

Investigation of Daily Macronutrient intakes by Sri Lankan Managerial Level Employees Working in the Private Sector

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Abstract

With changes of lifestyles and social values in the food culture, many individuals working as managerial level employees in the private sector are seemingly selecting more improper daily meal combinations. This study was designed to determine whether this occurrence can have a severe impact to imbalance the daily nutrient intakes by the individuals in the mentioned social segment, which increase the tendency of having nutrition related chronic diseases. In a hierarchy range from junior executives to CEOs of private sector organizations, 800 individuals were selected by disproportionate stratified random sampling. Selected individuals are interviewed using a structured questionnaire to assess their daily food combinations and their consumed portion sizes. Frequently consumed meal combinations were then analyzed for their macronutrient composition, to compare with world Health organizations' (WHO) Reference Dietary Intake (RDI) levels of nutrients. The results reveal of significantly ($p < 0.05$) higher daily fat (45.3 ± 1.7 g/day) and protein (65.2 ± 1.4 g/day) intakes than the WHO recommendation levels and significantly ($p < 0.05$) lower in dietary fibre (22.3 ± 1.1 g/day) contents by selected participants. Carbohydrate intake (133.1 ± 2.2 g/day) was higher than reference levels but was not significant ($p > 0.05$). This indicates of a considerable risk for many individuals in the concerned social segment, of having non-communicable diseases, if observed dietary patterns are continued.

Key words: Dietary fibre, protein, fats, carbohydrates, Managerial-level-employees, Private-sector⁶

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