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04 LATVIAN CITIZENS' KNOWLEDGE ABOUT DIETARY FIBER

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The positive benefits of dietary fibre (DF) are associated with the regulation of the intestinal transit, and the prevention or treatment of diabetes, cardiovascular diseases and regulate colon cancer and obesity. The aim of this research was to collect the information on Latvian citizens' knowledge about dietary fibre.

The questionnaire consists of 22 questions, and their goal was to evaluate the knowledge in three distinct areas: six were dedicated to knowledge about food fibres; six – to the relation between fibres and variety of foods, and 12 – to the relations between fibres and diseases. The methodological study was conducted with 231 participants, 64.9% of which were female and 35.1% male, aged between 17 and 80 years. The respondents were selected according to convenience, although of age, literacy, gender, geographical area of residence, including people from different cities and smaller villages.

67% of the respondents consider that the consumption of sufficient amounts of fibres can prevent or treat different diseases. 85% of respondents have noted that legumes (peas, beans) are a source of fibres, but more often ingest the fibres through a combination of vegetables and animal products.

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Keywords: dietary fibre, knowledge, survey, Latvia.