

## ABSTRACT

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RELATIONSHIP OF PURINE CONSUMPTION, CARBOHYDRATE INTAKE, PROTEIN, FAT, VITAMIN C, BODY MASS INDEKS AND URIC ACID LEVELS IN MAN (AGED 26-45 YEARS OLD) IN RW 05 SUB-DISTRICT BUKIT DURI

**Background:** Hyperurisemia is a condition that uric acid levels in blood above the normal value. The normal value of uric acid levels is 3,6-7 mg/dl. Uric acid levels are influenced by consumption of purines, carbohydrate intake, protein, fat, vitamin C and BMI.

**Objection:** To describe correlation of consumption of purine, carbohydrate intake, protein, fat, vitamin C, Body Mass Indeks and uric acid levels in man (aged 26-45 years old) in RW 05 sub district Bukit Duri.

**Method:** Observational study with cross sectional design. Subject were 56 man aged 26-45 years. Data of purine consumption and vitamin C intake were collected from Food Frequency Questionnaire semi quantitative, carbohydrate intake, protein, fat were collected from recall 2x24 hours. BMI was measured by following anthropometric measurement. Uric acid levels was measured by GCU Easy Touch. Data was analyzed by Pearson's test and one-way ANOVA.

**Result:** Most of subject had uric acid levels in the normal category (3,4-7,0 mg/dl). Means of uric acid levels subject was  $6,37 \pm 1,87$  mg/dl, consumption of purines  $842,20 \pm 422,67$  mg, carbohydrate intake  $392,78 \pm 93,49$  gram, protein  $86,47 \pm 31,04$  gram, fat  $84,56 \pm 40,07$  gram, vitamin C  $83,60 \pm 40,90$  mg and BMI  $22,46 \pm 3,95$  kg/m<sup>2</sup>. Pearson's test showed that consumption of purine, protein intake, fat, vitamin C and uric acid levels was significant correlation ( $p < 0,05$ ). There was no significant correlation carbohydrate intake, BMI and uric acid levels ( $p > 0,05$ ). One-way ANOVA test, there were a significant differences consumption of purine, carbohydrate intake, protein, fat and vitamin C based on uric acid levels ( $p < 0,05$ ).

**Conclusions:** There is significant correlation consumption of purine, protein intake, fat, vitamin C and uric acid levels ( $p < 0,05$ ). There were a significant differences consumption of purine, carbohydrate intake, protein, fat and vitamin C based on uric acid levels ( $p < 0,05$ ).

**Keywords:** carbohydrate intake, body mass index, consumption of purine, fat, protein, uric acid level, vitamin c.

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References: 96 (1987-2016)