

## Abstract

With improvement in economic situation in developing countries, increasing prevalence of obesity and the metabolic syndrome is seen in adults. The main causes are increasing urbanization, nutrition transition, and reduced physical activity. Objectives of this study were to identify the types of fat consumed by middle class office workers working in Colombo municipal council area and to investigate the relationship between dietary fat intake and anthropometric risk factors of metabolic syndrome. Hundred and fifteen apparently healthy middle class office workers were recruited. Nutrient intake and physical activity level were assessed by 3-day dietary records and 3-day physical activity record respectively. There were significant differences in total fat, saturates, PUFA and MUFA intake among Sinhalese and Tamils. There were significant positive correlation between energy and waist circumference ( $r=0.368$ ;  $p<0.001$ ), Waist: Hip ( $r=0.437$ ;  $p<0.001$ ) and diastolic blood pressure ( $r=0.206$ ;  $p=0.05$ ) after adjusted to age. Also significant positive correlation between PUFA and BMI ( $r=0.251$ ;  $p=0.017$ ) were found. In conclusion, saturated fat is the major type of fat consumed by the middle class office workers working in Colombo municipal council area. Waist circumference and WHR have positive significant correlation with energy intake but not with total fat, saturates and PUFA.