CONTRIBUTION OF DIFFERENT FOOD GROUPS TO THE FOOD, ENERGY AND NUTRIENT INTAKES OF FILIPINO HOUSEHOLDS: COMPARISON OF 2013 AND 2015 FOOD CONSUMPTION DATA

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BACKGROUND

Good nutrition and health practices are being promoted in the country to improve diet quality of Filipinos. The problem of double burden of malnutrition however still persists.

OBJECTIVES

This study aimed to determine and compare the contribution of different food groups to the food, energy and nutrient intakes of Filipino households from the 2013 and 2015 Food Consumption Survey data.

METHODOLOGY

Data were taken from the Household Food Consumption Survey (HFCS) of the 2013 National Nutrition Survey (NNS) and the 2015 Updating of the Nutritional Status of Filipino Children and Other Population Groups Survey of the Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI). Household food intake was measured by one-day food weighing and recall of foods eaten out by members of the household. Energy and nutrient intake and adequacy were assessed using the Philippine Food Composition Tables and 2015 Philippine Dietary Reference Intakes (2015 PDRI). All analyses were done using Stata program.

RESULTS

A total of 8,592 households were included in 2013 NNS while 9,930 households were covered in 2015 Updating Survey. The 2013 HFCS results showed that the average daily per capita food intake of a household member was 855 grams (in raw as purchased form) providing 1810 kilocalories. Although there was no significant change in the mean food intake of households from 2013 (855 grams) to 2015 (844 grams), energy intake increased to 1865 kilocalories indicating an increase in energy density. Only about one-third of the households were able to meet 100% of the energy requirement in 2013 (31.7%) and 2015 (31.0%). Whereas low proportions of households met their estimated average requirement (EAR) for most nutrients. Cereals and cereal products contributed most of the energy and nutrients to the diet of Filipinos followed by fish, meat and poultry and fruits and vegetables.

CONCLUSION AND RECOMMENDATION

The diet of Filipinos is still poor in quality and quantity. The results of this study support the need to strengthen policies and programs like nutrition education and promotion of backyard farming to improve the quality and quantity of food intake of Filipino households.