Abstracts

Objective of this study was to analyze fluid intake of adolescents living in two different climates. The study was applied to 110 and 99 of high school students in Northern Jakarta and West Bandung to represent a coastal and mountainous area respectively. A one week record was applied to assess food and fluid intakes. The fluid intake was a summation of water and beverage intake. In the coast, the adolescents mostly drank bottled-water 3.9 times/day compared to 1.8 times/day in the mountainous area. The home-drinking water was consumed 3.5 times/day and 4.6 times/day respectively. Tea and coffee were consumed 10-11 times/week, meanwhile other beverages such as fruit juice, carbonated drink, electrolyte drink, and iced-jelly were only consumed 1-2 times/week. The average of fluid intake was significantly higher in the coast (2787±1267 ml) than in the mountain (2195±893 ml). The estimate intake of water from foods (moisture) was 726±260 ml and 706±320 ml respectively. There was 28.2% adolescents in the coast and 47.5% in the mountain had fluid intake less 2 liters/day.
Key words: fluid intakes, adolescent