quantitation of food intake. Values for the content of dietary fibre in the foods were obtained largely from McCance and Widdowson's, *The Composition of Foods* (Paul and Southgate 1978). For foods for which values for dietary fibre were not available, a value for a closely related food was substituted.

The mean intakes of dietary fibre for males and females are shown in the table below. The table also gives mean values for estimated intakes of energy, carbohydrate, protein and fat.

| | Males (n = 48) | Females (n = 50) |
|-----------------------|-------------------|---------------------|
| Dietary fibre (g/day) | 21 | 14 |
| Energy (kJ/day) | 11 562 | 7 455 |
| Carbohydrate (g/day) | 563 | 347 |
| Protein (g/day) | 54 | 39 |
| Fat (g/day) | 28 | 24 |

The intake of dietary fibre was found to be low and is comparable with the 20 g daily intake reported for the U.K. (Bingham et al. 1979). Polished rice contributed 75% of energy and 44% of fibre for males and 68% of energy and 40% of fibre for females. For the sample as a whole, vegetables contributed 28%, nuts and legumes 11% and fruit 10% of dietary fibre.

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