PH15: Acceptance of Healthy Recipes among Adults in Semi-Urban Area

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ABSTRACT

Introduction: Malaysia has a variety of food which comprises of low and high calories. Obviously, all food are available at anytime and anywhere in Malaysia. Commonly many of obesity problem caused by excessive intake of high calorie food. Therefore, this study evaluates acceptance of healthy recipes among adults in Masjid Tanah, Melaka. **Methods:** Healthy recipes were developed as one of strategies in F.E.A.T (Fit, Eat, Active, Training) Obesity Intervention Program. Six (6) men and 24 women, aged 25 – 59 years old involved in this cross-sectional study. Weight, height, waist circumference, total body fat percentage were measured and body mass index (BMI) was calculated. Standard questionnaire was used to determine knowledge on healthy cooking and willingness to cook healthy recipes from the recipe book given to subjects. Cooking session and food testing of 4 recipes were conducted for the subjects. Five-point hedonic scale assessment form was used during food testing. **Results:** Result showed that mean of BMI and body fat percentage among women (29.5±5.1kg/m^2 and 41.3±5.8%) were higher than men (26.2±3.40kg/m^2 and 26.2±3.40%). Seventy percent (70%) of subjects were found to have knowledge on healthy cooking methods and willing to cook healthy recipes at home. According to food testing based on hedonic scale, most subjects (85.7%) rated "like very much" for recipe of *ikan tenggiri masak lemak*, followed by smoothie *sengkuang cina* (82.1%), *lempeng kelapa* (64.3%) and lastly broccoli juice (60.0%). **Conclusion:** Healthy recipes are well accepted among subjects as one of strategies for obesity prevention in the community setting.

KEY WORDS:

Obesity, prevention, healthy recipe, acceptance

PH16: Development of Healthy Soup as Preload for Primary School Children in Malaysia

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ABSTRACT

Introduction: Studies have shown that both food preferences and satiating effect of food are key determinants of energy intake for children. Previous evidence revealed that serving soup as preload can reduce food intake during subsequent meal. To enhance satiety, several characteristics of soup had been suggested, including the amount consumed, nutrient content, energy content, temperature and viscosity. However, Malaysia as a multi-ethnic society may have different soup preferences among the different ethnicities. Thus, the aim of this study is to develop a healthy soup that is acceptable by Malay, Chinese and Indian primary schoolchildren in Malaysia. **Methods:** Formulation of the healthy soup will be developed based on the preferences of children indicated through a food preference questionnaire. Nutrient composition such as total carbohydrate, protein, fat, water and ash contents will be determined using proximate analysis (AOAC methods), while sodium will be determined using Atomic Absorption Spectroscopy (AAS). Total energy content will be calculated by adding the *energy* provided by the *protein*, *fat* and total *carbohydrate*. Participants will evaluate overall acceptability of the soup using a five-point facial hedonic scale. **Results:** It is hypothesized that the newly developed healthy soup will be accepted by children from all three different ethnicities. It can be a choice of preload for children that may be able to reduce their food intake during a subsequent meal. **Conclusion:** The development of a healthy soup as preload for children may increase their satiety. Consuming this preload may avoid the overconsumption of high fat food and unhealthy snacks in subsequent meals.

KEY WORDS:

Preload, soup, sensory, hedonic, satiety