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

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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.