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OVERVIEW STUDY: FIBER CONSUMPTION IN ADOLESCENTS AND ADULT IN INDONESIA

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Objectives: The aim of this study was to determine the description of fiber intake from vegetables and fruits of adults and adolescents in Indonesia

Methods: The research method used is a systematic review of 6 research results concerning vegetables and fruits consumption in adults and adolescents

Results: The results of a review of the 6 research of this study obtained a description of the consumption of vegetables and fruits that are low. The lowest consumption is 97% of the sample studied and the highest is from 80% of the sample studied. National survey data in Indonesia showed only 5% of people consume fruits and vegetables that consume according to their daily needs. it showed that consumption source of fiber is very low, either from vegetables or fruits.

Conclusions: The recommended fiber consumption is ≥ 14 grams / 1000 Kcal of energy needs per day, while the consumption of vegetables and fruits in Indonesia is very low. A diet that lack of fiber is a diet that tends to consume high levels of carbohidrat and fat, this is very easy to trigger obesity, hypertension and diabetes mellitus, which are risk factors for chronic kidney disease. The need for an ongoing nutrition campaign and nutrition education to improve public awareness in consuming fiber both from vegetables and fruits. The description of this review can be a predictive of future health conditions if not properly addressed to the main behaviour problem.