Perceived Added Sugar Recommendation to Trans Fat Recommendation

Results

- Respondents’ ages mostly ranged from 19- to 51-years old (83.8%), and were predominantly female (79.5%). The Body Mass Index (BMI) calculations determined 47.5% of respondents classified as normal weight (BMI=18.5-24.9), and 48.6% classified as overweight (BMI=25-29.9), obese (BMI=30-39.9), or morbidly obese (BMI=40.0+) (Figure 1).

- The majority of respondents (61.2%) either did not know or overestimated recommended moderate intake of added sugar (Figure 2). In terms of trans-fat, 74% reported they either did not know or overestimated the recommended moderate intake (Figure 3).

- The majority of respondents correctly identified or overestimated moderate intake of fruits (88.8%) and vegetables (64.0%). The majority of respondents correctly identified or underestimated moderate intake of soda (83.7%) and diet soda (74.6%).

Conclusion

Although “everything in moderation” is common dietary advice, survey responses suggest the understanding of what moderation means related to specific dietary behaviors is not always clear, or accurate. Data suggests more messaging concerning recommendations for added sugar and trans-fats is warranted, especially considering the connection of those nutrients with chronic illness. Future education and health promotion campaigns may consider defining moderation, in an effort to clarify its meaning. Further research is needed to identify associations between respondents’ geographic location, race, income level, weight, or individual exposure to nutritional education, and understanding moderation of dietary behaviors.

References

[Provide references here]

Table and Figure Legends

- Figure 1: Body Mass Index (BMI) Of Participants

- Figure 2: Estimated Added Sugar Intake v. Perceived Added Sugar Recommendations

- Figure 3: Estimated Trans Fat Intake v. Perceived Trans Fat Recommendations

Objective

The objective of this study is to understand what the general population perceives as dietary moderation, in relation to recommendations. It is hypothesized that the majority of respondents’ perceptions of moderate intake will be over- or underestimated when compared to dietary recommendations.