

ABSTRACT

Background: Cerebrocardiovascular diseases is one of the main cause of death even in the developing countries. Cerebrocardiovascular diseases has been reported to be associated with high intakes of some nutrients

Objective: the study conducted to understand the role of nutrient intake as risk factors of Cerebrocardiovascular diseases in Gorontalo

Methods: A Case control study was conducted in Gorontalo province. Cases were people who had Cerebrocardiovascular diseases and hospitalized in Aloi Saboe hospital and Dunda Hospital. Control were people with no Cerebrocardiovascular diseases, sex-and-age matched with cases. Data on nutrient intakes were collected using food frequency questionnaire.

Results: In case group 73,1% had normal nutrition state. fat intake in cases group was very high than control group.

Conclusion: This study showed fat intake in cases group was very high than control group.

Keywords: *Cerebrocardiovascular diseases-food intake-Gorontalo*