

**Abstract**

Objective: To explore the dietary patterns and changes in population of northeastern Chinese over time. Design: A longitudinal, descriptive, comparative, population-based study.

Setting: Heilongjiang, China.

Study participants: 1468 and 1418 participants aged 0-95 who had complete records on the three 24-hour dietary recalls in 1997 and 2000 surveys, respectively.

Results: Differences in food consumption and nutrient intake existed in groups divided by gender, residence and household income. The staple food was cereals which offered 53.4 – 70.1% of the total energy in diet of any populations, and the next was fat and protein with 19.2 – 34.3% and 10.4 – 12.0%, respectively. Fat and protein devoted more proportion of energy than carbohydrate did in diet of the participants in developed and urban areas, and with higher income.

Conclusion: Certain increases in energy from protein, alongside a significant rise in energy from fat and a visible decline in energy from carbohydrate, were documented as main features in dietary patterns of Northeastern Chinese during the study period.

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