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## ROMANIAN VERSUS EUROPEAN PRACTICES TOWARDS DIETARY FIBERS

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**Introduction:** The goal of our study was to evaluate the Romanian practices regarding dietary fibers from food products versus other European countries.

**Methods:** We made a qualitative survey based on a questionnaire applied in 2015, over 670 Romanian consumers from different counties, focused on the practices and knowledge towards ingestion of foods rich in fibers. The same questionnaire was applied in other 7 European countries, part of an international project design.

**Results:** Our results showed that ingestion of food rich in fibers (fruits, vegetables and whole grains) were lower than european recommendations. The female participants ate more whole grains and fruits than males ( $p < 0.001$ ) and pay more attention to food labelling, also knowledge about fibers benefits was significantly related to education and urban location. Regarding the differences by countries, the highest fruit consumption was found for Portugal (11.7 portions per week), while the lowest was for Latvia (7.1). Young European females, with more than high school education, were most interested in fibers and considered internet and television like main sources of information.

**Conclusion:** We emphasize the needs for more efficient community interventions for young people about the importance of dietary fibers for non-communicable diseases prevention and a healthy lifestyle.

**Keywords:** *dietary fibers, labelling, food safety, nutritional status*