

WE-2 (also presented as poster E-3)

THE ROLE OF FOOD RECORDS IN STUDIES ON NUTRITION BEHAVIOR.

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A key element in studies on nutrition behavior is to know the real intake of the individuals. This knowledge should not only cover the intake of nutrients, but also the intake of food items, their preparations and the situation in which food is consumed. In a feasibility study (EMSIG) food records of 88 persons were collected, each covering 11 days on average. For each recorded food item the nutrients (12) were compiled with a special Fortran program, based on a data file of 1400 single food items grouped in a 4 digit food code and a file of nearly 600 common recipes. All variables were stored in a databank (SIR). At different levels (per meal or day) the values for the nutrients and the food items were calculated for each person and stored. These figures can be retrieved anytime. A comparison with other studies in the FRG shows similar results as to the intake of nutrients and food items. At the level of average intake per person different clusters of food consumption and intake of nutrients were identified and related to each other. It was also looked at other variables, which could determine the observed clusters.

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