

The 13th European Nutrition Conference, FENS 2019, was held at the Dublin Convention Centre, 15–18 October 2019

Consumption and Preferences of Fruits and Vegetables in Turkish Adults

Hilal Hizli Güldemir¹, Neda Yousefirad¹, Cansu Akman¹, Fatma Elif Sezer¹,
Havvanur Yoldas Ilktac², Muazzez Garipagaoglu³ and Gulgun Ersoy¹
¹Istanbul Medipol University, Department of Nutrition and Dietetics, Istanbul, Turkey,
²Istanbul Medeniyet University, Department of Nutrition and Dietetics, Istanbul, Turkey and
³Fenerbahce University, Department of Nutrition and Dietetics, Istanbul, Turkey

Abstract

High fruit and vegetable intake is associated with reduced risk of future chronic diseases. This study aimed to evaluate the consumption of fruits and vegetables in adults living in Turkey.

The study was performed with selected by random sampling method on total of 7693 individuals, who lives in different geographical regions in Turkey. The research data were obtained through a questionnaire applied in face-to-face interview method in June-September 2017. In the study the consumption status, preferences and daily amount of vegetables and fruits were questioned; height, body weight and Body Mass Index (BMI) were evaluated. Statistical analyzes were performed with SPSS 22.0 program.

33.2% of the participants were male; 66.8% are female. The mean age of the subjects was 34.8 ± 13.2 years and BMI was 25.3 ± 5.0 kg / m². According to the World Health Organization, 5.1% of individuals were lean, 46.7% were normal, 30.9% were slightly obese and 17.2% were obese. 95.5% of individuals reported that they consume vegetables and 96.5% of them consume fruits. In vegetable consumption preferences, it was determined that 62.9% of the individuals consumed raw vegetables every day, 80.4% of cooked with meat dishes, 85.0% of cooked meatless dishes, and 59.0% of them consumed as roasted at least once a week. Boiled and steamed vegetables are preferred rarely. In fruit consumption preferences, it was found that 58.7% of the individuals consumed fresh fruits every day, 40.9% of dried fruit, 17.0% of compote and 28.0% of fruit juice at least once a week. BMI was found to be significantly higher in individuals who did not consume vegetables and fruits ($p < 0.05$).

Although the majority of the individuals reported that they consumed vegetables and fruits in general, the BMI of 48.1% was above normal. Informative studies are needed to increase the amount and variety of consumption of vegetables and fruits in Turkish adults.

Conflict of Interest

There is no conflict of interest.