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## **Dietary Intake Survey of Maintenance Hemodialysis Patients in Universitas Gadjah Mada Hospital, Yogyakarta-Indonesia**

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**Objectives:** Dietary intake in maintenance hemodialysis (MHD) patient is an important factor to reach better quality of life and prognosis. There is no information regarding the dietary intake of MHD patients in Indonesia as a lower-middle income country. We hypothesize that dietary intake does not meet the recommendation. The objective of the study was to evaluate the dietary intake of MHD patients in Universitas Gadjah Mada Hospital.

**Methods:** This study was an observational study with cross-sectional design. Subjects of the study were 66 MHD patients in Hemodialysis Unit, Universitas Gadjah Mada Hospital, Indonesia. Dietary intake (energy, protein, fat, carbohydrate) was measured using the Brief Food Frequency Questionnaire (BFFQ). Statistical analysis was using Paired Sample T-Test.

**Results:** The mean of dietary intake were  $29.33 \pm 10.20$  kcal/kg ideal body weight (IBW) for energy,  $0.75 \pm 0.34$  g/kg IBW for protein,  $0.83 \pm 0.20$  g/kg IBW for fat,  $4.65 \pm 2.11$  g/kg IBW for carbohydrate. There was no significant difference between carbohydrate intakes and requirements ( $p > 0.05$ ). There were significant difference between energy, protein, fat intakes and requirements ( $p < 0.05$ ). The prevalence of adequate nutrition intake were 57.6% for energy, 30.3% for protein, 31.8% for fat, and 56.1% for carbohydrate.

**Conclusions:** Participants dietary intake are predominantly from carbohydrates. The energy, protein, and fat intake are not meet the recommendation. Future research is needed regarding the problem of nutritional intake of MHD patients.

Table 1. Mean Value of Dietary Intake and Dietary Requirements

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	Mean ± SD	P
Energy Intake (kcal/kg ideal body weight/d)	29.33±10.20	<0.001
Energy Requirements (kcal/kg ideal body weight/d)	33.56±2.28	
Protein Intake (g/kg ideal body weight/d)	0.75±0.34	<0.001
Protein Requirements (g/kg ideal body weight/d)	1.10±0.0	
Fat Intake (g/kg ideal body weight/d)	0.83±0.20	<0.001
Fat Requirements (g/kg ideal body weight/d)	1.14±0.91	
Carbohydrate Intake (g/kg ideal body weight/d)	4.65±2.11	0.388
Carbohydrate Requirements (g/kg ideal body weight/d)	4.77±0.37	

Table 2. The Prevalence of Nutrition Intake

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	n	%
Energy		
Adequate	38	57.6
Inadequate	28	42.4
Protein		
Adequate	20	30.3
Inadequate	46	69.7
Fat		
Adequate	21	31.8
Inadequate	45	68.2
Carbohydrate		
Adequate	37	56.1
Inadequate	29	43.9