

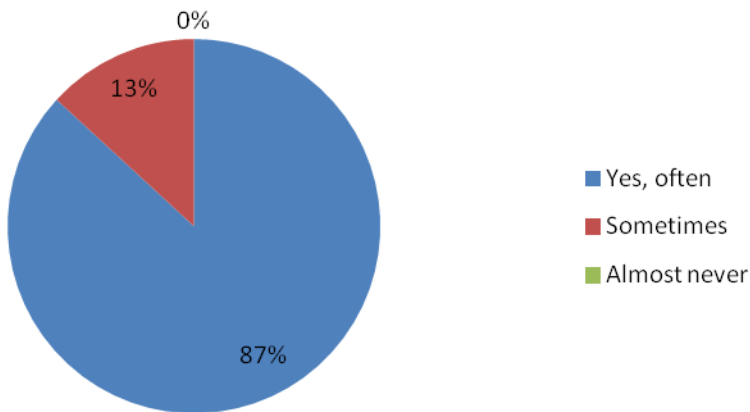
Data and analysis of the Italian Eating Habits Survey

Eating habits of population in the Campofornido territory tested on 38 subjects who practice physical activity at the Association.

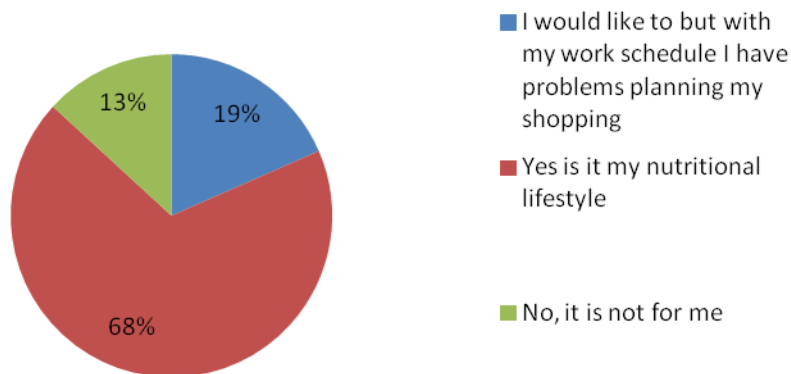
| QUESTION | POSSIBLE ANSWERS | ANSWERS GIVEN | ANSWERS GIVEN |
|--|--|---------------|---------------|
| | | (N) | (%) |
| 1. Do you eat vegetables? | Yes, often | 33 | 87,00% |
| | Sometimes | 5 | 13,00% |
| | Almost never | - | - |
| 2. Do you follow a Mediterranean diet? | I would like to but with my work schedule I have problems planning my shopping | 7 | 18,40% |
| | Yes is it my nutritional lifestyle | 26 | 68,40% |
| | No, it is not for me | 5 | 13,20% |
| 3. Do you eat a lot of meat? | Yes | 4 | 10,50% |
| | Often | 20 | 52,60% |
| | Seldom | 14 | 36,80% |
| 4. Is your diet rich of fried foods? | No, I rarely eat fried foods | 30 | 79,00% |
| | Yes, I like them | - | - |
| | Yes, even if I don't exceed | 8 | 21,00% |
| 5. Do you eat fish at least twice a week? | Yes, sometimes even more | 6 | 15,80% |
| | Not twice but I try at least once | 22 | 57,90% |
| | No, I can't | 10 | 26,30% |
| 6. After an abundant meal, do you happen to skip another meal? | No, never I rather have a light meal | 23 | 60,50% |
| | Yes, so I can feel deflated | 7 | 18,40% |
| | Yes, it happened but I try to avoid it | 8 | 21,00% |
| 7. Do you use lot of salt? | Yes, I like tasty food | 5 | 13,20% |
| | No, I carefully use the salt | 31 | 81,50% |
| | Seldom | 2 | 5,30% |
| 8. Do you often snack between meals? | No, never | 11 | 29,50% |
| | Yes, often | 6 | 15,80% |
| | Seldom | 21 | 55,20% |
| 9. Do you use butter to cook your meals? | Yes, often | 3 | 8,00% |
| | No, I use oil of olive | 26 | 68,00% |
| | Seldom | 9 | 23,00% |
| 10. Do you daily drink wine, beer or alcoholics? | No | 24 | 63,00% |
| | Yes, but with care | 13 | 34,00% |
| | Yes, because I can handle alcohol | 1 | 3,00% |

The results obtained, show that the selected sample follows a nutritional food regime mainly based on a Mediterranean diet. It needs to be mentioned that the sample is made by the 95 % of women who practice physical activity, even if light, twice a week.
USE Campofornido, May 17 2013

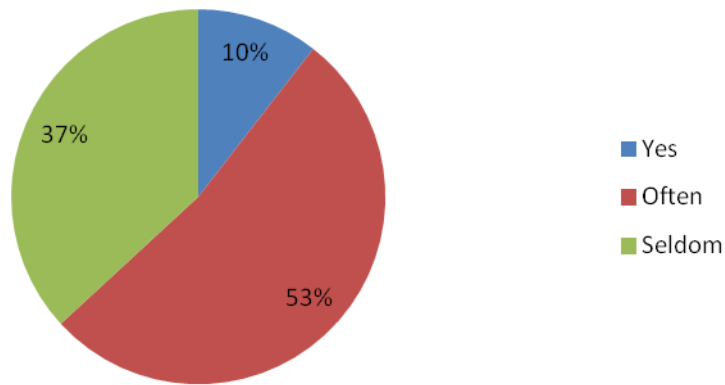
1. Do you eat vegetables?



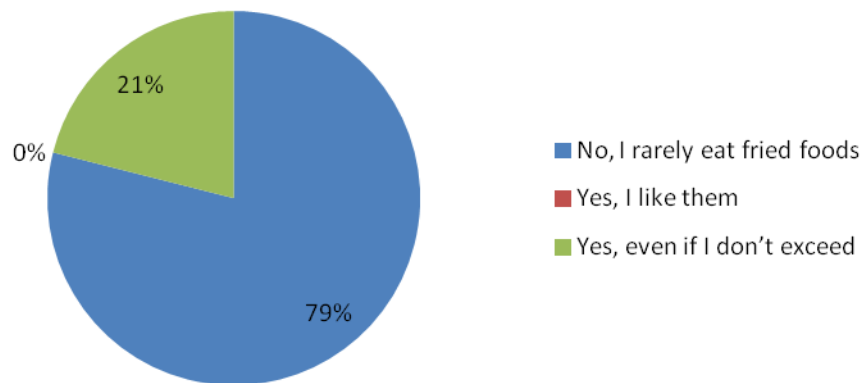
2. Do you follow a Mediterranean diet?



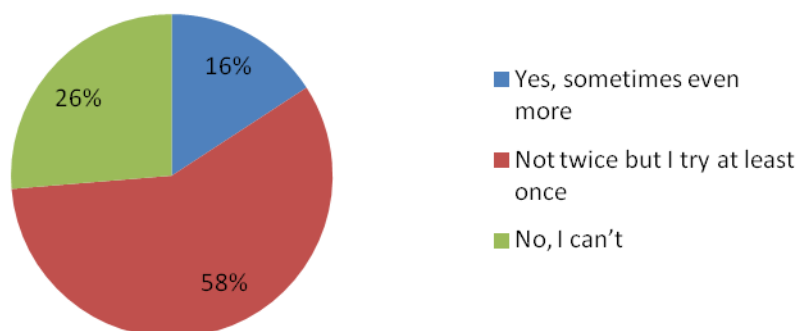
3. Do you eat a lot of meat?



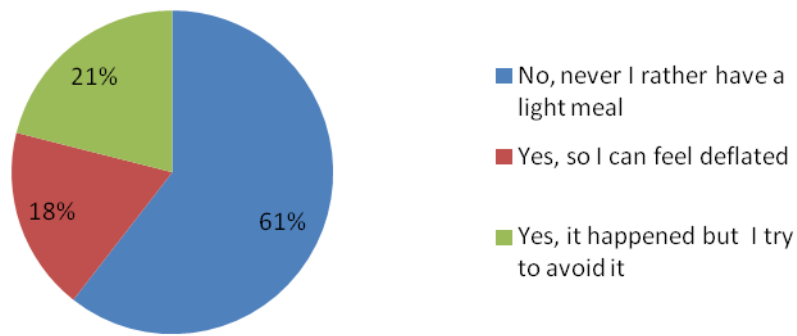
4. Is your diet rich of fried foods?



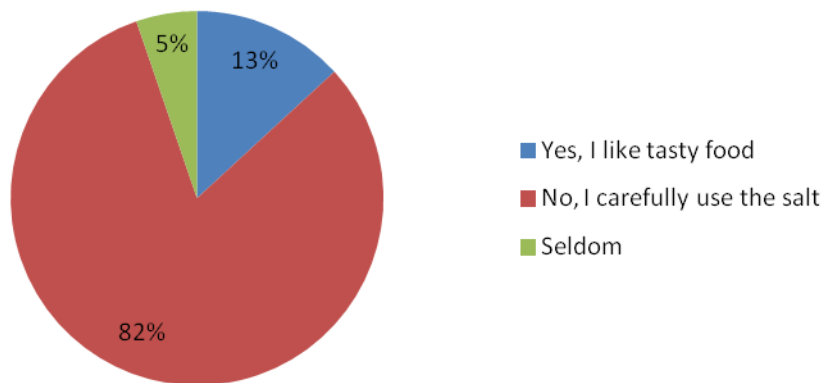
5. Do you eat fish at least twice a week?



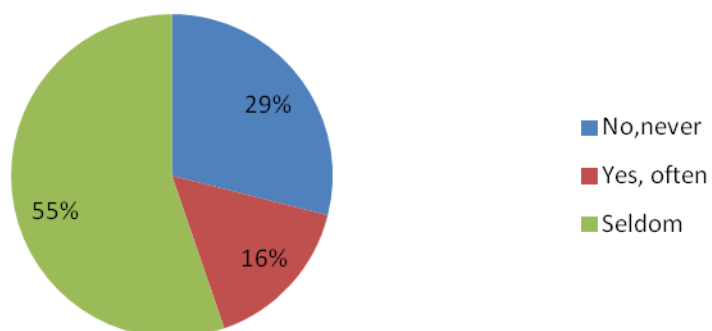
6. After an abundant meal, do you happen to skip another meal?



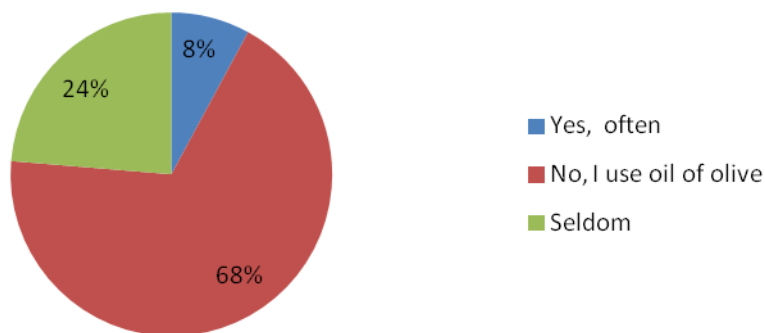
7. Do you use lot of salt?



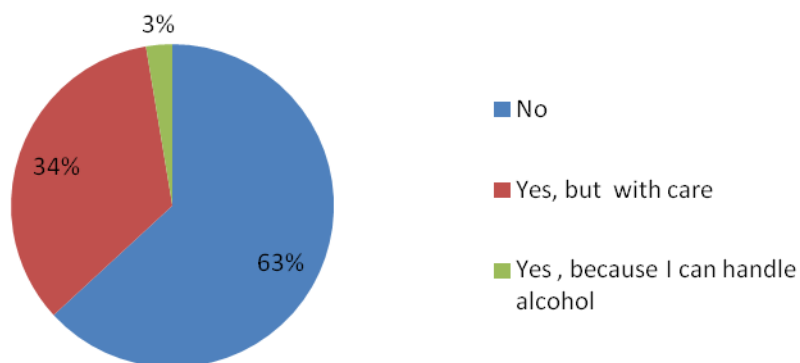
8. Do you often snack between meals?



9. Do you use butter to cook your meals?



10. Do you daily drink wine, beer or alcoholics?



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