CORRELATION OF PROTEIN, IRON, VITAMIN C AND VITAMIN B 12 INTAKE TO THE STATUS OF ANAEMIA AMONG VEGETARIANS

Abstrak:

The number of vegetarians in the world has been increasing and has become a life style. There are many reasons for adopting vegetarian diets, including health benefits, religion, ecology, ethics, and economics. Even though, vegetarian diet may enhance the risk nutrients in a vegetarian's diet are protein, vitamin B12, and iron. The objective of this study is to know differences of adequate protein, iron, vitamin C and vitamin B12 between vegetarian group with vegetarian diet 1-5 years and vegetarian group with vegetarian diet > 5 years which is related to anemia status. These studies were using cross sectional design and the number of samples was 40 respondents that divided 20 respondent in a group. Questioner and interview were carried out. Each variables was analyzed by Mann-Whitney. The result on this study showed that the prevalence of anemia in vegetarian group 1-5 years was 15%, and vegetarian group > 5 years was 20%. The average percentage in adequate nutrient iron and protein consumption in two group was in bad conditions (< 60% AKG), but nutrition vitamin C consumption was high (> 80% AKG). The analysis with Mann Whitney showed that there was no differences of protein adequacy with anemia in two group (p: 0.069; Î±: 0.05) also there was no differences of iron adequacy with anemia in two group that in bad condition (p: 0.069; Î±: 0.05). Although consumption of vitamin C was higher, there was no differences in two group that related with anemia (p: 0.057; Î±: 0.05). The conclusion of this research is there was no difference significantly between adequacy of protein, nutrient iron, vitamin C with anemia. Assuring an adequate intake of nutrient, vegetarian should be careful to follow certain guidelines (vegetarian meals pyramid) and not limited their diets to a small number of items.

Keyword:

vegetarian, nutrient adequate, anaemia