



ORIGINAL PAPER

Nutritional knowledge about the Mediterranean diet and its practical application among students in Poland

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ABSTRACT

Introduction and aim. The popularity of the Mediterranean diet is increasing and following it has many health benefits, including improving mental well-being. The aim of the study was to assess the nutritional knowledge about the Mediterranean diet and its practical application among students in Poland.

Material and methods. The study assessed a group of 313 students in Poland. The research tool was a questionnaire that focused on knowledge about the Mediterranean diet.

Results. The study showed that in terms of knowledge of the Mediterranean diet, students scored on average 6.5 ± 3.2 points (on a scale 0–11). When it comes to dietary compliance, the average score was 6.3 ± 2.4 points (scale 1–13 points). The better the knowledge of the diet, the better the compliance with its rules. Statistically, the analysis showed that there is a significant relationship between the age and/or academic degree of the students and their higher level of knowledge. The greater compliance with Mediterranean eating patterns was influenced by the location, age, or education of the respondents.

Conclusion. The study shows that the surveyed group of students in Poland has only an average level of knowledge and compliance with the Mediterranean diet.

Keywords. Mediterranean diet, nutrition, students' knowledge

Introduction

Nowadays, there are many alternative ways of eating. One of them is the Mediterranean diet, which is often considered the healthiest model of nutrition in the world.¹ The Mediterranean diet is a typical way of eating people living in the Mediterranean. It is based mainly on products of plant origin, which provide large amounts of dietary fiber, antioxidants, vitamins, and minerals, which have a positive effect on health.² The Mediterranean diet has several nutritional recommendations. Olive oil should be consumed every day as the main source of fat in the diet. This fat contains monounsaturated fatty acids and antioxidants that sequester free radicals. The Mediterranean diet is based on eating two or more servings of vegetables, and fruits – one or two servings a

day. These low-calorie products contain vitamins, minerals and flavonoids that have antioxidant properties. Whole grain products rich in dietary fiber and B vitamins should be consumed every day. Fish and seafood should be eaten 2 or 3 times a week, as they contain omega-3 acids that help prevent many diseases, have anti-inflammatory properties, and affect overall improvement of health and well-being. Legume seeds are a source of vegetable protein and dietary fiber, so they should be eaten often. In this diet pattern, dairy products (milk, cheese, yoghurt) should be chosen low in fat. This group of foods is important because it provides calcium and phosphorus. Nuts and seeds are rich in vitamin E and omega-3 fatty acids essential for maintaining proper health. In the Mediterranean diet, it is also important

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Nutrition Rehabilitation Its Practical Application

Mr. Rohit Manglik



Nutrition Rehabilitation Its Practical Application:

Nutrition Rehabilitation Joan Koppert, Peace Corps (U.S.). Information Collection and Exchange, 1977 **Rehabilitation of Sick Malnourished Children** Geert Tom Heikens, 2003 This monograph presents evidence that case fatality rates in malnourished children can be reduced to less than 5 percent and that full clinical and anthropometrics recovery is feasible within child health services offering a continuum of care This book Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2023-11-27 Practical Applications in Sports Nutrition provides students with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals With data and statistics from the latest nutrition research and guidelines it demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change

Nutrition in the Community Donald Stewart McLaren, 1983 Abstract A total of 24 authoritative papers on nutrition policy and programs are presented for nutrition policy makers and nutrition program operators The papers are arranged under 3 central themes A section on nutrition policy concepts and planning includes historical developments in the United Kingdom UK the community planning process infant nutrition policy planning nutrition education and ethics and malnutrition Discussion of active nutrition policies in various countries Norway the UK the US covers policy aspects e g agricultural and food policies nutritional surveillance food additives and contaminants and nutritional strategies in UNICEF The final section on current nutrition programs reports on nutritional rehabilitation nutrition in relief agencies i e HOPE and CARE vitamin A deficiency in the Philippines the fortification of sugar with vitamin A and child malnutrition prevention wz **Nutrition and Traumatic Brain Injury (TBI)** Wael Mohamed, 2024-12-11 The book provides a comprehensive exploration of the relationship between nutrition and traumatic brain injury TBI Divided into two sections the book covers various aspects of TBI from its biomechanics and pathophysiological changes to evidence based clinical guidelines and experimental models Section I covers the background of TBI including the definition and biomechanics of TBI an understanding of pathophysiological changes that occur in the brain and the importance of evidence based clinical guidelines for effective TBI management The section also delves into experimental models of TBI and the role of biomarkers in diagnosing and assessing TBI Furthermore it explores early feeding guidelines following TBI emphasizing the significance of nutrition in the recovery process Section II focuses on the connection between nutrition and TBI It examines the concept of resilience and nutritional protection against TBI prior to the injury highlighting strategies to enhance the brain's ability to withstand trauma The book then explores the role of various nutrients and dietary components in TBI such as antioxidants branched chain amino acids choline creatine ketogenic diet magnesium polyunsaturated fatty acids EPA and DHA polyphenols vitamin D and zinc Each topic is explored in depth considering their impact on TBI outcomes and potential therapeutic applications Furthermore this

section delves into nutritional interventions for TBI management It addresses the selection of appropriate nutritional interventions and mechanistic targets for effective treatment The section also explores the integration of nutrition into clinical practice guidelines for TBI and the emerging field of nutrigenomics which investigates the interaction between nutrition and the genetic factors involved in TBI Additionally the section discusses the role of pharmacognosy in TBI research and provides nutritional recommendations for TBI management considering the diverse needs of individuals affected by TBI The book contributes to advancing the understanding and management of TBI by exploring the background highlighting the importance of nutrition and offering insights into nutritional interventions with potential implications for both preventive and therapeutic approaches The book is a great resource for students and brain neuroscience researchers Scientific Foundations and Practical Applications of Periodization G. Gregory Haff,2024-02-23 While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Synching recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete s program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming **Super Nutrition for Men** Ann Louise Gittleman,1999 This simple and complete guide full of practical advice to help men reduce their risks for succumbing to such ailments as heart disease cancer hypertension and stroke is now available in the convenient mass market size Author Ann Louise Gittleman one of the foremost nutritionists working today has written Super Nutrition for Men to concentrate on male specific health problems She devotes chapters to special nutrition for prostate health heart health hair loss and substance abuse By following the simple programs outlined in this clear authoritative guide a man can become stronger and healthier than he ever thought possible Included are straight answers on male menopause and impotence the 40 30 30 plan plus the secrets of living longer and better **Community Nutrition and Public Health Dietetics** Mr. Rohit Manglik,2024-04-24 Discusses nutrition programs dietary planning and intervention strategies to improve public health at a population level **Bittere kou** Hongda Harry Wu,1982 Autobiografisch verslag van een Chinese intellectueel die zonder enige vorm van proces negentien jaar werd opgesloten in werkkampen

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