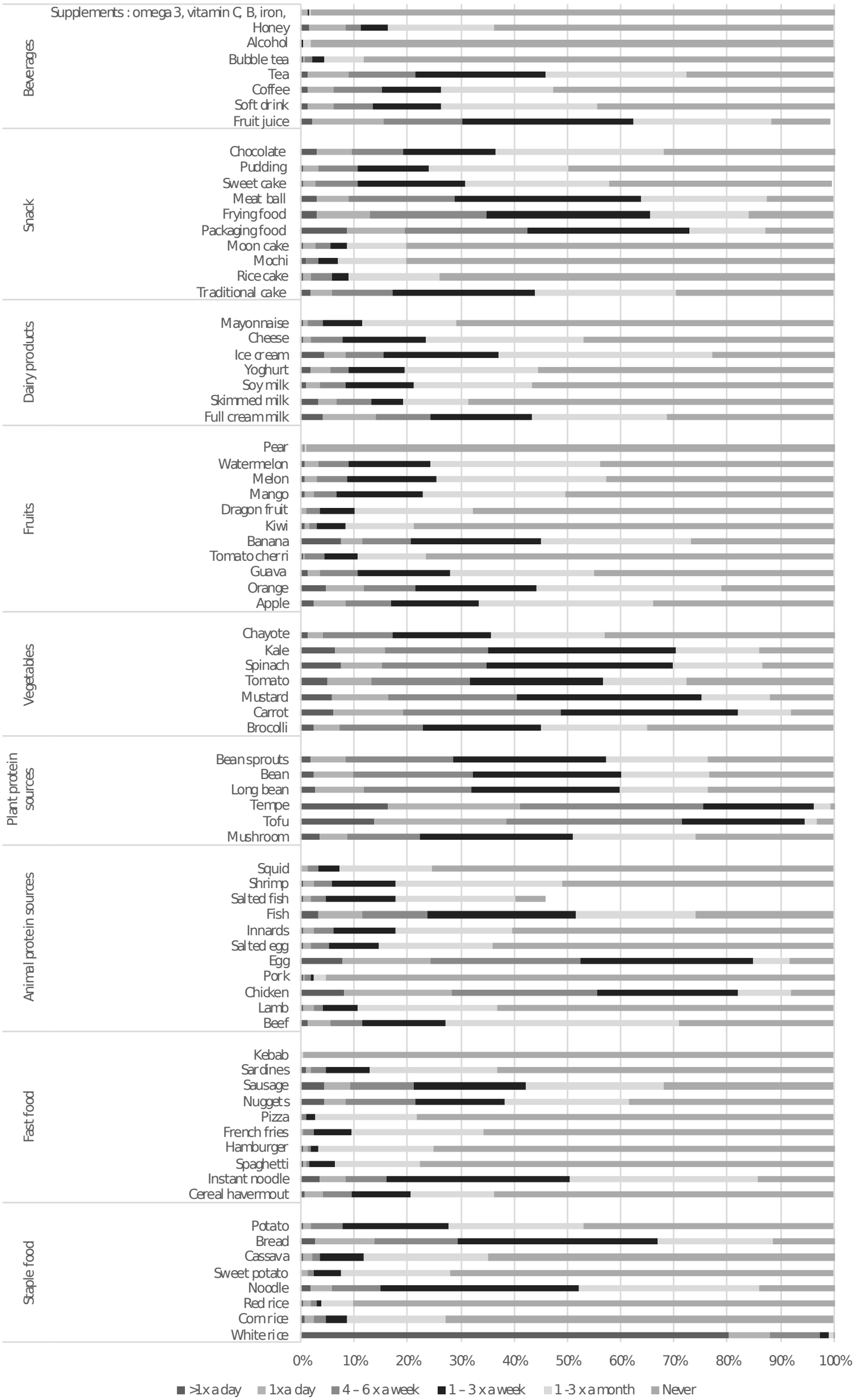
Food consumption of young adults in a home country (n=397)
Beverages
Supplements : omega 3, vitamin C, B, iron,
Honey
Alcohol
Bubble tea
Tea
Coffee
Soft drink
Fruit juice
Snack
Chocolate
Pudding
Sweet cake
Meat ball
Frying food
Packaging food
Moon cake
Mochi
Rice cake
Traditional cake
Dairy products
Mayonnaise
Cheese
Ice cream
Yoghurt
Soy milk
Skimmed milk
Full cream milk
Fruits
Pear
Watermelon
Melon
Mango
Dragon fruit
Kiwi
Banana
Tomato cherri
Guava
Orange
Apple
Vegetables
Chayote
Kale
Spinach
Tomato
Mustard
Carrot
Brocolli
Plant protein sources
Bean sprouts
Bean
Long bean
Tempe
Tofu
Mushroom
Animal protein sources
Squid
Shrimp
Salted fish
Fish
Innards
Salted egg
Egg
Pork
Chicken
Lamb
Beef
Fast food
Kebab
Sardines
Sausage
Nuggets
Pizza
French fries
Hamburger
Spaghetti
Instant noodle
Cereal havermout
Staple food
Potato
Bread
Cassava
Sweet potato
Noodle
Red rice
Corn rice
White rice
0%
10%
20%
30%
40%
50%
60%
70%
80%
90%
100%
>1x a day
1x a day
4 – 6 x a week
1 – 3 x a week
1 -3 x a month
Never