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# Perception of Dietary Change and Attitudes Towards the Irish Diet Among Non-Nationals in Ireland.

Qianling Zhou

*Dublin Institute of Technology, qianling.zhou@dit.ie*

Phensiri Asawasirisap

*Dublin Institute of Technology*

John Kearney

*Dublin Institute of Technology, john.kearney@dit.ie*

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Qianling Zhou\*

Phensiri Asawasirisap†

John Kearney‡

\*Dublin Institute of Technology, qianling.zhou@dit.ie

†Dublin Institute of Technology

‡Dublin Institute of Technology

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## **Perception of Dietary Change and Attitudes Towards the Irish Diet Among Non-Nationals in Ireland.**

### **Rational and Objectives**

Cross-cultural attitudes to diet differ significantly. This study examined attitudes towards the Irish diet and their perceived dietary change among a random sample of non-nationals living.

### **Materials and Methods**

A self-administered cross sectional survey was distributed to a randomly selected sample of English language students in Dublin.

### **Results and Findings**

473 students from four geographical regions (Asia, Africa, South and Central American, and Europe) (response rate: 84%) completed the survey. Marked cultural differences between geographical regions were found with South and Central Americans being the most likely to indicate a decrease in fruit and vegetable intakes (31%) since living in Ireland while Asians (10.2

%) was the least likely subgroup to pay attention to their intake of fruit and vegetables. Africans (26%) were more likely to consider no difference in terms of health between their diet in Ireland and Africa while Europeans (74%) were the most likely to perceive that their diets were now less healthy in Ireland.

### **Conclusions**

Cultural perspectives of what constitutes a healthy diet differ significantly between geographical regions.