

## **Factors Affecting the Diet Quality of People in Kandy District during the Economic Crisis**

**Manjula E.M.N. and Hemachandra S.D.S.\***

Department of Agricultural Economics and Business Management,  
Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka

This research aims to identify the diet quality, the factors affecting diet quality and the coping strategies adopted during the economic crisis and food inflation in Sri Lanka. The study was conducted in Kandy district targeting rural, urban, and estate areas. A questionnaire survey was carried out with a sample size of 100. Multiple linear regressions, descriptive statistics and graphical analysis were carried out. Diet quality was calculated as a percentage of daily carbohydrate, protein, fat, vitamin and mineral intake from the recommended level. As factors affecting diet quality gender, income, living area, household size, source of food, food budget share, health condition, and food preference were considered in the regression analysis. The results found that income has a significant positive relationship with diet quality ( $P < 0.05$ ). Rural people show a higher level of consumption in carbohydrates, proteins, vitamins and minerals compared to urban and estate people. Estate people show the lowest nutrient intake. All the three areas show higher carbohydrate consumption beyond the recommended level. However, all other nutrients are consumed in lower levels than the recommended level. As coping strategies most of the people have stopped consuming expensive food items and shifted to cheaper alternatives and also have reduced the nonfood expenditures to fulfill the food requirement. The diet quality of estate people is the most affected during the economic crisis. Diet qualities of all people have been affected during the economic crisis and hence they are unable to fulfill their daily nutrient requirement. Consuming excessive carbohydrate and an imbalanced diet could result in serious health problems in the future. Therefore, programs should be implemented to introduce balanced diets to cope up during the economic crisis.

**Keywords:** Diet quality, Food inflation, Household income

---

\*dilinihema@agri.pdn.ac.lk