

Final Year Student Research Presentations goes Full Online

The Final year students of the Applied Nutrition Department defended their final research projects on 11th and 12th January 2021. All the presenters joined via zoom while the Staff joined in person in the Faculty premises. 27 final year students along with 3rd-year students were in participation.



Comparison of fat intake with recommended intake

Type of fat	Study sample intake	Recommended intake
Total fat	24.3	35
SFA	16.5	10
MUFA	2.8	14
PUFA	1.4	11

General characteristics of study population

Characteristic	Mean	SEM	Range
Age, y	44	3	30-58
BMI, kg/m ²	26.7	0.5	24.7-29.7
Waist circumference, cm	97.2	1.8	88-106
Hip circumference, cm	103.2	1.9	93-111
Waist: Hip ratio	0.94	0.01	0.86-0.99
Body fat, %	25.06	0.98	19.2-29
Body muscles, %	38.25	0.61	36.1-42.1
Body water, %	51.16	0.71	48.6-55.6
Systolic blood pressure, mmHg	125	1	121-133
Diastolic	76	3	62-88
Pulse pressure	48	3	38-59
Heart rate, beats/min	68	2.62	54-80
Fasting blood glucose, mg/dL	93	1.64	85-101

Methodology

Diabetes related health care professionals

- Dietitians (n=6)
- Endocrinologists (n=5)
- Nurses (n=5)
- Researchers (n=6)

n = 22

Data Collection

Selected subject

- Screening questionnaire
 - Social demographic characteristics
 - Health status
 - Coconut consumption
- Anthropometric measurements
 - Body weight
 - Height
 - Waist circumference
 - Hip circumference
 - BMI
 - Waist to hip ratio
- Dietary assessment
 - 3-day diet diary
 - Household coconut consumption
- Clinical measurement
 - Blood pressure