



Balanced Nutrition Test: A Novel Online Dietary Assessment Implementation From Turkey

Burcu Aksoy¹, Deniz Miray Arca¹, Begüm Mutuş¹, Halit Tanju Besler²

1. Sabri Ülker Food Research Foundation 2. Eastern Mediterranean University Faculty of Health Sciences Department of Nutrition and Dietetics, Famagusta, North Cyprus

INTRODUCTION:

Novel technologies to assess dietary intake are designed to aid consumers in measuring their individual dietary intakes. As a novel tool, “The Self Check Program” is a scientifically based online questionnaire and it was adapted as the “Balanced Nutrition Test” for use in Turkey. The test includes items on demographic characteristics, the frequency of consumption of foods-beverages and life style determinants. Test generates a score and messages regarding the present nutrition status and ways to improve it after fulfilled. The final score ranges from 0 (the worst possible outcome) to 100 (the best possible outcome). This study aims to assess the eating habits and activity status in an adult population in Turkey.

METHODOLOGY:

Food consumption frequency and physical activity data of 1241 adults who performed the online “Balanced Nutrition Test” between January 2015 and December 2016, were analyzed.

RESULTS:

Overall, 30% of adults were noted to consume fresh fruits, only 13.5% to drink milk regularly, only 24% to consume raw or cooked vegetables once a day and 18% to consume whole wheat bread at least once a day. Most adults did not adhere to recommended intake of fish as 2 times per week as well as to daily vegetable and fruit consumption recommendations. Overall, 54% of adults have physical activity less than an hour per week.

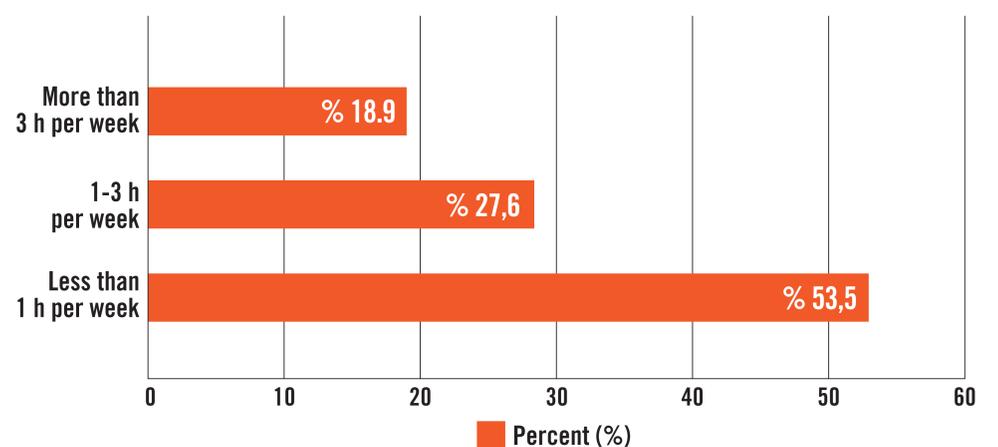
CONCLUSION:

In conclusion, the Balanced Nutrition Test encourages consumers to be more aware of their eating habits and health status and findings also support the need for improvements in nutrition and health in Turkey.

TABLE 1. FOOD CONSUMPTION FREQUENCY OF ADULTS

	Never (%)	Less than 1 per month (%)	4-6 times per week (%)	1-3 times per week (%)	1-3 times per day (%)	Once a day (%)
Fruits	0.3	10.8	13.6	26.2	18.9	30.2
Vegetables	0.2	6.2	21.5	27.3	21.1	23.6
Milk	9.8	36.6	8.6	26.1	5.5	13.5
Yogurt	1.0	10.2	22.4	28.2	13.9	24.3
Egg	2.5	10.6	16.1	45.4	2.8	22.5
Fish	3.8	59.1	0.9	34.4	0.7	1.0
Meats	1.5	8.5	22.6	44.2	4.6	18.5
Legumes	0.4	20.0	11.7	62.4	1.9	3.6
Whole Wheat Bread	9.5	32.4	10.1	17.0	13.5	17.6

CHART 1. PHYSICAL ACTIVITY STATUS OF ADULTS



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