

【P-50】

Prevalence of Adverse Symptom by Health-Intended Food IntakeYou-Gyoung Park¹, Mi-Young Park², Mi-Kyung Sung², Hoonjeong Kwon¹*¹Department of Food and Nutrition, Seoul National University and ²Department of Food and Nutrition, Sookmyung Women's University, Seoul, Korea*

Health foods with strong physiological effects may cause adverse effects stemming from their components and/or consumers' eating patterns. To investigate the prevalence of adverse symptoms by the health food materials, 1,493 Korean women (20-76 years) were asked about the health food intake pattern for their household members. Intake pattern of total of 5,175 person (1-95 years) has been collected and analyzed. Among the 16,199 materials consumed by the subjects, 6.1% were reported to induce adverse symptoms such as GI tract disorder (62.8%), abnormal frequency or color of urine (7.4%) and nervous symptoms like headache, dizziness or sleepless (7.0%). The prevalence of the adverse symptom was influenced by gender, age, number of food items taken, purpose of intake, or the disease state at the time of intake. Binary logistic regression was used to compare the material groups for the response on the adverse symptom. For categories of food groups classified according to food application (main ingredient, sub ingredient, proclaimed health functional food, non-edible and no-regulation as food application), adjusted odds ratios for positive response on the adverse symptom were 1.00(reference), 1.11, 1.39, 1.21 and 2.38, respectively. These results showed that the health intended foods prepared from the materials with no regulatory standard presented the largest chance of adverse symptom reports.

Keyword: health functional food, adverse symptom, food classification