

# The macronutrient intake and the relationship between the anthropometric measures and body composition of the adult population in Kegalle and Ratnapura districts, Sri Lanka

## Key Message:

- High burden of obesity among middle-aged females
- Low carbohydrate and fat intake
- Age, gender and body fat are the strongest predictors of obesity

V P C Rajakaruna, Department of Community Medicine, University of Ruhuna

