

# Calorie and protein intake patterns by Hebron University students

Sabri Saghir<sup>1</sup> and Jamal Abo Omar<sup>2</sup>

1-Faculty of Agriculture, Hebron University, Hebron, Palestine.

2-Department of Animal Production, An-Najah National University, Nablus, P.O.Box 7, Palestine

## Abstract:

This study was conducted to investigate the pattern of calorie and protein consumption by Hebron University students. A sample size of 238 students (males and females) of ages ranged from 18 to 23 years was the target of this study. A food frequency questionnaire was designed and used and a pilot survey was carried out among university students to identify the food items commonly eaten by them. Nutrient intakes were estimated by using WinDiets software with values based mainly on the food-composition tables. Results were expressed as mean and standard deviation (SD). ANOVA and Student's paired t-test were used for data analysis. A p-value of less than 0.05 was considered to be statistically significant. The study showed that fathers of all students investigated were of secondary education or higher. However, mothers were of lower levels of education. The majority of students were village residents (77%) while only 8% were refugee camps residence. This study showed that about 63% of students consumed less than 3 meals per day. Regarding the physical activity level (PAL), most of students had low to moderate activities (88%) compared to only 12% of them who had strong activity. Calorie and protein intake was not affected by gender. However, the intake of calories was lower than that is recommended. Family income had a significant effect ( $P < 0.05$ ) on both calories and protein consumption. Similar significant trends were observed in the effects of family size and number of sibling. The study showed that the consumption of all nutrients concerned was higher in Fridays compared to the consumption in Saturdays and Mondays. However, this increase in consumption is not statistically significant.

**Key Words:** Calorie; protein; university students; physical activity level.

