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## Practice and Knowledge of Adults Consuming High-Cholesterol and High-Fiber Foods in Taipei

### Key Words

Adults  
High cholesterol/fiber foods  
Food frequency questionnaire

### ABSTRACT

Diets rich in fiber and low in cholesterol are associated with a lowered risk of coronary heart disease. To study people's understanding of and the behavior toward high-cholesterol and high-fiber foods, adults living in the Taipei area were randomly selected and investigated by use of a questionnaire. The data (n = 839) reported are based on an 84% response rate of adults. Most of their nutrition information was from non-professional source. Seventy-five percent of adults consumed less than 2 servings of fatty meats per week. One or more servings per day of lean meat, chicken, or fish were consumed by 17%, 9%, and 28% of adults, respectively. Forty-four percent of adults consumed 1 or more serving of green leafy vegetables per day. Fourteen percent of adults consumed 1 or more serving of other vegetables per day. Most adults (range 43%-79%) gave positive responses to behavior and attitude statements. The average score of nutritional knowledge was  $7.6 \pm 1.1$  out of 10. This information was deemed necessary in order to determine appropriate intervention with nutrition educational programs. (2000, volume 2, p 66-00)

### INTRODUCTION

Heart disease, most important diet-related health problem, is the primary cause of mortality in the West. The Lipid Research Clinical (LRC) Trial<sup>1</sup> has presented direct clinical evidence that the lowering of serum cholesterol concentration decreases the incidence of coronary heart disease (CHD). Intensive nutritional intervention with diets rich in dietary fiber can lower serum cholesterol concentrations<sup>2,3</sup>. Modifications in life style have

made important contributions to the declining rates of mortality from CHD<sup>4-6</sup>. For example, reduction in dietary fat and cholesterol intake of many Americans is correlated with the 30% decline in the CHD death rate over the past 15 years.<sup>4</sup> The awareness of people regarding the association of dietary intake of cholesterol and fiber with health problems was investigated in this study.

Heart disease is the third cause of mortality in Taiwan today<sup>7</sup>. It has been noted that more should be done to educate the public about the dangers to health occurring from

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