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MALAYSIAN READY-TO-EAT COOKED DISHES: CONSUMPTION

PATTERNS AMONG ADULTS AND NUTRIENT COMPOSITION OF

SELECTED HIGHLY CONSUMED DISHES

SITI FATIMAH MOHD TARMIZI¹, NORLIDA MAT DAUD^{1,2*} and

HAFEEDZA ABDUL RAHMAN^{1,2}

¹*Department of Food Sciences, Faculty of Science and Technology,*

Universiti Kebangsaan Malaysia, 43600 Bangi, Selangor, Malaysia

²*Innovation Centre for Confectionery Technology (MANIS), Faculty of Science and Technology,*

Universiti Kebangsaan Malaysia, 43600 Bangi, Selangor, Malaysia

**E-mail: norlida.daud@ukm.edu.my*

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ABSTRACT

Malaysian main dishes have been related to high carbohydrate and protein contents, and lack of vegetables. However, consumption patterns and nutrient composition of these types of dishes were scarcely reported. This study was conducted to determine consumption patterns and nutrient composition of Malaysian ready-to-eat cooked dishes.

Consumption patterns

were assessed using a food frequency questionnaire among 432 adults. The nutrient composition of the eight selected highly consumed dishes was determined by proximate analysis. The results showed that from 89 listed ready-to-eat cooked dishes,

four dishes had moderate consumption levels, which were fried

bihun

(36.9),

nasi lemak

(34.7),

roti canai

(33.1) and Pattaya

fried rice (30.2). The rest of the dishes had low consumption levels (<29.9). The nutrient composition was significantly

different (

p

<0.05) between the dishes. Chinese fried rice had the highest carbohydrate content

(33.65±8.04%) whilst chicken

burgers had the highest protein (7.57 ± 0.63%), fat (11.02 ± 1.27%) and energy (235.43 ± 7.68 kcal) contents. No dishes

were found to have a crude fibre content of more than 1.0%. In conclusion, Malaysian adults had a controllable consumption

of local ready-to-eat cooked dishes as most of the dishes were consumed in low quantities.

Nutrient compositions of dishes

from this study are suggested to be added in Malaysian Food Composition Database for future reference of authorities and

public for diet planning.

Key words: Consumption patterns, nutrient composition, Malaysian ready-to-eat cooked dishes, fried *bihun, nasi lemak, roti canai*