



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

Wael Mohamed



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 Seventh Edition provides students with the latest sports nutrition information and dietary practices enabling them to assist athletes and fitness enthusiasts in achieving their personal performance goals Drawing from the latest data and statistics from nutrition research and guidelines the authors demonstrate effective ways to communicate sports nutrition messages to athletes and outline how to motivate individuals to make permanent behavior change Early chapters introduce sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management *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 **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 nutri 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 pharmacogenetics 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

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

Scientific Foundations and Practical Applications of Periodization G. Gregory Haff, 2024-02-26 The concept of periodization is not new with the precursors of periodized training dating back more than 2 000 years ago But it is now obvious that the holistic development of an athlete encompasses more than their physical and tactical training Scientific Foundations and Practical Applications of Periodization is the first book of its kind designed to optimize sport performance by integrating both classic and modern periodization theories with recovery methodologies nutritional interventions and athlete monitoring guidelines Written by G Gregory Haff a world leading expert on periodization Scientific Foundations and Practical Applications of Periodization incorporates the latest scientific evidence to provide a comprehensive understanding of how to implement planning and programming strategies to enhance physiological adaptations 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 Syncing recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance

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Lutz's Nutrition and Diet Therapy Erin Mazur, Nancy Litch, 2018-08-06 Meet the ever changing demands of providing quality nutritional care for patients across the lifespan This popular text provides a strong foundation in the science of nutrition and a clear understanding of how to apply that knowledge in practice recognizing the need for nurses to work with other healthcare professionals to ensure optimal nutrition in patient care *Bittere kou* Hongda Harry Wu, 1982 Autobiografisch verslag van een Chinese intellectueel die zonder enige vorm van proces negentien jaar werd opgesloten in werkkampen **Nutrition for the Cancer Patient** Cancer Information Clearinghouse, 1977 **National Negro Health News**, 1946 *Public Health Reports*, 1951 **Health Services Reports**, 1988 *Science in Elite Sport* Erich Muller, 1999-02-25 Science in Elite Sport brings together experts from around the world with the aim of furthering collaboration between athletes and scientists working in the field of training in sport Each chapter gets theory sport science with practice training and performance in order to demonstrate the impact science can have on performance at the elite level Examples are given from key sports and in the context of specific countries within Europe This book will be of great value to any one studying sport science degree with the aim of entering into coaching or training It will also be a key resource for those already involved in the implementation of coaching strategies at the elite level and also for athletes themselves

Conference Papers, 1984 **Nutrition and Agricultural Development** Nevin Scrimshaw, 2013-03-09 For the past thirteen years symposia have been held either in South America or in Mexico on subjects of special interest to Latin American scientists When the opportunity of holding the 14th International Biological Symposium in Guatemala was offered it was most welcome especially as the occasion was the celebration of the 25th Anniversary of the Institute of Nutrition of Central America and Panama INCAP With the encouragement of members of the Ford Foundation staff and the National

Academy of Sciences the idea for a symposium on the broad approach to the problem of nutrition was developed by Dr Moises Behar the second director of INCAP 1961 1974 Dr Nevin Scrimshaw first director of INCAP 1949 1961 and members of the INCAP staff Because the availability of food has become a serious international problem a discussion of the underlying problems was most timely INCAP one of the pioneer and leading institutions in the area of nutrition has a profound influence on nutrition in Latin America The meeting was attended by about 300 scientists from more than 20 countries Because this was the first symposium in this series to be held in Central America it provided an opportunity to get acquainted with scientists from many of the Central American republics It was especially rewarding that so many students from the Central American universities attended this meeting

Delta Medicine Yann Rougier, 2012-06-19 A simple five part program to awaken your self healing potential at the cellular level Gives your body the support it needs to control and reverse chronic and degenerative diseases such as cancer or multiple sclerosis Provides anti stress and anti fatigue breathing practices color coded food guides detoxification plans for specific organs relaxation techniques and creative psychological exercises to remove any blocks to your will to heal Explains how these methods are completely compatible and safe to use with modern medical therapies such as chemotherapy and radiation Developed by French doctor Yann Rougier to reinforce health at the cellular level where disease first manifests Delta Medicine provides a simple step by step method to awaken your self healing potential and give your body the support it needs to control and reverse chronic and degenerative diseases such as cancer or multiple sclerosis The Delta Medicine program addresses the five basic functions of a cell breathing nutrition elimination of wastes communication with other cells and the creation and expression of emotions with five corresponding practical tools anti stress and anti fatigue breathing practices color coded food guides to develop the reflexes of healthy nutrition targeted detoxification plans for specific organs easy relaxation techniques to make peace with your illness and find calm during medical treatments and creative psychological exercises to remove the unconscious blockages that often imprison your will to heal An effective and perfectly safe complement to standard medical treatments including chemotherapy and radiation Delta Medicine s gentle transformations offer a way to actively participate in your own healing

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