Abstract:
The worldwide sugar consumption has been increasing from year to year in which it has been increased from 11 million tons in 1900 to 145 million tons in 2009. High source of sugar can be obtained from different types of foods and drinks. Therefore, this study was aims to identify the trend of canned drink intake among adolescents in selected places in Malaysia and to identify factors that influence adolescents' intake of canned drinks. About 400 respondents aged between 13 to 16 years old were participated in this study. The results show that 73% of respondents were consumed canned drinks and will consume 1 can (51.1%) to 2 cans (17.5%) per day which equal to 7 to 14 teaspoons of sugar in average. Data collected also shows that respondents from lower income family (55.6%) are more likely to consume more when compared with those who from high income family (21.9%). Moreover, it has found that friends can influence canned drinks intake in which 58.8% respondents consumed same types of canned drinks with their friends. The perceived parenting style also associated with high intake trend in which 86% of parents were allowed their children to consume canned drinks. Furthermore, environmental availability of canned drinks also influences the intake trend. Based on the result, respondents can easily get canned drinks supply from school (9.8%) rather than their home (33.2%). Finally, we can conclude that canned drinks can be a sugar contributor in adolescents' daily diet in which about 56% of total sugar they consumed a day was from canned drinks. Accordingly, this can be used to predict adolescent's sugar intake trend.