

Abstract

Nutritional Behavior in Libya:

For this study, the three mostly populated areas in Libya were chosen namely; Tripoli, Benghazi and Sabha. Food patterns in these locations and diets of food consumed by individuals were collected by distributing 150 – 200 questionnaires in every location. The questionnaires were designed to find types of food eaten by individuals over a period of one week. This study was dependent on questionnaire data to estimate the type and the repetition percent of consumed diets in study places, and by using suitable previous studies in Libya nutrients contents of diets were determined.

Results indicated that, responsive percentage to the questionnaire was 63 % (131 person), 40 % (60 person) and 44 % (88 person) in Tripoli, Sabha and Benghazi respectively; there are 11 diets with repetition percent ranging from 2.7 % (Bazine in Tripoli) to 19 % (macaroni in Sabha). The content of Libyan household diets from basic components were 212.4 – 209.4 – 205 g carbohydrates in Tripoli, Sabha and Benghazi respectively; 82.3 – 87.1 – 83 g Fats in Tripoli, Sabha and Benghazi respectively and from Proteins were 81.7- 88.3 – 76.8 g in Tripoli, Sabha and Benghazi respectively. General means of carbohydrates, fats and protein daily dietary intakes in all study places were 208.9 – 84.1 – 82.3 g/day.

The total energy intakes were 1913.7 – 1977.2 – 1865.2 kcal/day in Tripoli, Sabha and Benghazi respectively by general mean 1918.7 kcal Contribution percent of dietary daily intakes in total energy from carbohydrates were: 44.4 % – 42.4 % – 43.9 % by mean $43.6\% \pm 1$, fats were: 38.7 % – 39.8 % – 40 % by mean $39.5\% \pm 0.7$ and proteins were: 17.1 % – 17.8 % – 16.4 % by mean $17.1\% \pm 0.7$ in Tripoli, Sabha and Benghazi respectively.

Comparing results of this study with recommendations of WHO/FAO indicated that, the daily intakes of energy are within/or lower the recommendation set by WHO/FAO as a total, but the contribution percent of carbohydrates are less than recommendation , fats are higher than recommendation and proteins are within the recommendation in places of study .