Consumption Pattern of Rural Agricultural-Based Javanese:
A Study in Gintungan-Bandungan, Semarang District

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Abstract

Introduction: Metabolic syndrome incidence believed to shifted lifestyle in globalization. Globalization tends to change one's lifestyle including food consumption patterns. Java is one of the isleslands that have considerable potential to be affected by modernization. This descriptive study aimed to describe the consumption pattern in agricultural-based Javanese rural community.

Method: This Cross-Sectional research conducted on respondents of age 50 or older using Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ) with total respondents of 136 (Male: 74, Female: 62).

Result: The average food consumption between male and female respondents was not varied. Rice is the main staple food, consumed 78 times/month and 230 gr/day. Animal side dishes mainly come from eggs, meat and fish. Eggs and chicken consumed 9 times/month, 16.78 gr/day and 9.51/day respectively. Tofu and tempeh as sources of protein are consumed 68 times/month with the amount of 164.68 gr/day and 136.08 gr/day respectively. Chili and tomatoes are highly consumed vegetables, both averaging 13 times/month with total sum of 14.53 gr/day and 10.3 gr/day. Fruits are various but Orange and Salak are consumed most, though the frequency of consumption are low. Both Orange and Salak are consumed 6 times/month only. Tea is the daily beverage with the frequency of 16 times/month and 116.72 gr/day. Staple food contribute as the highest source of energy (34.77%) followed by vegetables side dishes (22.83%) and beverages (24.51%). Vegetable side dishes provided 38.85% of protein, mainly from tempe and tofu, while animal side dishes provided 11.88%.

Conclusion: Consumption patterns of Gintungan community, regarding energy and protein intake mainly from rice, tofu, tempeh, and tea. Fruits consumption rate is low though it is readily available and varied. Based on this findings, variation of energy and protein sources, along with improving fruit consumption rate are highly recommended.

Keyword: Consumption Pattern, Java, Rural, Agriculture