

[Saudi Med J](#). 2005 Feb;26(2):201-7.

Dietary macronutrient intake of Saudi males and its relationship to classical coronary risk factors.

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Abstract

OBJECTIVE:

To investigate whether the dietary intake of energy; macronutrients; and fiber differ between age groups, racial groups and socio-economic classes among males from the Western province of Kingdom of Saudi Arabia (KSA).

METHODS:

Data were collected from 303 male subjects, aged 15-80 years. They were selected randomly from King Abdul-Aziz University Hospital, Jeddah, KSA from October 2001 to November 2003 and grouped according to their age into 3 groups. The subjects were asked to complete a questionnaire concerning their demographic characteristics, health history, lifestyle, and dietary habits.

RESULTS:

Energy and carbohydrates intake fell with age ($p < 0.05$). Total dietary carbohydrates and fat intake were similar for all groups when expressed as a percentage of energy intake. The percentage energy as protein increased with age ($p < 0.05$). Mean cholesterol intake was high for all groups, but fell with age group ($p < 0.0001$). Saturated fat and monounsaturated fat intake, expressed as percentage energy intake were both high, whereas polyunsaturated fat intake was low. The youngest group had the highest percentage energy provided by saturated fatty acid ($p < 0.001$), and the lowest percentage energy as polyunsaturated

fatty acid ($p < 0.05$) compared to the other groups. The intake of fibre rose with age was significantly higher in the older group ($p < 0.05$).

CONCLUSION:

Diet consumed by urban dwellers in KSA appears to have resulted in an imbalance of macronutrient intake among all sectors of the population. This problem can only be averted by raising public awareness and the development of appropriate population-specific nutritional guidelines