

1 - 20 - P

“EATING MORE FRUIT AND VEGETABLE AND EATING LESS MEAT” – MEETING DIETARY GOALS IN GERMANY?

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Objective: The German Nutrition Society has identified dietary goals which are in line with international ones. The fruit and vegetable consumption (“5-A-Day”) should be increased to daily 200 g vegetable, 75 g salad and 200-250 g fruits; whereas the meat consumption should be decreased to about 2-3 times meat (portion size max 150 g) and 2-3 times sausage (max 50 g) per week. Which part of the population is reaching these goals and are these goals compatible with current food habits?

Material and methods: Data of the German National Nutrition Survey (n= 23.200; 1985 - 1989) were analysed according the food intake (in g/day). These informations cannot be related to meals and to servings.

Records over a period of 2 x 6 weeks of a study on food habits of

35S

elderly people in Baden-Wuerttemberg (N= 82, 1993/94) provide information on meals and dishes eaten during the day. Data are analysed concerning the frequency of intake of all food groups per meal and day.

Results: It can be shown that only a minority of the general population meet the given dietary goals, more often by higher educated people. Results of the analysis of eating habits of the elderly show in which extend the frequency of food groups contribute to the dietary goals.

Conclusions: For achievement of dietary goals implementation of effective nutrition programs are necessary to alter the current food habits.

36S