

DIETARY PATTERNS AMONG METABOLIC SYNDROME PATIENTS: COMPLIANCE WITH THE MALAYSIAN HEALTHY PLATE CONCEPT

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ABSTRACT

INTRODUCTION: A healthy diet is vital throughout a person's life, as it helps prevent various non-communicable diseases, illnesses, and malnutrition. However, changes in dietary patterns are inevitable due to the increased production of processed foods, urbanisation, and evolving lifestyles. OBJECTIVES: This study aimed to explore the dietary habits and patterns of Malaysian adults in relation to the Malaysian Healthy Plate Concept. METHODOLOGY: A cross-sectional study was conducted among 129 patients with Metabolic Syndrome attending the UiTM PCM clinic. Participants' diets were assessed using a 203-item food frequency questionnaire. RESULTS: The mean age of the participants was 59.81 years (SD = 0.810). The proportion of male and female participants is almost equal, with women accounting for 51.2%. Participants' mean daily energy intake was 1781.17 kcal (SD = 87.14). The participants' dietary patterns did not align with the Malaysian Healthy Plate Concept, with the consumption of grains, fruits, and proteins accounting for 39%, 30%, and 31% of the plate, respectively. Proteins were consumed in the highest quantity daily (mean: 507.05 g/day, SD = 19.11), followed by grains (mean: 406.34 g/day, SD = 19.11), and fruits and vegetables (mean: 393.17 g/day, SD = 34.36). CONCLUSION: There is a need for targeted nutritional interventions and educational efforts to encourage adherence to balanced dietary guidelines, thereby improving overall health outcomes and reducing the prevalence of non-communicable diseases.

Keywords: quarter-quarter half, Nutritional Interventions, Non-Communicable Diseases (NCDs), Food Frequency Questionnaire
