Food taboos are practiced in some Indonesian culture. For example there is a tendency that postpartum mother is not recommended to consume protein sources in Samarinda, East Kalimantan. The objective of this study was to evaluate food intake of postpartum mothers, including variety of food taboos which it can affect to mothers. The research involved 40 postpartum respondents, age 19-40 years. Respondents were interviewed using a questionnaire and food recall form. Analysis of data is Uni-variate and Bi-variate analysis, bivariate analysis using chi-square statistical test with 90% level of significance (α=0.10). The result showed 65% of respondents had taboos to certain foods. The most that 80% avoided food was seafood. Factors that affect food taboos from the neighborhood and education level of respondents.

Keywords: Food abstinence, food recall, postpartum mother
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