


ΥΓΕΙΑ & ΔΙΑΤΡΟΦΗ ΤΟΥ ΠΛΗΘΥΣΜΟΥ ΣΤΗΝ ΕΛΛΑΔΑ

The health and nutrition status of the population in Greece

Dietary intakes

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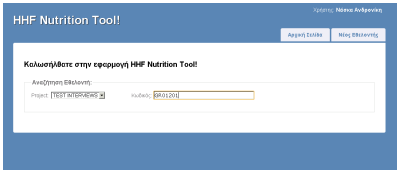
Presentation of the HYDRIA project, National Hellenic Research Foundation, 28 September 2015 *Με τη συγχρηματοδότηση της Ευρωπαϊκής Ένωσης*



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Methodology for collecting dietary intake data

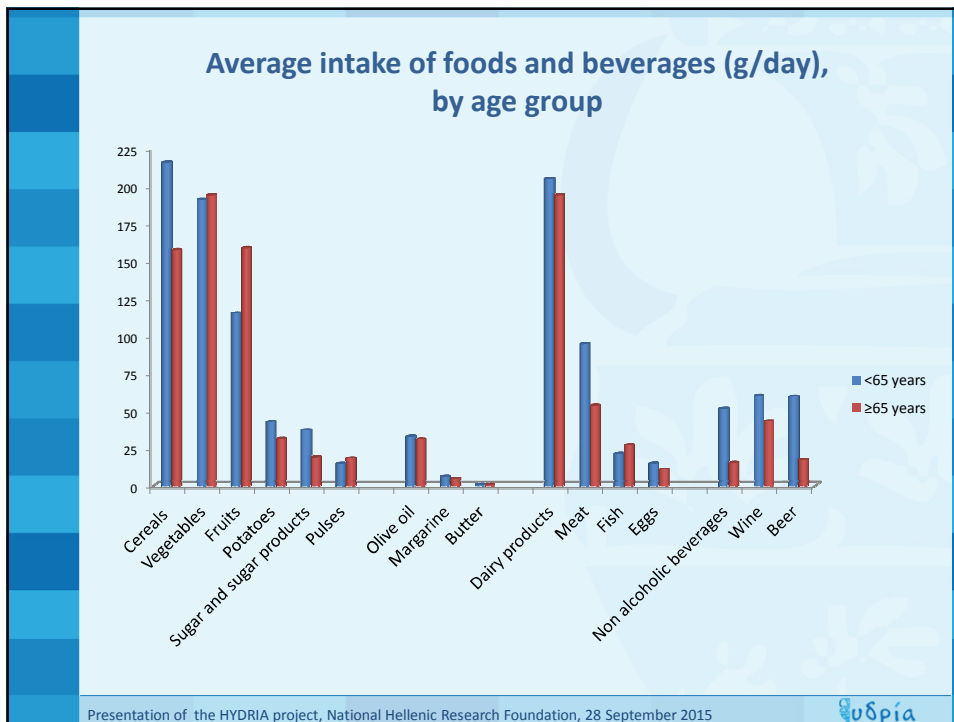
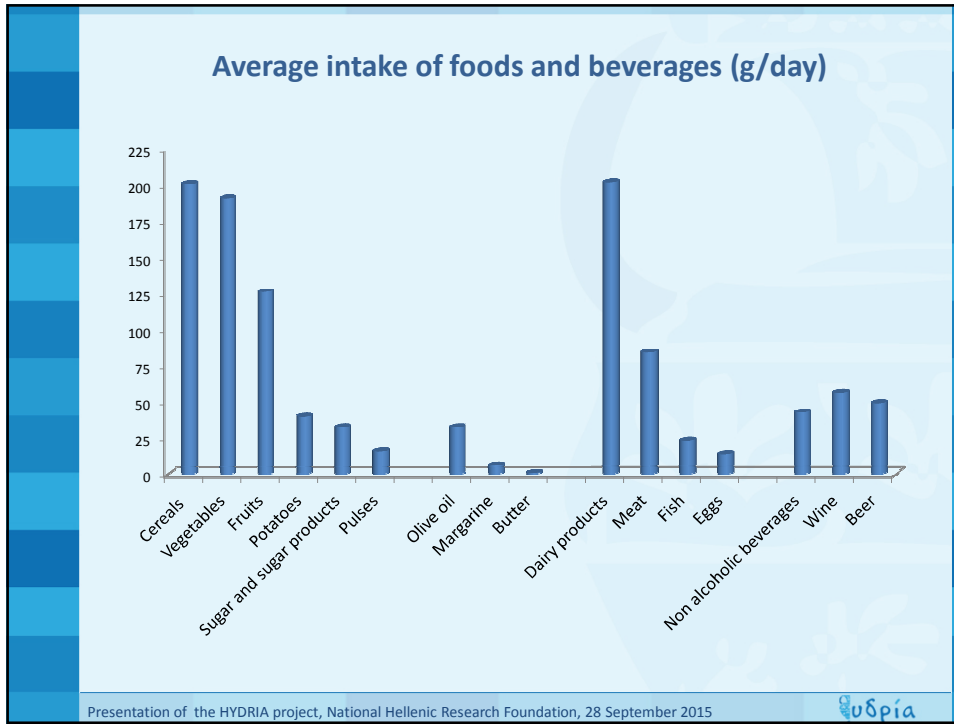
- Two 24-hour dietary recalls through the *HHF Nutrition Tool*, an online application to collect detailed information on the foods and beverages consumed the previous 24 hours.
 - ❖ 1st recall collected on the day of the baseline examination through a face-to-face interview with trained personnel
 - ❖ 2nd recall collected 15-30 days after, through a phone interview
- Non-quantitative food frequency questionnaire
- Questionnaire to assess trends and attitudes when eating out

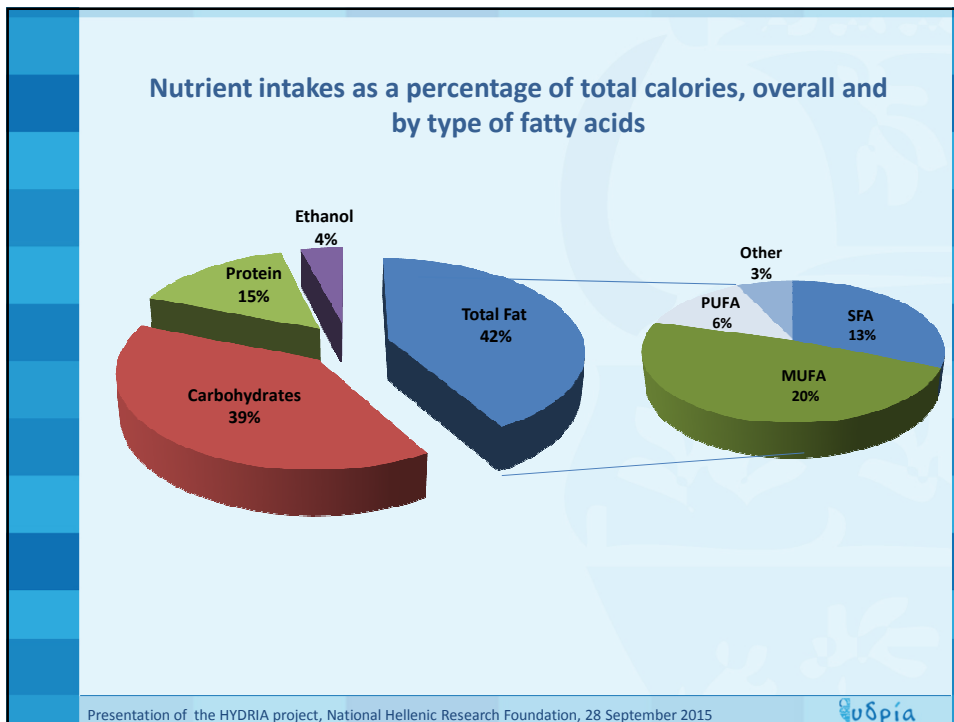
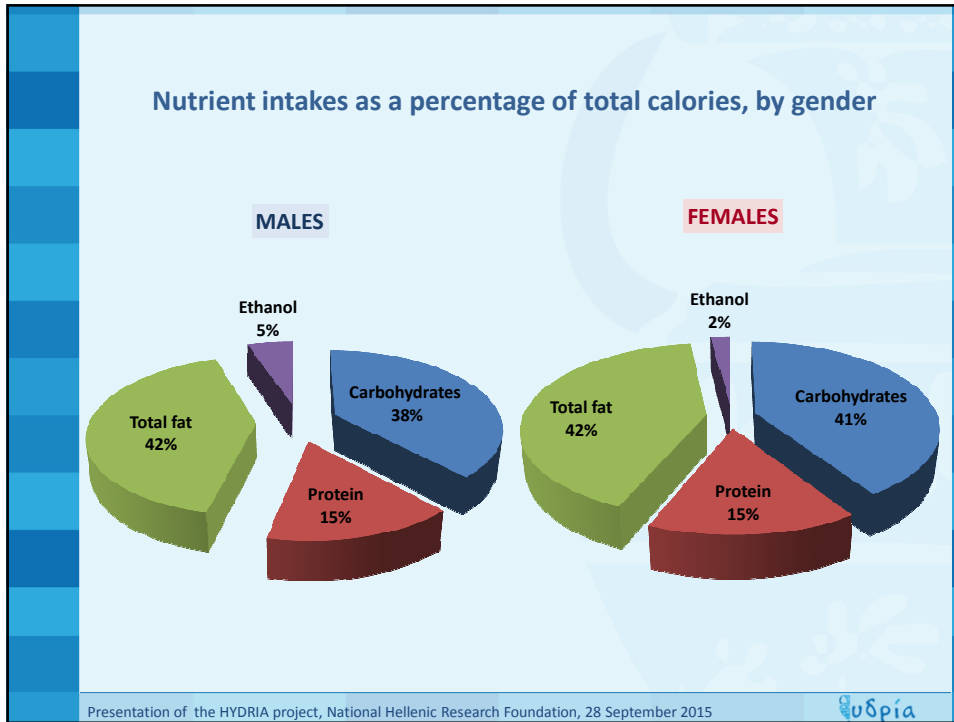


The HHF Nutrition Tool

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Concluding remarks

- ❖ Males and females aged 65 years and over reported consuming more vegetables, fruits, pulses, fish and less meat. They also prefer drinking wine to beer
- ❖ Individuals aged 65 years and over adhere better to the traditional Mediterranean Diet compared to their younger counterparts
- ❖ 80% of the daily intake of added lipids is provided from olive oil
- ❖ The diet of contemporary Greeks consists of bread (and other cereal products), vegetables, dairy products, fruits, pulses, fish and meat.