BOOK OF
ABSTRACTS

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21191 | Factors related with fibre consumption among Portuguese adults and elderly

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Abstract

Background: Fibers are carbohydrates not processed by our organism but play a key role in various metabolic processes. Since they reduce the absorption of sugars and cholesterol they help to control type II diabetes and to prevent cardiovascular diseases. The EFSA recommends the consumption of 25 grams of fiber per day.

Objective: The present work aims to study sociodemographic and lifestyle factors associated with fiber consumption.

Methodology: A sample of 332 Portuguese participants aged between 18 and 98 years was assessed by questionnaire: socio-demographic features (sex, age, education level); lifestyles (including physical exercise and adherence to Mediterranean Dietary Pattern (MAP)); and food consumption (24-hour recall). Dietary data was used to calculate fiber intake using Nutrium Software. Data analysis was done using Statistical Program for Social Sciences (SPSS) for Windows, 27.0. Student's t tests, Mann-Whitney's tests, Spearman's Correlations and Chi-Square's tests were used.

Results: Most of the sample was female (63.3%); 13% were young adults (18 to 35 years), 56% adults (36 to 64 years) and 31% elderly (65 years or above); 34.7% had higher education and 49.1% of the sample practiced some type of physical exercise; 35.8% practice a Mediterranean diet pattern and, the average fiber consumption was 20.4 g/day. Fiber consumption is not correlated with education level (r = 0,046, p = 0,444) or age (r = 0,045, p = 0,449). Higher prevalence of participants who meet the recommendations of fiber practice physical exercise (33,6% vs 17,6% ; p = 0,003). The average MDP score does not differ between those who reach the recommendations of fiber (9,0 grams; SD = 2,31) and those who do not (8,5 grams; SD = 2,21 ; p = 0,115) for those who do not.

Discussion: In literature there is no relationship between the level of education and fiber consumption but in our sample we verified that the fiber intake was positively associated with education level. Our results present this association with physical activity but no similar studies we found. The literature indicates that the Mediterranean diet is associated with a higher consumption of fiber however this feature was not verified in our study.

Conclusion: The present study suggests that nutritional education should focus on this nutrient as we found that fiber consumption is lower than the recommendation.

Keywords: Mediterranean diet, fiber consumption, PREDIMED, sociodemographic factors, lifestyles, fiber recommendations.

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