

STUDY OF FOOD HABITS, FOOD CONSUMPTION AND DIETARY STATUS OF TRANSMIGRANT AND NON-TRANSMIGRANT FAMILIES IN INDONESIA

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The purpose of this study is to determine and compare food habits, food consumption and dietary status of a population living in the same city with two different socio-economic and cultural backgrounds. Subjects were interviewed using a structured questionnaire to obtain socio-economic data (education, family size, income, food expenditure), food habits (eating habits, food availability, food acceptability, frequency of food consumption, food taboo), food consumption (24 dietary recall), and dietary status (energy, protein, vitamin A and iron) on a family basis.

Fifty transmigrant families and 50 permanent resident families who met the following criteria (15 years residency in Bentiring village, nuclear family, husband and housewife have a formal educational background, and the family has children under five years old), were selected. The frequency of daily eating was not significantly different and most families ate meals three times a day, with the housemaker taking the initiative as the menu planner. Most of the housemakers agreed that culture, religion and the nutrient content in foods strongly influenced their food selection, but that advertising had very little influence on food selection. Both groups strongly believed that there were prohibited foods in relation to religion.

Rice was the staple food for all families. The frequency of consumption of rice, yam, soybean, tempe, olive oil, lamb, pork, brain, kidney, liver, milk, cheese, yoghurt, crabs, broccoli, bamboo sprout, avocado, rose-apple, sapodilla, sugar and coffee was similar for both groups. Most trans-migrant families consumed maize, wheat, cassava, sweet potato, taro, tofu, peanuts, cassava leaves, spinach, swamp cabbage, sweet shoot, squash, banana, mango, pineapple, orange, papaya, star fruit, rambutan, jack fruits, and water melon more often, but they consumed bread, biscuit, potato, locust beans, beef, chicken, fish, salted fish, canned fish, prawn, oyster, octopus, carrot, and cabbage less often than the long time residents.

The average per capita consumption of energy, protein, vitamin A of transmigrant families achieved the Recommended Dietary Intakes (RDI) used in Indonesia (104%, 136%, and 144%, respectively), whereas the dietary intake of non-transmigrant families exceeded the RDI only in protein (162%). The average per capita consumption of iron did not achieve the RDI for both groups (83.6% and 80.2%). Percent adequacy of energy and vitamin A of transmigrant families was higher than non-transmigrant families ($P < 0.01$). No significant difference was observed for iron.

A positive correlation between the educational level of housewives and the adequacy of vitamin A of transmigrant families existed ($r = 0.38$, $P < 0.01$), but no correlation between other socio-economic factors and the dietary status was apparent.

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