

Conference Abstract

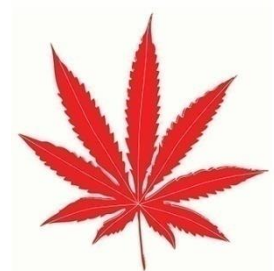
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Conference Abstract

AVERAGE DAILY FLUID INTAKE OF STUDENTS ENROLLED IN A PRIVATE SECTOR UNIVERSITY IN ISLAMABAD; A CROSS SECTIONAL STUDY

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Key words: Nutritional status, Fluid Intake, University going students, Food Composition Tables

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ABSTRACT

Background: Appropriate fluid intake is necessary to carry out all the essential biochemical reactions taking place inside a human body.

Methodology: The current study was carried out at the Department of Diet and Nutritional Sciences, The University of Lahore, Islamabad Campus in which a cross sectional study design was used. A total of one hundred students were chosen using the technique of convenience sampling. Students who gave consent were made a part of the study while those suffering from any chronic diseases were excluded. For the purpose of determination of average daily fluid intake of students, twenty-four hour dietary recall was taken. Food composition tables were used to calculate the exact amount of fluids contributed by each food item or beverage.

Results: The results of the study revealed that only 12% students were having an average daily intake of fluid either equivalent to or more than the recommended intake. On the other hand, remaining 88% students were having an average daily fluid intake of less than the recommended intake.

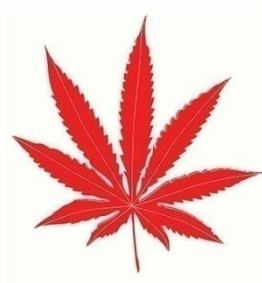
Conclusions: The current study concluded that the average daily fluid intake of 88% students enrolled at the Department of Diet and Nutritional Sciences, The University of Lahore, Islamabad Campus which was not appropriate in comparison to the recommended intake.

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Competing Interests:

The authors declare no competing interests
Additional information is available at the end of the article.



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