

**Korean female adolescents' food intake relative to the Korean Food Tower**

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A survey was conducted to examine food intake of 285 Korean female students attending a secondary school in Seoul. Food intake was assessed using a food frequency based on the Korean Food Tower consisting of five food groups, i.e., grain products, vegetables and fruits, meat, milk, and fats and sweets. The 76 food items used in the food frequency questionnaire were coded according to the nine points on the food frequency and three categories of serving size. Descriptive statistics were obtained using a SPSS to describe food intake. An analysis of the food frequency indicated that the participants ate rice, cabbage kimchi, radish, and soybean or red pepper paste most frequently along with milk, ice cream, tea, and seasonal fruits such as citrus fruit, apple, watermelon, and grapes. The distribution of the total standardized serving frequency of the each food group was also obtained. The majority (84%) of the respondents met the recommended serving frequency (3.5 servings/day) for the grain products, and the mean was estimated to be 5.5. The majority (81.9%) of the respondents met the recommended serving frequency (6.0 servings/day) for the vegetables and fruits, and the mean was estimated at 10.6. Approximately 44% of the respondents met the recommended serving frequency (5.0 servings/day) for the meat group, and the mean was estimated at 5.5. Approximately 60% of the respondents met the recommended serving frequency (1.5 servings/day) for the milk group, and the mean was estimated at 2.1. Approximately 34% of the respondents met the recommended serving frequency (4.0 servings/day) for the fats and sweets, and the mean was estimated at 3.5. Only 20% of the respondents were on a balanced diet that satisfies the recommendation in all the five food groups.