

SUMMARY

The aim of this study was to gain some information on food consumption patterns of middle income families.

A dietary and budget survey was carried out in 15 households in an urban middle-income area of Jamaica. All the households had children aged six months to three years. Weights and heights were recorded at the beginning and at the end of the survey.

The results showed that less than 50% of the households had insufficient energy intake, whilst protein intakes were exceptionally high. The children showed similar levels of high protein intakes, but 73% had inadequate energy intakes.

The majority of children had weights and heights which compared favourably with the Boston standard.