

ABSTRACT

Studies on legumes consumption on Indonesian adolescents are still lacking. Past studies have shown that consuming legumes can be beneficial for human health, by either preventing specific diseases or deficiency or promotes health as a source for nutrients. This study objective was to assess adolescents' behavior and perception towards eating legumes, in terms of the legume types, cooking preparation used, portions consumed and the consumption frequency, in Jakarta and Pontianak. To collect data, online, modified, FFQ was chosen to obtain consumption on 11 different legumes from the last 3 months, with a minimum of 30 target samples aged 12 - 19 years chosen from Pontianak and Jakarta. The Result indicates that legumes frequently consumed was soybean for Pontianak and Jakarta, and mung bean only in Pontianak (n=61 in Jakarta and n= 36 in Pontianak). Most of the legumes consumed are as a part of seasoning. Albeit consumption are low, adolescents perspective are in positive light towards legumes as a food.