



Ratio of Groggery Which Use Each Type Cooking Oil and Knowledge of Each Type of Oil in Manager of Welfare KKU Canteens and Medicine KKU Canteen

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Background and Objectives: Cardiovascular disease is the number one cause death in the world. The main factor is from the consumption of high fat foods like fried foods. There is no study about this topic in KhonKaen University. The first objective was to explore the ratio of oil that has been used in the cafeteria of the university, and the cafeteria of faculty of medicine. The next objective was to study about the reason of choosing the oil of the groggeries' owners. The last was to discover the knowledge of the groggeries' owners about the oil.

Methods: This was a descriptive study which the subjects were the groggeries' owners of the cafeterias. There were total of 92 restaurants, and the data were collected by using the self-administered questionnaire. Then the personal data, the groggeries' information, and their oil knowledge were analyzed to get the results.

Results: The response rate was 83.69% (77/92). The result showed that most of groggeries are using the palm oil which could be considered to be 63.3% (95%CI=51.83%, 74.07%). The reason of using the palm oil is the proper price 46.8%. The mostly respondents who have an average level of knowledge is 61%.

Conclusion: Two-thirds of the groggeries used palm oil in their groggeries because half of them thought that it had the proper price, and most of the groggeries' owner had the average level of knowledge of oil. Therefore, the knowledge of using the palm oil should be provided in the future.

Keywords: grogillery, choose type of oil, knowledge, Khonkaenuniversity



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