

Eating Behaviour and the Nature of Food Consumption in a Malaysian Adults Sample

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Abstract : Research examining whether eating behaviour is related to unhealthy or healthy eating pattern is required to explain the mechanisms underlying obesity, and to inform health intervention aim to prevent and treat obesity. The purpose of this study was to investigate the relationship between eating behaviours and nature of food consumption. Methods: This was a cross-sectional study of 588 adults (males = 231 and females = 357). The Dutch Eating Behaviour Questionnaire (DEBQ) was used to measure restrained, emotional and external eating. Nature of food consumption was assessed by self-reported consumption of fruit and vegetables, sweet food, junk food and snacking. Results: Results revealed that emotional eating was found to be the principal predictor of the consumption of less healthy food (sweet food, junk food and snacking), while external eating predicted sweet food intake. Intake of fruit and vegetable was associated with restrained eating. In light of the significant associations between eating behaviour and nature of food consumption, acknowledging individuals eating styles can have implications for tailoring effective nutritional programs in the context of obesity and chronic disease epidemic.

Keywords : eating behaviour, food consumption, adult, Malaysia

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