

OP 19: Dietary fat and fatty acid intake of Sri Lankan adult men

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Introduction: Dietary fat composition is important in the aetiology of cardiovascular disease (CVD). A reduction in intakes of saturated fat $\leq 10\%$ of total energy is a major dietary guideline recommended by the WHO.

Objectives: To assess dietary fat composition and consumption pattern among healthy adult men as a part of ongoing research study.

Methods: Study participants were 185 of healthy adult men aged between 30 to 60 years. Dietary fat intake was determined using a three-day diet diary covering two week days and one weekend day, food frequency questionnaire and a short in-depth questionnaire on dietary fat consumption pattern. Nutrient intake and fatty acid composition were analyzed using FoodBase 2000 nutrient analysis software, modified for Sri Lankan foods.

Results: Total daily mean fat intake was 56 g (25% of total Energy) while saturated fatty acid (SFA), poly unsaturated fatty acid (PUFA) and mono unsaturated fatty acid (MUFA) intake were 36.8 g (16.3%), 3.1g (1.4%), and 6.7 g (2.9%), respectively. The major contributor of SFA was coconut fat derived from coconut milk whereas peanuts and small fish were the highest contributors for PUFA and MUFA intake, respectively. The key added oil source was coconut oil. Only 5-7% used either sunflower or olive oil as added oil sources. One fourth of the study participants consumed added solid fat like butter or margarine, occasionally.

Conclusions: Study participants consume a considerably higher proportion of SFA and a lower proportion of PUFA and MUFA compared with dietary guidelines recommended by the WHO for CVD risk reduction in adults.

Keywords: Dietary fat, fatty acid composition, adult men, CVD