ABSTRACT

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AN OBSERVATIONAL STUDY OF RECOGNITION THRESHOLD AND PREFERENCE OF SALTY TASTE AND DAILY SODIUM INTAKE OF A NUMBER OF OFFICE WORKERS IN JAKARTA
(xiii + 62 Pages: 16 figures, 7 tables, 19 appendices)

Obesity, hypertension, overconsumption of sugar, fat, and sodium intake, and low physical activity have complex relationship. In order to study the relationship of each of the variables in observational study, study that measures variables of the study such as physical activity, BMI, body composition, blood pressure, sugar, fat, and salt intake was needed. That is why the present study focused solely to measure sodium intake in numbers of office workers with different sensitivity and preference of salty taste in Jakarta. Subject’s recognition threshold of salty taste was measured using modified Ascending Forced Choice Method of Limit with the concentration of salt solution used were 0.002 M until 0.014 M. The preference was measured by assessing meat broth with salt concentration 0.04 M until 0.4 M with 9-hedonic scale and daily sodium intake was measured using 24-h food recall. Food recall interview was conducted three times, two during week days and one during weekend. Then the results of the interviews were processed by Food Processor ESHA. After collecting and processing data gained from those tests, some results can be inferred. When the subjects were grouped based on their recognition threshold, there is no significant differences in preferred concentration of salt in meat broth \( H(6)=9.663, p =0.140 \) and there is no significant differences in daily sodium intake \( H(6)=2.926, p = 0.818 \) between recognition threshold group. Third result is when subjects were grouped based on their preferred concentration of salt in meat broth, there is no significant differences in daily sodium intake \( H(6)= 5.777, p= 0.329 \) between preference group. Other results are the average daily sodium intake of subject is 2088.21 mg of sodium/day and the major source of sodium from food subject consumed is lauk pauk, followed by carbohydrate based food as center of meal and bakery and cakery.

Keywords: Salt, salt solution, meat broth, 24-h food recall, recognition threshold of salty taste, preference toward salty taste, daily sodium intake