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Adherence To Mediterranean Diet Assessed By PREDIMED As An Indicator Of Nutritional Intake Among Adults

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The Mediterranean diet (MeDiet) is reported as a healthy eating pattern with protective effects on cardiovascular diseases, cancer, type 2 diabetes, obesity, and oxidative stress related disorders. It is characterized by high intake of olive oil, fruits and vegetables, whole grains and cereals, legumes, fish, and nuts; low intake of red meat, dairy products, and sweets; and moderate intake of red wine with meals. The aim of this study was to assess the prevalence of adherence to Mediterranean diet and to evaluate its effect on dietary energy and nutrient intake in adult population. A total of 3818 subjects living in Ankara (M=1617, F=2201) aged 18-65 years (median age: 41 yrs) participated in this cross-sectional study. Demographic information and subjective evaluation of diet were assessed by questionnaires through face to face interview. To evaluate the subjects' adherence to the Mediterranean diet, 14-point MeDiet screener; PREvención con DIeta MEDiterránea (PREDIMED index) was used. Dietary intakes of the participants were assessed by 24-h dietary recalls. General characteristics, energy and nutrient intakes of participants were compared according to three categories of adherence to the Mediterranean diet (≤ 5 , 6-9 and ≥ 10 points of the 14-item questionnaire). Statistical analyzes were performed by using SPSS 23 software. The median 14-item PREDIMED score was 6.0 points (M: 6.0; F: 7.0; $p=0.000$). Among all participants 32.4% had a PREDIMED score ≤ 5 points, while 5.9% had a PREDIMED score ≥ 10 points. Prevalence of participants who described their diet as "very good/good" was 48.3% while those who described their diet as "poor/very poor" was 19.0%. Only 19.7% of men and 25.8% of women with a PREDIMED score ≤ 5 described their diet as "poor/very poor". Daily energy intake of male with high adherence to MeDiet was significantly lower than the less adherent males (Median energy intakes were 1799 kcal, 1874 kcal and 1993 kcal in PREDIMED score groups ≥ 10 , 6-9 and ≤ 5 , respectively; $p=0.000$); however there was no difference in daily energy intake among female participants. Daily fiber intakes were lowest among the participants with a PREDIMED score ≤ 5 both in male and female ($p=0.000$). Daily calcium, phosphorus, potassium, magnesium, ascorbic acid, thiamine, riboflavin, and vitamin B6 intakes were the highest among participants with a PREDIMED score ≥ 10 points both in male and female ($p=0.000$, for all). Consequently, adherence to MeDiet assessed by PREDIMED index was associated with higher daily intakes of fiber and micronutrients in adults. Public awareness on healthy eating patterns such as MeDiet should be increased in order to encourage well-balanced diets.

Biography:

Damla Dedebayraktar has been working as a research assistant at Hacettepe University Faculty of Health Sciences Department of Nutrition and Dietetics since 2009. She was graduated from Baskent University with a bachelor's degree in Nutrition and Dietetics in 2007. She completed her master of science degree education and started her PhD studies in Hacettepe University Department of Nutrition and Dietetics in 2012. She studied as an international exchange student for 6 months in Università degli Studi di Perugia, Italy. She presented her studies in international congresses and she has publications in national and international journals. Her field of studies include community nutrition, nutritional assessment and nutritional epidemiology.