

PERCEPTION OF FRUITS AND VEGETABLE INTAKE TO PREDICT WEIGHT LOSS

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Background: The effects of weight loss perceptions and fruits and vegetable consumption and obesity are not totally understood. We examined these associations in 103 university students.

Objective: To determine the association between intake of fruits and vegetables and the perception of intake of fruits and vegetables to predict weight loss among university students.

Design: A convenience sample was done on Milner Hall of 103 student's males and females ages 18 – 44, both local and regional. The study was carried out during the months of March and April 2010 using self-administered questionnaires. Students were asked to report on fruit and vegetable consumption, weight loss perceptions, family history, physical activity and demographic variables.

Results: The comparison between male subjects and female subjects with the perception of fruits and vegetables in prediction to weight loss shows that females had a higher perception than males. More females 14 (13.6 %) met the required servings for fruits than males 4 (3.9 %). More females 4 (3.9 %) met the required servings for vegetables than males 1 (1 %)

Conclusion: From the information that was analyzed it can be concluded that men and women have a high perception that fruits and vegetables can contribute to weight loss and that females had a higher consumption of fruits and vegetables. Because fruit and vegetable intake is low among university students, intervention should take place to increase F&V intake. A comparison of different types and amounts of fruits and vegetables along with different consumption patterns (before, during, after meals) will lead to an understanding on how best to incorporate fruits and vegetables in the diet to manage weight.