

## ABSTRACT

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### **AN OBSERVATIONAL STUDY OF RECOGNITION THRESHOLD, PREFERENCE TOWARDS SWEET TASTE AND DAILY SUGAR INTAKE OF OFFICE WORKERS IN JAKARTA**

(xiii+ 37 pages, 5 tables, 13 figures, 10 appendices)

*Sweetness plays a role in human nutrition to adjust people's feeding behavior towards food with high energy such as consumption of sugar. Furthermore, recognition threshold and preference towards sweet taste may affect daily intake of sugar. Therefore, this observational study was aimed to assess the daily sugar intake of office workers in Jakarta, also especially to observe and analyze the effect of recognition threshold towards preferred sugar concentration, recognition threshold towards daily sugar intake and preferred sugar concentration towards daily sugar intake. Study was done by performing 24-hour food recall, preference test, and modified Three-Ascending Forced Choice test to 65 subjects (40 female subjects and 25 male subjects). The result showed that average daily sugar intake of subjects was 64.18 grams which exceeded World Health Organisation's recommended sugar intake by 42.62%. Result also showed that there was no significant difference of preferred sugar concentration between different recognition thresholds group ( $p= 0.770$ ). It was found that there was no significant difference of daily sugar intake between different preferred sugar concentration group ( $p= 0.734$ ). Lastly, there was no significant difference of daily sugar intake between different recognition thresholds group ( $p= 0.347$ ).*

Keywords : sweet taste, recognition threshold, preference, sugar intake

References : 40 (1995-2015)