

[P4-12]**Dietary and lifestyle factors in relation to *Sa-Sang* constitution**Jeongseon Kim¹, Hye-Jung Kang¹, Jung-Min Kim¹, and Ee-Hwa Kim²

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One of the Korean traditional medicines, *Sa-Sang* classifies one's constitution into 4 types, which are referred to as *Tae-Yang-In*, *Tae-Eum-In*, *So-Yang-In* and *So-Eum-In*. This study was to examine demographic factors, lifestyle, biochemical indicators, dietary patterns, and nutrient intakes and to test any significant differences between *Sa-Sang* constitution and related factors. The participants were 483 college students and the data of 428 students were finally analyzed, whose constitution was determined identically through both the questionnaire on *Sa-Sang* constitution and a Korean traditional medical doctors inquiry. They were distributed into 29.7%, 35.5%, and 34.8% for *Tae-Eum-In*, *So-Yang-In*, and *So-Eum-In*, respectively. *Tae-Eum-In* showed a significant difference statistically in BMI and a higher smoking rate. *So-Yang-In* is more active and *So-Eum-In* is more passive during work and in leisure time. *So-Eum-In* had a tendency to take vegetables and fruits more often. When a degree of roasting meat was indicated, *So-Yang-In* showed a higher score. *Tae-Eum-In* preferred steamed fish or sliced raw fish to roasted or fried fish, and showed that his/her propensity to eat a visible fat portion as it is was higher. *Tae-Eum-In* also had a significant difference statistically in intakes of protein, phosphorus, iron, potassium, sodium, vitamin B₁, niacin, folacin, β -carotene and vitamin E. On the basis of the results of this study, it is expected that the scientific, objective and accurate diet information depending upon individuals type of constitution will be provided.