

SUMMARY

The influence of income and length of urban residence over the dietary patterns of inhabitants of a slum suburb were investigated in Manaus, the State of Amazonas, Brazil.

The staple diet consisted of cassava flour, bread, rice, fish, meat, sugar and coffee; the consumption of vegetables, pulses and fruits was low.

The diet did not meet recommended levels of intake at the family level for vitamin A, thiamin, riboflavin and energy, but was satisfactory for protein and iron.

Length of residence was significantly related to family income, and significantly affected the frequency of consumption of meat, fish and milk. There was no significant effect over sufficiency of the diet for the various nutrients.

Income was shown to be the major determinant of nutritional sufficiency, probably due to a quantitative effect since income only improved the quality of the diet for vitamin A. Cheap sources of vitamin A are available and indicate scope for nutrition education.

Food expenditure correlated positively with per caput income. It is estimated that income is the predominant factor limiting dietary adequacy for 30 to 60% of the Manaus population.