

ABSTRACT

Despite the availability of various soy products in Indonesia, research on soy consumption in the general population is limited, with existing studies mainly focusing on specific subgroups. A cross-sectional study was conducted involving a representative sample of 100 Indonesian adults, who recorded their food consumption using weighed food records for 3 days. Nutritional data was calculated using Nutrisurvey and manually such as Fatsecret and Myfitnesspal website. Data analysis revealed an average daily energy intake of approximately 1307 kcal and a median of 1210 kcal. The average daily protein intake was 56.18 grams, with a median of 55.2 grams. The participants' total energy and protein consumption varied widely, highlighting potential dietary imbalances. Notably, soy protein contributed 5.5% to 10.7% of the total protein intake but did not significantly contribute to energy intake. Comparing the soy protein intake to the recommended AMDR range of 10-35% for protein, all age and gender groups fell below the recommended levels. These results highlight the need for further exploration of energy intake patterns and factors influencing dietary discrepancies. To ensure a more accurate and comprehensive result, it is recommended to increase the number of participants and expand the geographical scope of the study.

Keywords: soy, protein, energy, weighed food record, soy food