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ABSTRACTS



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- Serves as a forum for the sharing of research findings and information across broad areas in nutrition
- Publishes original research reports, topical article reviews, book reviews, case reports, short communications, invited editorials and letters to the editor.
- Welcomes articles in nutrition and related fields such as dietetics, food science, biotechnology, public health and anthropology

$p=0.025$; and $r=0.42$, $p=0.018$, respectively). A 95% limit of Bland-Altman agreement was observed between the first and repeat SFFQ for all fatty acids. The proposed SFFQ is sufficiently valid and reliable for assessment of essential fatty acids intakes in Indonesian children.

PP-B21 Dietary supplement use among university athletes in Thailand

Muktabhant B¹ and Rukpanid N²

¹Faculty of Public Health, Research group on prevention and control of diabetes in the Northeast of Thailand, Khon Kaen University, Thailand;

²Research group on prevention and control of diabetes in the Northeast of Thailand, Khon Kaen University, Thailand

This cross-sectional descriptive study was aimed to investigate the dietary supplement use among university athletes in Thailand. Total of 190 students of Khon Kaen University who were athletes attending 41st Thailand University Games were recruited. A self-administration questionnaire was used for collecting data on demographical data and dietary supplement consumption. Energy and nutrient intakes were collected by 24-hr dietary recall method and analyzed by INMUCAL version 2.0 program. The respondents' mean age was 21 ± 1.0 years, and 54% were male. The results revealed that energy intake of the subjects was 114% of Thai recommendation. Energy distribution from carbohydrate, protein, and fat were 65.1%, 19.1% and 18.2% of total energy intake. The percentage of the subjects use dietary supplement was 40%. Popular dietary supplements used by the subjects were sports drink, vitamin and mineral supplements, and whey protein with 44.7%, 39.5%, and 15.8% respectively. Sixty-three percent of them reported using 1 product daily, and 26% using 2 products/day. Fifty percent of the subjects expensed 500-1000 Baht/month for dietary supplements. Most took supplements to improve performance (75.8%), 56.8% claimed to take supplements for muscle building, and 29.5% for body repairing. Internet was the main source of information on dietary supplements (98.4%). Coaches and friend were source of information by 50.5% and 27.9% respectively. They bought the products from drug stores (25.8%), the internet (14.7%) and convenient stores (11.6%). The people who influence decision of using dietary supplements were health personnel (92.6%), friend (55.3%), and coach (49.5%). Results indicate a need for

nutrition education on dietary supplements among university athletes and their coaches. This will enable them to make informed decisions and reduce the risks associated with the misuse of supplements.

PP-B22 Dietary vitamin D, calcium and body fat among adolescents in Jakarta, Indonesia.

Nadiyah and Nova Andriani

Department of Nutrition Science, Faculty of Health Sciences, Esa Unggul University, Indonesia

With the purpose to explore the relationship between dietary vitamin D, calcium and percentage of body fat in a group of adolescents, this cross-sectional study was carried out with 68 adolescents aged 13 to 14 years old; 37 girls (54.4%) and 31 boys (45.6%). Vitamin D was assessed by two non-consecutive-24 hour dietary recalls, calcium intake was assessed by a semi-quantitative food frequency questionnaire (SQ-FFQ) and percentage of body fat was measured by bioelectrical impedance analysis (BIA). BIA measurements were taken at least 2 hours after meals. The mean age was 13.2 ± 0.4 years. Mean daily vitamin D and calcium intake was $5.1 \pm 3.9 \mu\text{g}$ and $539.8 \pm 487.6 \text{ mg}$, respectively. The qualitative evaluation of the diet demonstrated that the main sources of calcium consumed by most adolescents were tofu, tempeh and sweetened condensed milk. Adolescents more often consume egg as a source of vitamin D that has less vitamin D content than fish. Mean percentage body fat was $23.1 \pm 5.7\%$. Negative correlations were found between body fat and vitamin D intake ($r = -0.28$, $p = 0.019$) and between body fat and calcium intake ($r = -0.39$; $p = 0.001$). In multivariate analysis, vitamin D intake showed a negative correlation with body fat, adjusted by energy intake ($\beta = -0.438$, 95% CI: $-0.78, -0.09$, $p = 0.012$). In conclusion, it was found a negative relationship between vitamin D intake and body fat in adolescents.

PP-B23 Intake of fiber, PUFA, omega-3 and calcium was associated with the reported incidence of primary dysmenorrhea among adolescent girls in Surabaya, Indonesia

Nazari PE and Mahmudiono T

Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Indonesia

Adolescent girls have undergo rapid physical, hormonal, and psychological changes that