

On average, high school students drank 14.5 dL of fluid per day; male students drank insignificantly more fluid (15.8 dL) than female (13.8 dL). The students drank mostly tap water, followed by clear fruit juice, milk with 1.6% fat, ice tea, milk with 3.2% fat, natural mineral water, bottled spring water, orange juice, ... Male high school students drank more milk and tap water than female, while females drank more bottled spring water, clear fruit juice and coffee. From fruits students mostly consumed bananas, apples, oranges, strawberries, mandarins, peaches, apricots, grapes, ... From vegetables most common were potatoes, green salad, tomatoes, cucumbers, paprika, ...

Based on the acquired results it can be concluded that the investigated high school students drank too low quantities of fluids and they were mildly to moderately chronically dehydrated. It would be necessary to increase the input of total fluids, especially of milk, water and sugarfree fluids.

PS.C18

Determinants of Salt Consumption Habits among Young Finnish Adults

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For decades, health professionals have put great emphasis on reducing salt consumption in Finland. Strategies have included i.a. nutrition education and informative food labeling. The aim of this study was to investigate salt consumption behaviour and its determinants and associates in different socio-demographic groups among young Finnish adults.

The study was carried out as a part of The Cardiovascular Risk of Young Finns, a longitudinal project on coronary heart disease risk factors and their determinants among children, adolescents and young adults in Finland. At the latest follow-up in 2001, in total 2,540 men and women (24 to 39 year old) filled in questionnaires about their food habits, including several questions about salt consumption habits, other health behaviour, and socio-demographic factors.

We found no differences between men and women in salt consumption habits. Well educated subjects reported significantly lower salt consumption than less educated. General health consciousness, non-smoking and infrequent alcohol consumption were associated with low-salt food choices and general tendency towards low salt consumption. Subjects reporting frequent use of meat dishes, cold cuts and French fries made less often conscious choices to keep salt consumption low than did the others.

Those who were unconcerned about salt consumption were often unconcerned also about other health habits. These results suggest that there is a small but noteworthy minority (an estimated 10–15%) that seems to have indifferent attitudes towards health promoting behaviour in general. Health education professionals may need to consider unconventional strategies to reach these people who have a greatly increased risk of developing CVD or other diseases.

PS.C19

The Position of Fruits and Vegetables in the Diet of German School Children – Results of Several Case Studies

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The dietary goals aim an increase in consumption of fruits and vegetables in industrialised countries. Only a minority of the German consumers eat '5aDay', also in the young generation. Since food habits are formed in childhood, it is important to emphasise nutrition program for children. For implementation of such programs current knowledge of fruit and vegetable related food habits and attitudes is needed. Since there is insufficient and sparse information available on this topic, case studies were carried out in the township and region of Karlsruhe, Germany. In the surveys (2000–2003) several methods were applied. In 2nd grade children mainly qualitative methods were applied and there was a longitudinal design, the observation time was 2 years (N = 104, 7–9 y). In 4–6th grade children (extended elementary and classical grammar schools; N = 66, 9–11 y; N = 97 10–12 y) were semi-quantitative methods applied, e.g. 3-day diary. The results confirm other observations in Germany that in contrast to the recommendations (Optimised Mixed Diet) the children had unsatisfactory consumption of fruit and especially vegetables (less than half of the recommendation), and consumed too many animal food products and foods with high fat and sugar content. The majority of the children consume fruit and vegetables only irregularly up to once a day, if at all. The food habit in girls and in classical grammar school was better. A higher exposure with fruits and vegetables in the family home correlate to higher preference and intake by the children.

PS.C20

Dietary Change in School Children as it Relates to Acculturation Occurring in East Oxford, England

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A pilot study was conducted to better understand the process of dietary change as it relates to the acculturation process occurring among primary school children residing in the multicultural community of East Oxford, England. The sample includes children from a variety of minority immigrant populations who have been exposed to a new dominant culture and diet, and children from the majority English population exposed to new minority cultures and diets. Food diaries ranging in length from 4 to 7 days were recorded by a total of