

Nutritive values of popular snacks

Phyu Phyu Aung, **Theingi Thwin & *Hla Hla Aye*

* Nutrition Research Division

**Biochemistry Research Division

Department of Medical Research (Lower Myanmar)

***Department of Medical Science

The present study aimed to identify and to determine the nutritive values of the commonly consumed snacks among the students and to explore the factors determining the consumption of varieties of snacks. Identification of currently popular snacks among the students was carried out on a total of 1207 University students of Yangon from January 2001 to December 2001. Both qualitative (focus group discussions) and quantitative methods (structured questionnaire) were employed. Sixteen items each of popular snacks and traditional Myanmar snacks were identified and were analyzed chemically for the nutritive values. The results were compared between the nutritive values of popular snacks and traditional Myanmar snacks. For the same weight of 100 g of snack items, on average, it was found that, higher amount of total calories; protein, carbohydrate and fat were obtained from consumption of popular snacks than from eating traditional Myanmar snacks. But if nutritive values were compared between the two groups for the cost of K.100, eating traditional food would gain more calories, protein, fat, and carbohydrate than the popular snacks. Taste and preference, price, and advertisement were the most common factors to be considered in buying snack foods among the students. Nearly three quarters of the students studied (74.5%) preferred traditional Myanmar foods, being spicy and sour in taste, to the westernized foods. The rest 25.5% of students preferred to take popular snacks thinking that western foods were more hygienic and were attractively packed.

INTRODUCTION

“Snacks” literally mean hurriedly eaten foods. They are those foods commonly purchased for eating outside the normal pattern of meals. Children, adolescents and young adults are fond of taking snacks. Many factors such as: having enough pocket money, enjoying to be with friends at snack shops and staying more time away from home, development of newer technologies for creating foods with better tastes and textures, media advertisement, development of large scale manufacturing, enabling low cost etc favor the consumption of snacks [1].

Nowadays in Myanmar, fast food centers,

more of westernized style, are sprouted all over the city, Yangon and various attractively packed snack foods, both local-made and imported, can be seen on the shelves of almost every food stores and supermarkets. Researchers are under the impression that these westernized foods and packed snack foods are frequently and fondly taken by young people. Most of the locally made packed snacks have no nutrition facts and labels. Nutritive values of fast foods are not known also.

The prices of these foods are not cheap and thus could lead to economic burden to parents, community and the nation as a whole. From various studies, it was found that 20% to 30% of daily caloric

requirement can be obtained by consumption of snacks in the adolescents [2,3,4]. Therefore, it is important to know the nutritive values of snacks, consumed by this age group. Thus, the present study aimed to identify and determine the nutritive values of the commonly consumed snacks (both traditional and popular snacks) among the students and to explore the factors determining the consumption of varieties of snacks.

MATERIALS AND METHODS

Identification of currently popular snacks among the students was carried out on a total of 1207 University students of the Institute of Medicine [1], Yangon. Yangon is purposely chosen for being the capital city of Myanmar. Among the Universities/Institutes in Yangon, one University/Institute was randomly chosen. Students from the First Year (entry point) were selected. Food and beverage consumption behavior was qualitatively explored by the Focus Group Discussions (FGDs) and free listing; based upon which the structured questionnaire was constructed for quantification. Seven themes were set for focus group discussions: types of food preferred, perception on having popular snacks among students, influencing factors on consuming popular snacks, coping mechanisms on insufficient pocket money, factors considering on buying snacks, habit of food avoidance, and knowledge on health and nutrition. The guidelines were pre-tested. Some modifications in the way the questions were phrased were made over the course of discussions on the experience from prior discussions. Different items of snacks consumed were asked to list freely also.

Based on the findings of FGDs and free listing, structured questionnaire was constructed and pre-tested. After the explanation by principal investigator, questionnaire forms were self-administered. Among the First Year Students, 1207 (603

males and 604 females), randomly selected were included. Type of snacks consumed, frequency of consumption, places where snacks were usually bought, considering factors on buying of snacks, perception on having advertised snacks, and amount of monthly pocket money or expense etc were included in the questionnaire forms.

The identified snacks were bought from the five randomly chosen snack shops. Five numbers of each item of snacks were collected and sent to the laboratory at Nutrition Research Division, Department of Medical Research (Lower Myanmar) for nutrient analysis. Determination of total protein was done by the estimation of nitrogen by Kjeldahl method [3]. Fat content was estimated by crude ether extraction of dry sample [3]. The content of available carbohydrate was determined by difference, which is by subtracting from 100 to the sum of the values (per 100 g for protein, fat, moisture, ash, and crude fiber) [3]. Then, the nutritive values of these snacks and those of traditional Myanmar snacks were compared.

RESULTS

Table 1 shows the list of the popular snacks and frequency of intake by the students during the past week. For breakfast, Myanmar traditional snack foods were consumed more frequently than popular snacks. Among the traditional Myanmar snacks, *Pe Pyoke Htamin Kyaw* (fried rice with boiled beans) was taken with the highest frequencies. For the mid-day snacks, both traditional Myanmar snacks and popular snacks were consumed in comparable frequencies. *La Phet Thoke* (Pickled tea leave salad), *Nga Moh Kyaw* and *Ve Ve Cookies* were the commonest items taken as mid-day snacks.

Table 2 shows the nutritive values of different items of traditional Myanmar and popular snacks per 100 gm of weight. Among the traditional snacks *Ba Yar Kyaw* (pounded pea fritter) is most energy dense.

Table 1. Identified commonly consumed traditional Myanmar snacks and popular snacks and percent of respondents consumed

Traditional Myanmar snacks	Percent of respondents consumed	Popular snacks	Percent of respondents consumed
Snacks as breakfast			
<i>Pe Pyoke Htamin Kyaw</i>	22.9	<i>Instant Noodle</i>	4.3
<i>Moh Hin Gah</i>	18.5	<i>Instant Vermicelli</i>	3.4
<i>Moh Sein Paund</i>	12.3	<i>Coffee Mix</i>	1.7
<i>Ei Kyar Kwey</i>	7.9	<i>Cereal Mix</i>	1.6
<i>Platter (Pe/ Thayar)</i>	5.3	<i>Sandwiches</i>	1.6
<i>Samusa</i>	2.1	<i>Butter cake</i>	1.2
<i>Nan Pya</i>	2.1	<i>Cake</i>	0.5
<i>Pe Pyoke</i>	2.1		
<i>Khauk Hnyin Paund</i>	1.9		
<i>Ohn No</i>	1.9		
<i>Khauk Swe</i>			
<i>Ah Thoke</i>	1.7		
<i>Bain Moh</i>	1.6		
<i>Pauk Sie</i>	1.5		
<i>Ba Yar Kyaw / Nga Pyaw Kyaw</i>	1.5		
<i>Bread and Butter</i>	1.3		
<i>Coffee</i>	0.9		
<i>Tea</i>	0.9		
<i>Shan Khauk Swe</i>	0.7		
<i>Shwe Htamin</i>	0.2		
<i>San Pyoke</i>	0.1		
Mid-day Sancks			
<i>La Phet Thoke</i>	13.2	<i>Ve Ve Cookies</i>	10.4
<i>Nga Moh Kyaw</i>	11.6	<i>Prawn Crackers</i>	9.2
<i>Ah Lu Kyaw</i>	6.2	<i>Yummy Flakes</i>	8.1
<i>Coffee</i>	5.8	<i>Coffee Mix</i>	5.1
<i>Tea</i>	5.2	<i>Soft Drinks</i>	4.9
<i>Milk</i>	3.6	<i>Donut</i>	2.5
<i>Tofu Thoke</i>	2.1	<i>Hamburger</i>	2.3
<i>Yakhine Moh Tee</i>	2.0	<i>Fired Chicken</i>	2.3
<i>Sprin Roll</i>	1.3	<i>Pizza</i>	2.1
<i>Biscuits</i>	1.0	<i>Chocolate</i>	0.7
<i>Moh Hnin Gah</i>	1.0	<i>Pie</i>	0.7
<i>Bain Moh</i>	0.9	<i>PotatoChips (Imported)</i>	0.3
<i>Khauk Moh</i>	0.9	<i>Hot Dog</i>	0.2
<i>Ah Chin Thoke</i>	0.8	<i>Barbecue</i>	0.1
<i>Nay Kyar Seed</i>	0.6	<i>Cream roll</i>	0.1

Nag Pyaw Kyaw (banana fritter) has the lowest protein content and *La Phet Thoke* has the highest protein content. For the fat content, *La Phet Thoke* contains the highest amount whereas *Kauk Hnyin Pound* (Steamed glutinous rice) contains the lowest amount. Carbohydrate content present is highest in *Ei Kyer Kwey* (fried dough), and lowest in *Ohn No Khauk Swe* (coconut

Table 2. Nutritive values of different items of traditional Myanmar snacks and popular snacks per 100 gm

Food Items	Energy (Kcals)	Protein (gm)	Fat (gm)	Carbohydrate (gm)
<i>Pe Pyoke</i>	193.9	4.4	3.5	36.2
<i>Htamin Kyaw</i>	156.0	7.2	8.1	14.5
<i>Moh Hin Gah</i>	156.0	7.2	8.1	14.5
<i>Moh Sein Pound</i>	353.3	40.0	2.1	43.6
<i>La Phet Thoke</i>	478.5	18.9	36.7	27.1
<i>Ei Kyar Kwey</i>	392.0	7.9	16.7	52.6
<i>Thakyar Platter</i>	358	8.4	19.0	48.1
<i>Pe Platter</i>	251	6.7	5.9	42.8
<i>Samusa</i>	228.0	5.4	5.7	38.9
<i>Pe Pyoke</i>	261.5	9.9	9.9	33.2
<i>Nan Pya</i>	228.5	3.2	2.1	49.2
<i>Bain Moh</i>	156.5	4.6	6.3	20.8
<i>Ah Thoke</i>	225	8.0	17.2	10.7
<i>Khauk Swe</i>				
<i>Kauk Hnyin Pound</i>	211.4	5.0	1.0	45.6
<i>Pauk Sie (Wetter)</i>	309	7.5	19.3	68.7
<i>Ba Yar Kyaw</i>	583	11.3	38.8	47.4
<i>Nga Pyaw Kyaw</i>	266	2.5	8.0	46.0
Popular Snacks				
<i>Instant Noodle</i>	445.6	9.6	19.1	58.8
<i>Butter Cake</i>	440.2	4.7	29.2	39.6
<i>Instant Vermicelli</i>	420.9	6.6	6.6	83.8
<i>Coffee Mix</i>	387.3	1.3	1.3	92.6
<i>VeVe Cookies</i>	429.3	4.5	11.6	76.8
<i>Prawn Crackers</i>	405.5	6.13	7.9	77.3
<i>Yummy Flakes</i>	442.6	5.4	14.6	72.4
<i>Donut</i>	382.8	3.4	16.2	55.9
<i>Sandwiches (Cheese)</i>	431.0	6.2	18.2	38.2
<i>Hamburger (Chicken)</i>	331.3	8.9	23.3	21.5
<i>Cereal mix</i>	405.2	4.2	2.4	91.7
<i>Fried Chicken</i>	371.4	18.7	32.7	0.6
<i>Pizza</i>	258.4	5.7	15.5	24.0
<i>Chocolate</i>	534.1	6.8	30.2	58.1
<i>Pie</i>	500.0	4.3	30.4	53.2
<i>Potato Crisps (Imported)</i>	566.4	3.5	38.9	53.1

* Five in numbers of each item of snacks

noodle). Among the popular snacks, potato chips are the most energy dense while chicken pizza is least energy dense. Fried chicken has the highest protein content and coffee mix has the lowest protein content. Fat is present in highest amount in potato chips while present in lowest amount in coffee mix. Highest carbohydrate value can be obtained by taking 100 gm of instant vermicelli.

Table 3 shows the mean calorie, protein, carbohydrate, and fat contents of both types of snacks for 100 *kyats*. The calorie contents of both types of snacks are listed

from the highest to the lowest. In traditional Myanmar snacks, the amount of calories of

highest and that of *Thakyar Platter* is the lowest content for 100 kyats. In comparison

Table 3. Mean caloric, protein, carbohydrate, and fat contents of both types of snacks for 100 Kyats

Traditional Myanmar snacks	Energy (Kcals)	Protein (g)	Carbohydrate (g)	Fat (g)
Traditional Myanmar Snacks				
<i>Ba Yar Kyaw</i>	2532.0	45.2	189.6	155.2
<i>Moh Sein Pound</i>	2356.2	40.8	444.7	29.6
<i>Nga Pyaw Kyaw</i>	1995.0	18.8	345.0	60.0
<i>Moh Hin Gah</i>	1611.0	15.0	169.2	77.9
<i>Thakyar Platter</i>	1449.9	15.0	194.8	77.0
<i>Kauk Hnyin Pound</i>	1446.7	33.3	304.0	66.7
<i>Pe Platter</i>	1380.5	27.1	235.4	32.5
<i>Ei Kyar Kwey</i>	1128.9	22.8	151.5	48.1
<i>Bain Moh</i>	1108.8	39.4	236.2	10.1
<i>Ah Thoke</i>	1072.8	33.1	149.8	45.4
<i>La Phet Thoke</i>	1051.6	41.6	59.6	80.7
<i>Ohn No Khauk Swe</i>	1047.6	53.4	90.2	50.7
<i>Pe Pyoke Htamin Kyaw</i>	1005.0	22.0	181.0	17.5
<i>Samusa</i>	820.8	21.2	140.0	20.5
<i>Pe Pyoke Nan Pya</i>	724.0	19.8	66.4	19.8
<i>Pauk Sie (Wettar)</i>	706.1	19.3	54.7	44.4
Mean	1358.6	28.4	191.8	52.2
Popular Snacks				
<i>Instant Vermicelli</i>	781.6	12.3	155.6	12.3
<i>Butter Cake</i>	657.8	7.0	59.2	43.6
<i>Sandwiches (Cheese)</i>	452.6	6.5	40.1	19.1
<i>Coffee Mix</i>	397.8	1.3	92.6	1.3
<i>Fried Chicken</i>	371.4	18.7	0.6	32.7
<i>Cereal Mix</i>	351.6	3.6	79.6	2.1
<i>Ve Ve Cookies</i>	303.3	25.4	54.2	8.2
<i>Yummy Flakes</i>	297.9	3.6	48.7	9.8
<i>Hamburger (Chicken)</i>	289.9	7.8	18.8	20.4
<i>Donut</i>	279.2	2.5	40.8	11.8
<i>Prawn Crackers</i>	273.7	4.1	52.2	5.3
<i>Pizza (Chicken)</i>	242.2	5.3	22.5	14.5
<i>Potato Chisps (Imported)</i>	184.1	1.1	17.3	12.3
<i>Chocolate</i>	159.3	2.0	17.3	9.0
<i>Pie (Strawberry)</i>	115.0	0.9	12.3	7.0
Mean	364.8	5.95	50.1	14.9*

* Statistically different from mean caloric contents of traditional Myanmar snacks and currently popular snacks ($p < 0.05$)

Moh Sein Pound is the highest and that of *Pauk Sie* is the lowest content for 100 kyats. In comparison, the calorie contents of currently popular snacks, the instant vermicelli has the highest amount where as the strawberry cream pie contains the lowest amount for 100 kyats. Mean calories contents of them are statistically different ($p < 0.05$). The highest caloric content of traditional Myanmar snacks is three times more than that of currently popular snacks, i.e., 2656.5 Kcals vs 781.6 Kcals. The protein contents of both types of snacks for 100 kyats are listed from the highest to the lowest. In traditional Myanmar snacks, the amount of protein of *Ba Yar Kyaw* is the

of the protein contents of currently popular snacks, the fried chicken has the highest amount where as the strawberry cream pie contains the lowest amount for 100 kyats. Mean protein contents of them are statistically different ($p < 0.5$). The highest protein content of traditional Myanmar snacks is two times more than that of currently popular snacks, i.e., 45.2 gm vs 18.7 gm. Mean fat contents of both types of snacks for 100 kyats are listed from the highest to the lowest. In traditional Myanmar snacks, the amount of protein of *Ba Yar Kyaw* is also the highest and that of *Bain Moh* is the lowest content for 100 kyats. In comparison of the fat contents of

currently popular snacks, the butter cake has the highest amount where as the coffee mix contains the lowest amount for 100 kyats. Mean fat contents of them are significantly different ($p < 0.05$). The highest fat content of traditional Myanmar snacks is three times more than that of currently popular snacks, i.e., 155.2 gm vs 43.6 gm. The carbohydrate contents of both types of snacks for 100 kyats are also listed from the highest to the lowest. In traditional Myanmar snacks, the amount of carbohydrate of *Moh Sein Pound* is the highest and that of *Pauk Sie* is the lowest content for 100 kyats. In comparison of the carbohydrate contents of currently popular snacks, chicken pizza has the highest amount where as the fried chicken contains the lowest amount for 100 kyats. Mean carbohydrate contents of them are significantly different ($p < 0.5$). The highest carbohydrate content of traditional Myanmar snacks is two times more than that of currently popular snacks, i.e., 444.7 gm vs 242.0 gm.

Table 4 shows the food behavior of First M.B., B.S. students, Institute of Medicine [1]. Most of the students bought the snacks according to their preference. They also considered health benefits of consuming snacks. The next considered factor on buying of snacks was the price. Although, the least considering factor was the advertisement, more than 75% of the students had the habit of eating the advertised foods. The common reason for consumption of advertised foods was to test the taste. If they had liked the taste, they would have consumed the next time. Only 1.2 % of the respondents were influenced by peers in consumption of advertised snacks. Nearly three quarters of respondents (74.5%) preferred Myanmar food to westernized food. Familiar with Myanmar food was the commonest reason for preference. The reasonable price was also one of the factors for preference of traditional Myanmar food. Three percent of respondents thought that traditional Myanmar foods were healthier than

westernized foods. Some of the respondents (15.5%) preferred westernized food to Myanmar food because of their attractive packing. Some students (9.6%) said that westernized food was more hygienic than Myanmar food. Most of the respondents (57.9%) would ask their parents for the money again, if their pocket money was not enough. Some of the respondents (16.8%) reduced in buying new dress or doing some recreational activities. And, few respondents (2.5%) solved that kind of problem by doing part-time jobs (e.g study guide).

Table 4. Food behavior of First M.B.,B.S. students, Institute of Medicine (1)

Variables	Percent of respondents
Factors considering on buying of snacks	
Price	21.7
Preference	88.4
Advertisements	15.9
Benefits for nutrition / health	26.6
Practice on consumption of advertised snacks	
Presence	56.3
Absence	43.7
Reasons for consumption of advertised snacks	
Testing the taste	57.6
Being preference	40.0
Being prestige / Peer influence	10.2
Winning the lucky draw	1.2
Food preference	
Myanmar food	74.5
Westernized food	25.5
Reasons for preference of Myanmar food	
Sharp in taste (spicy, sour and salty)	15.0
Easily prepared by themselves	3.0
Easily available	4.0
Familiar	17.5
Reasonable price	3.0
More suitable for health	3.0
Reasons for preference of westernized food	
More hygienic than Myanmar food	9.6
Attractive packing	15.6
Easily available	4.0
Solutions to the problem of inadequate pocket money	
Ask for from their parents again	57.9
Do part-time work	2.4
Reduce in buying new dresses / doing entertainment	16.8

DISCUSSION

During the past few years, due to the appearance of food industries, many items of snack foods, both imported and locally produced, have accommodated the shelves of supermarkets, food shops and markets.

Many of these food items are advertised and become popular. Snack foods, which are attractively packed, reach not only to the cities (urban areas) but also to the rural villages. They become popular, readily available, and are frequently consumed by people, especially by the children and adolescents. Although the prices of these snack foods are not cheap in comparison to the traditional Myanmar snacks, children and adolescents like these snacks very much and spend much money on buying them. From this study on the University students, 16 items each of currently popular snacks and traditional Myanmar snacks, most frequently consumed by the students, were identified. For breakfast, traditional Myanmar snacks were consumed more than the popular snacks as traditional snacks were more available in the morning, filled the stomach more and prepared by the parents who preferred low cost. In our country, breakfast is usually taken at homes together with their parents. However, currently popular snacks were consumed much more frequently in mid-day as they were more readily available at the canteens, convenient and less parental influence in the mid-day. From the nutritive values of traditional Myanmar snacks, *Bayar Kyaw* was found to be most energy dense containing 583 kcals. per 100 grams. This is due to the presence of high content of fat and protein as it is fried and made from beans. *Moh Hin Gah* is found to have least energy content for 100 grams. It might be because, *Moh Hin Gah* is a kind of soup containing vermicelli and small amount of fish and other ingredients. The high protein and fat contents of *La Phet Thoke* were due to the presence of varieties of beans, dried prawn and oil on top. *Ei Kyar Kwey* is made up of wheat and then dough so that the carbohydrate content is high.

When compared to the above mentioned traditional Myanmar snacks, currently popular snacks contained more energy, fat and carbohydrate and less protein for 100 g of foodstuff. These foods are energy dense but not nutrient dense. Frequent consump-

tion of these kinds of foods can lead to obesity. When comparison of the nutritive values of traditional Myanmar snacks and currently popular snacks for the cost of K. 100 was made, it was found that consuming traditional Myanmar snacks would obtain more calories, protein, fat, and carbohydrate than eating popular snacks as the latter foodstuffs are more expensive.

Thus, from the findings of this study, we can conclude that consuming traditional Myanmar snacks is more nutritious and cheaper than eating popular snacks and Myanmar populace, especially children and adolescents should be given proper information to be able to choose healthier foods with less costs.

To reach the University education level, parents must be able to support and afford. That is why, most of them consider taste and preference in buying the snack foods rather than the price, although price is one of the factors considered also. Similar findings were seen in the study of Shannon *et. al.* (2002) [5] on the high school students, where taste and getting a lot for their money were the major influencing factors on their food choices. This finding is in contrast to that found when we studied on the housewives, who considered mostly price in buying foods [6]. Young people would like to try new experiences, thus more than 50% of the respondents tried advertised foods to know the taste. For the housewives of our country, most of them did not buy advertised foods as they said, for the same quality, advertised foods were more expensive. Being the University students, they also considered health and nutrition aspects when buying snacks.

Food industries captured the fact that children and adolescents considered taste and preference most in buying snacks and produced food items that would taste better and attractively packed. But these kinds of foods are not healthy: rich in energy and fat, lack other nutrients (protein, vitamins, and minerals). Besides, they are more costly

than traditional Myanmar snacks. These findings suggest that nutrition education, proper food labeling, improving the taste of low-fat and nutrient dense food may offer key strategies for promoting healthy food choices among the students.

REFERENCES

1. Green, L.W.& Kreuter, M.W. Health Promotion Planning: *An Educational and Ecological Approach*, Mayfield Publishing Company, Mountain View, Calif 1991.
2. Freunekes, G.I.J, de Graaf, C., Mayboom, S,& van Staveren, W.A. Food choice and fat intake of adolescents and adults: associations of intakes within social networks. *Preventive Medicine* 1998;27:645-656.
3. Crawley, H.F. The energy, nutrient and food intakes of teenagers aged 16-17 years in Britain. *British Journal of Nutrition* 1993; 70: 15-26
4. Anderson, A.S, Macintyre S, West P. Dietary patterns among adolescents in the west of Scotland, Britain. *British Journal of Nutrition* 1994; 71: 111-112.
5. Shannon ,C., Story, M., Fulkerson, J.A, & French, S.A. Factors in the school cafeteria influencing food choices by high school students. *Journal of School Health* 2002 Aug; 72(6): 229-34.
6. Phyu Phyu Aung, Theingi Thwin, San Hla Mu *etal*. Occupations and food consumption behaviour in Yangon, Myanmar. *Abstract of Papers, Myanmar Health Research Congress* 1998; p 39.

Error

than traditional Myanmar snacks. These findings suggest that nutrition education, proper food labeling, improving the taste of low-fat and nutrient dense food may offer key strategies for promoting healthy food choices among the students.

REFERENCES

1. Green, L.W.& Kreuter, M.W. Health Promotion Planning: *An Educational and Ecological Approach*, Mayfield Publishing Company, Mountain View, Calif 1991.
2. Freunekes, G.I.J., De Graaf, C., Mayboom, S,& Van Staveren, W.A. Food choice and fat intake of adolescents and adults: associations of intakes within social networks. *Preventive Medicine* 1998; 27: 645-656.
3. Crawley, H.F. The energy, nutrient and food intakes of teenagers aged 16-17 years in Britain. *British Journal of Nutrition* 1993; 70: 15-26
4. Anderson, A.S, Macintyre S, West P. Dietary patterns among adolescents in the west of Scotland, Britain. *British Journal of Nutrition* 1994; 71: 111-112.
5. Shannon ,C., Story, M., Fulkerson, J.A, & French, S.A. Factors in the school cafeteria influencing food choices by high school students. *Journal of School Health* 2002 Aug; 72(6): 229-34.
6. Phyu Phyu Aung, Theingi Thwin, San Hla Mu *etal*. Occupations and food consumption behaviour in Yangon, Myanmar. *Abstract of Papers, Myanmar Health Research Congress* 1998; p 39.