



Nutrition habits in people

TEAM NO-2
SILENT KILLERS

Aim of the research

- ▶ Understanding the diet and food habits of common people
- ▶ Trying to make decision about people's wrong nutrition habits
- ▶ Trying to get a general idea of the obesity rate according to BMI(Body Mass Index)
- ▶ In which way the population takes cares of their diet
- ▶ Trying to estimate the nutrition facts and it concern among the people

Target groups

- ▶ Lituonian people from 18 to 55+ years and the participants in this project.

Generalities

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Nutrition Facts

- ▶ Malnutrition contributes to diseases and early deaths in mothers and children.
- ▶ A key indicator of malnutrition is stunting
- ▶ About 1.5 million children die due to wasting of food.
- ▶ Vitamins and minerals deficiencies are still prevalent worldwide.
- ▶ Undernutrition during pregnancy creates risks.
- ▶ Increased breast feeding could prevent more deaths of children under 5 years.
- ▶ Nutrition is the key spot to detect where the assistance is needed.
- ▶ Policy and intervention of authorities will save more lives.

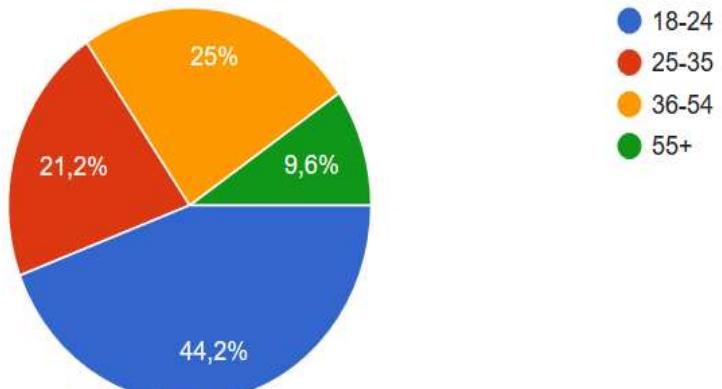
A **healthy diet** is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

Well Balanced Diet

Age of the participants

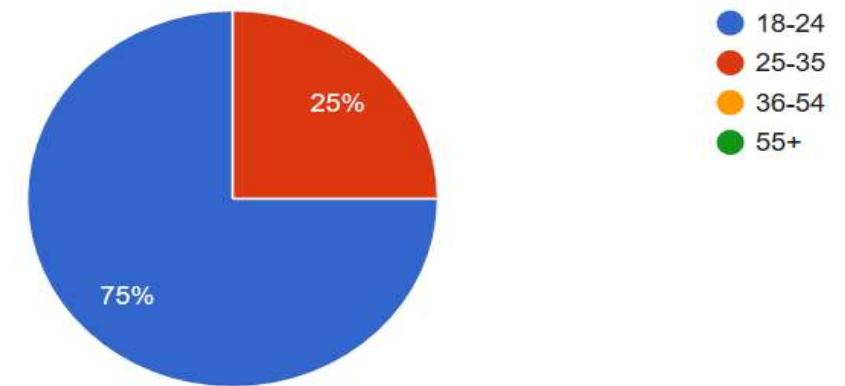
Age/Amžius

52 atsakymai



Age

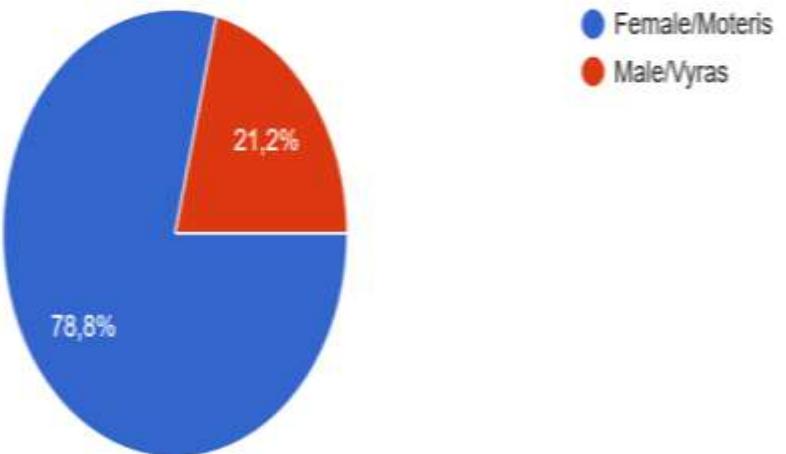
16 atsakymų



Gender

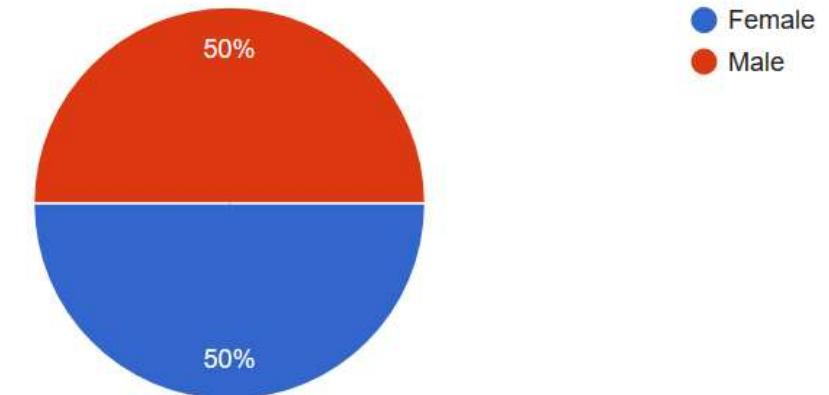
Gender/Lytis

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Gender

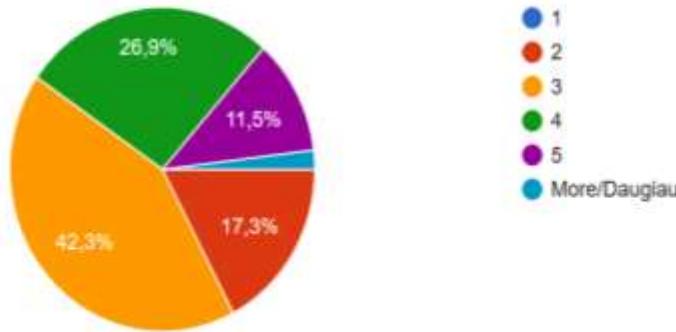
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How many times a day do you eat?

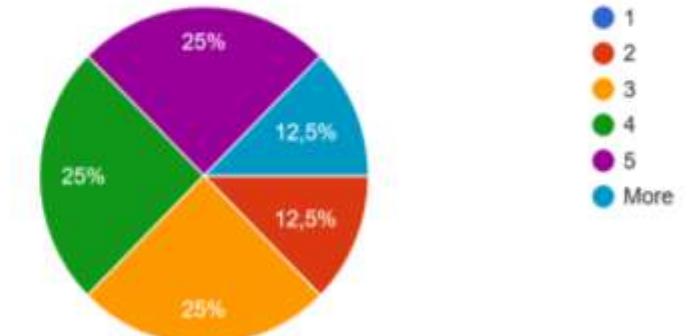
How many times a day do you eat?/Kiek kartų per dieną valgote?

52 atsakymai



How many times a day do you eat?

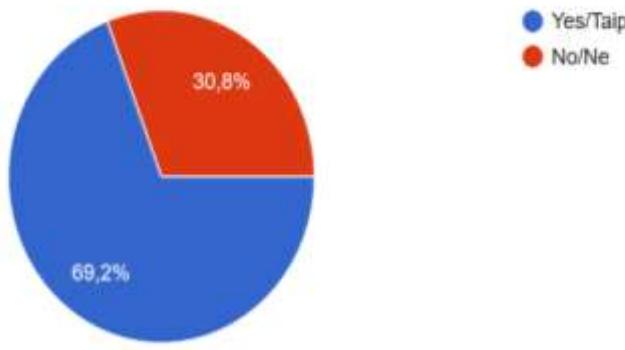
16 atsakymų



Do you have breakfast everyday?

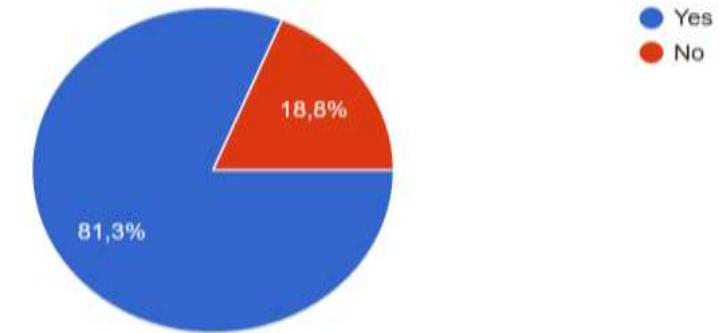
Do you have breakfast everyday?/Ar kasdien valgote pusryčius ?

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Do you have breakfast everyday?

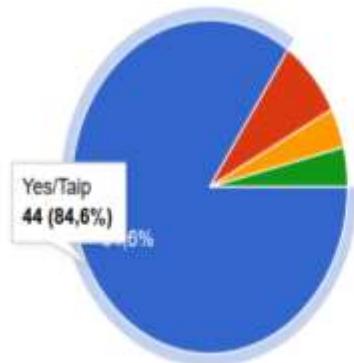
16 atsakymų



Do you know that breakfast is the most important meal of the day?

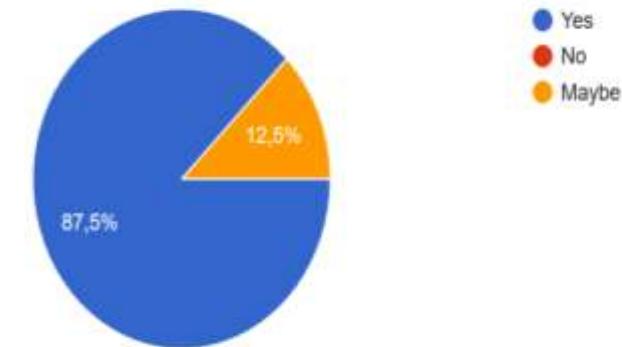
Do you know that breakfast is the most important meal of the day?/Ar žinote, kad pusryčiai pats svarbiausias dienos valgis?

52 atsakymai



Do you know that breakfast is the most important meal of the day

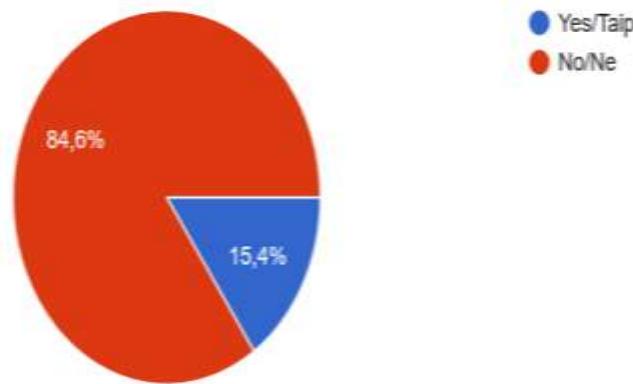
16 atsakymų



Are you a vegetarian?

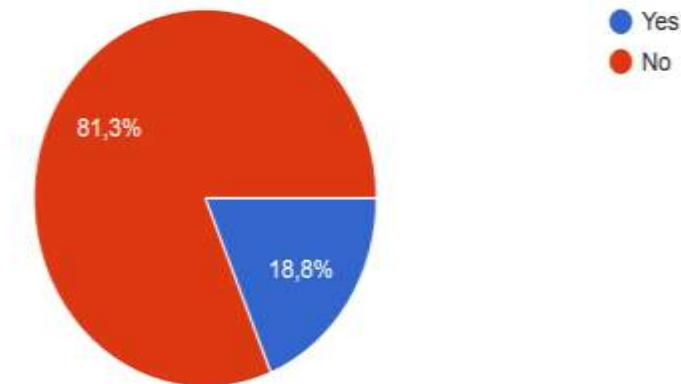
Are you a vegetarian or Non-vegetarian?/ Ar jūs vegetaras ar ne?

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Are you a vegetarian or Non-vegetarian?

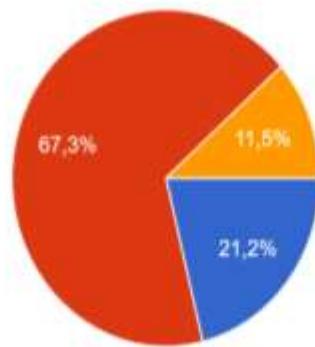
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If you are hungry, what would you prefer?

If you are hungry, what would you prefer?/Jei esate alkanas, kam teikiate pirmenybę?

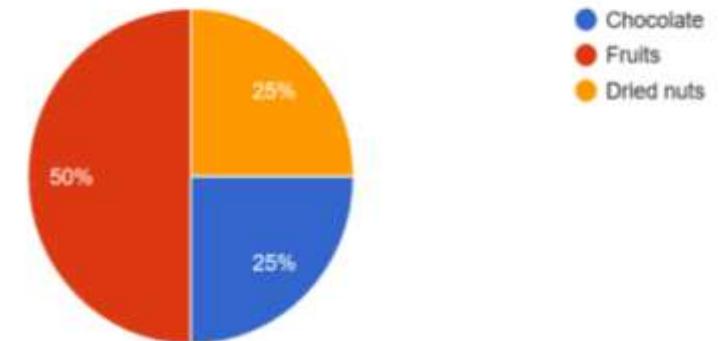
52 atsakymai



- Chocolate/Šokoladas
- Fruits/Vaisiai
- Dried nuts/Riešutai

If you are hungry, what would you prefer?

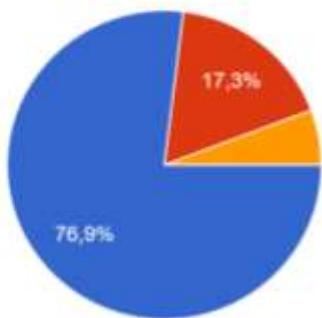
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What do you think is more harmful

What do you think is more harmful?/Kas jūsų manymu yra kenksmingiausias?

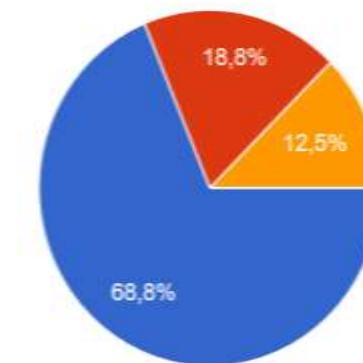
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- Sugars/Cukrus
- Fats/Riebalai
- Proteins/Balymai

What do you think is more harmful?

16 atsakymų

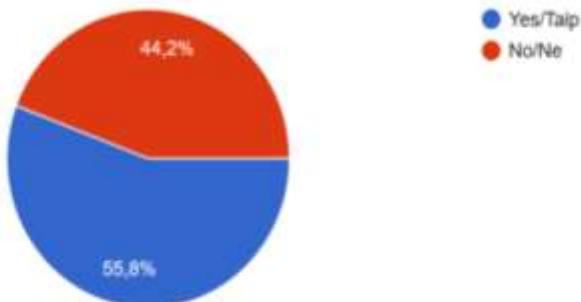


- Sugars
- Fats
- Proteins

Do you add extra salt to the foods?

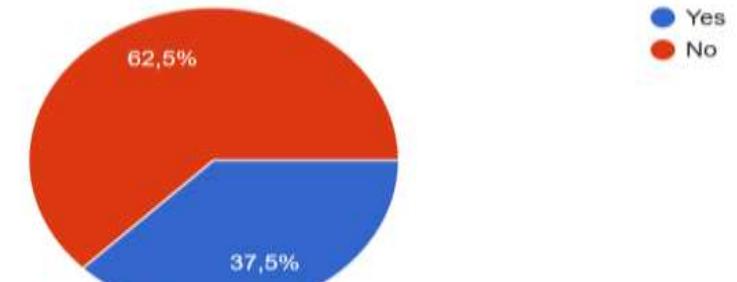
Do you add extra salt to the foods?/Ar dedate papildomai druskos į maistą?

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Do you add extra salt to the foods?

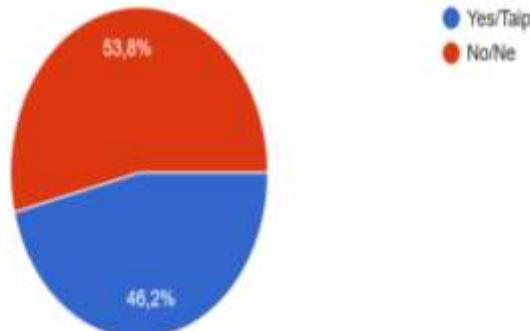
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Do you think vegan diet is healthy?

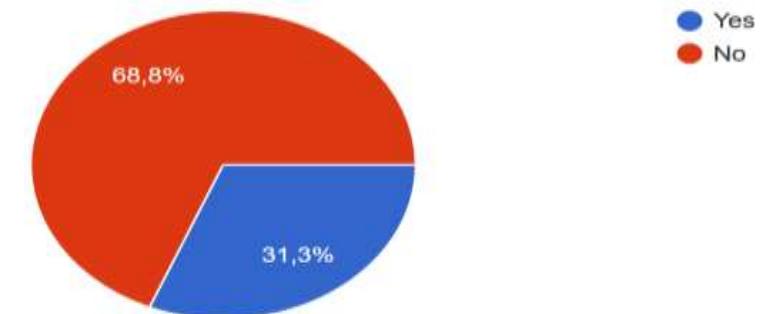
Do you think vegan diet is healthy?/ Ar manote, kad veganiška dieta yra sveika, naudinga organizmui?

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Do you think vegan diet is healthy?

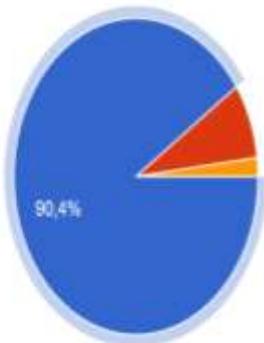
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Dialy food

What does your main meal consist of and how is it prepared? / Iš ko jūsų pagrindinis valgis susideda ir kaip jis pagaminamas, paruošiamas?

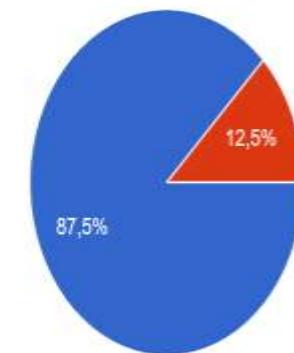
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- Freshly home-cooked produce/ Žviežias, namie gamintas
- Restaurant meal/ Restoranų valgai
- Pre-cooked, microwave or TV dinners/ Iš anksto paruoštas maistas (pirkas parduotuvėje)

What does your main meal consist of and how is it prepared?

16 atsakymų

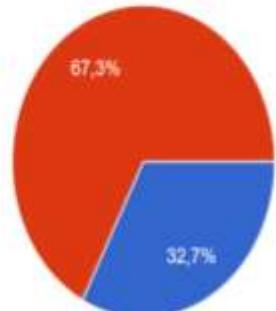


- Freshly home-cooked produce
- Restaurant meal
- Pre-cooked, microwave or TV dinners

Whick one kills more people actually?

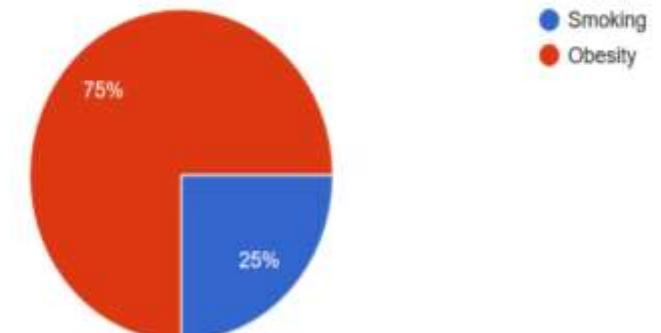
Which one kills more people actually?/Kuris iš veiksnių nužudo žmones daugiausiai?

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Which one kills more people actually?

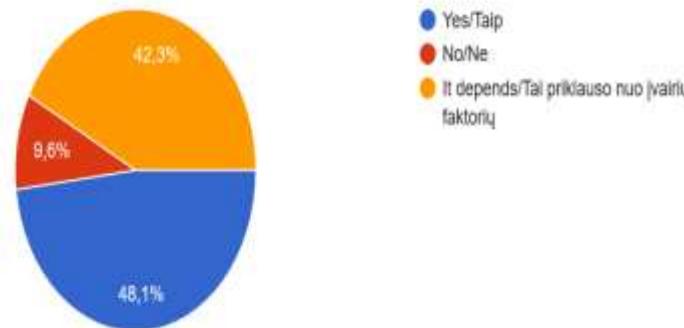
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Does the coffee increase the blood pressure?

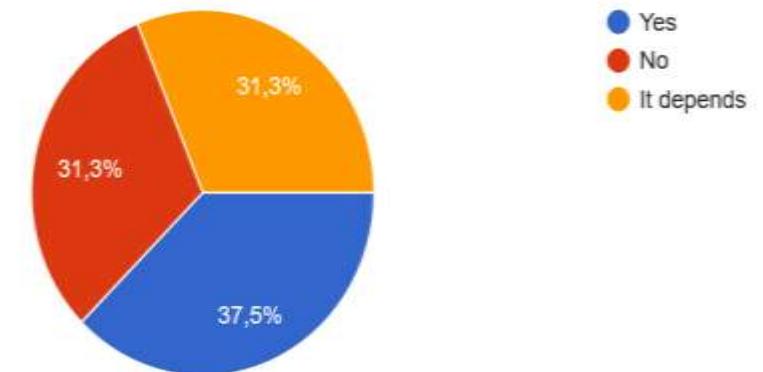
Does the coffee increase the blood pressure?/Ar kava didina krauso spaudimą?

52 atsakymai



Does the coffee increase the blood pressure?

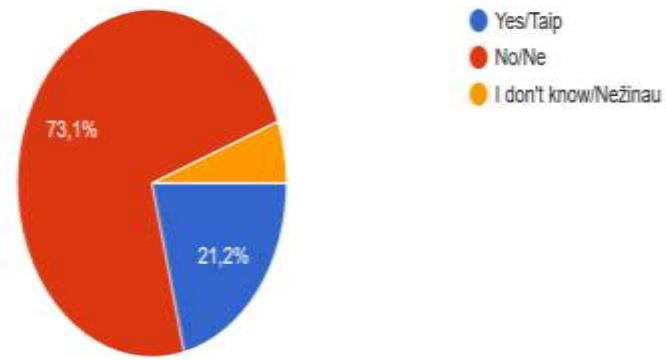
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Do you have or ever had cholesterol problems?

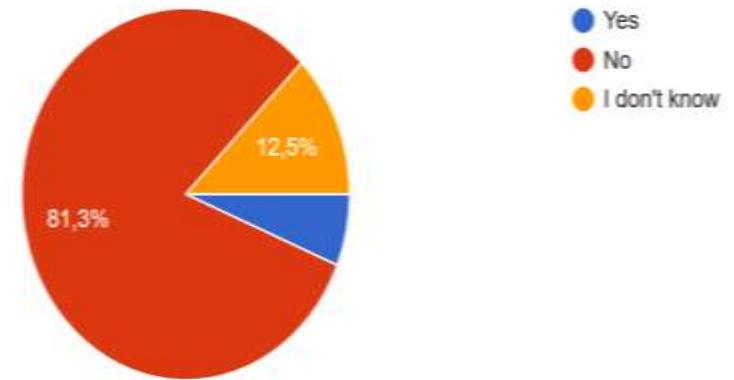
Do you or have you ever had cholesterol problems?/Turite ar turėjote cholesterolio problemų?

52 atsakymai



Do you or have you ever had cholesterol problems?

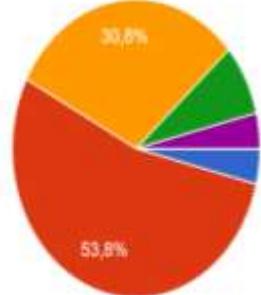
16 atsakymų



BMI (Body Mass Index)

Do you know your current BMI (Body Mass Index) index?/ Ar žinote savo dabartinį KMI (kūno masės indeksą)?

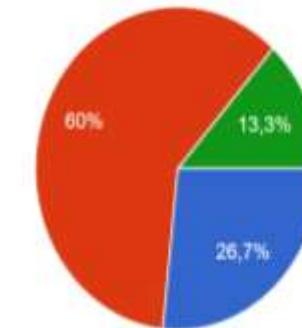
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- Less than 18,5 (Underweight) / mažiau nei 18,5 (per mažas)
- 18,5-25 (Ideal weight / idealus svoris)
- 25-30 (Overweight/antsvoris)
- 30-35 (Moderate obesity/ vid. sunkumo nutukimas)
- 35-40 (Obesity/ nutukimas)
- More than 40 (Morbidly obese) / Daugiau nei 40 (Sunkus nutukimas)

Do you know your current BMI (Body Mass Index) index?

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- Less than 18,5 (Underweight)
- 18,5-25 (Ideal weight)
- 25-30 (Overweight)
- 30-35 (Moderate obesity)
- 35-40 (Obesity)
- More than 40 (Morbidly obese)



Thank you for
your attention