

Abstract

Dietary Patterns of Serbian Adults 10–74 Years Old: Serbian National Food Consumption Survey Following EU Menu Methodology[†]

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Abstract: Background and objectives: Increasing rates of adult overweight (60.7% population) and diet-related cardiovascular diseases (52% population) in Serbia alarmingly call for a change in dietary patterns. To be able to identify problems and solutions, harmonized and comparable food consumption data are needed. The European Food Safety Authority (EFSA) provided support and guidance, through the EU Menu program, for conducting the Serbian National Food Consumption Survey on adults from 10 to 74 years old, including pregnant women and vegetarians in the period of 2017–2022. This work gives an overview of the quantity, energy intake, and distribution across different food groups, which are all basic parameters of dietary patterns, aiming at comparing the actual diet with recommendations—the EAT Lancet Commission Report. Methods: Food consumption data were collected from 3018 participants: 856 adolescents aged 10–17 years, 1155 adults aged 18–64 years, 581 elderly subjects aged 65–74 years, 145 pregnant women, and 281 vegetarians, using two inconsecutive days repeated 24 h dietary recall. The advanced nutritional software, Diet Assess and Plan (DAP), was applied for data storage, processing, and reporting, while the Serbian Food composition database was used as a resource for food composition information of the foods and recipes consumed in the survey. Results: In the adult population, quantitatively, the most consumed foods are as follows: vegetable and vegetable products (312 g/day), milk and milk products (247.7 g/day), fruit and fruit products (245.7 g/day), grain and grain products (215.8 g/day), and meat and meat products (166.08 g/day). Liquids—water and non-milk beverages—were consumed 1511 g/day on average. However, the mean distribution of energy intake differs significantly. The main source of energy comes from grain and grain products (637.5 kcal/day (29.3%TE)), meat and meat products (355.4 kcal/day (16.3%TE)), fats and oils (271 kcal/day (12.4%TE)), and milk and milk products (261.3 kcal/day (12%TE)). Discussion: The energy distribution and consumed quantities of some food groups indicate that actual diet, comprised of processed grains, meat, and fatty food, is not meeting reference healthy diet recommended in EAT Lancet Commission Report, and present a risk factor for the development of overweight, obesity, and diet-related cardiovascular diseases in the Serbian population.

Keywords: food consumption; dietary patterns; EU menu; nutritional inadequacy



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