Table 2. Estimated Cholesterol-rich Food Consumption among Respondents [a, b]

Food category	No.	%	Food category	No.	%
Egg group (servings/wk)			Fish group (servings/wk)		
< 2	369	53.5	< 2	136	21.7
2~6	300	43.5	2~6	314	50.1
7~14	18	2.6	7~14	112	17.8
> 15	3	0.4	> 15	63	10.4
Fatty meat group (servings/wk)			Organ group (servings/wk)		
< 2	500	74.5	< 2	644	95.8
2~6	141	20.9	2~6	25	3.8
7~14	21	3.1	7~14	2	0.3
> 15	10	1.5			
Lean meat group (servings/wk)			Clam & oyster group (servings/wk)		
< 2	245	38.1	< 2	602	90.9
2~6	289	44.9	2~6	54	8.2
7~14	81	12.6	7~14	6	0.9
> 15	28	4.4			
Chicken group (servings/wk)			Shrimp & squid group (servings/wk)		
< 2	345	54.0	< 2	603	91.2
2~6	240	37.5	2~6	51	7.7
7~14	39	6.2	7~14	6	0.9
> 15	15	2.3	> 15	1	0.2

[a] Totals may not add up to 100% due to missing data.
[b] Per serving units as follows: egg group 50 g, fatty meat group 50 g, lean meat group 30 g, chicken group 30 g, fish group 30 g, organ group 30 g, clam & oyster group 40 g, shrimp & squid group 30 g.

that included both faculty members and hospital dietitians, and was pilot-tested by 20 adults before its use in the survey.

Survey data were analyzed by SPSS/PC (Statistical Package for the Social Sciences). Frequency information was analyzed using Chi-square, and post hoc comparisons used Scheffe test. All statistical tests used a 2-tailed α level of 0.05.

RESULTS

Of 886 returned forms, 35 residents lived outside Taipei City and 12 adults did not fill out their forms completely. Thus the response rate was 83.9%. Initial data analyses indicated significant differences in age, income, and educational level of the adults from each district. To determine the general nutritional knowledge and con-

sumption of cholesterol- and fiber-rich foods among the population of Taipei, the data were pooled and analyzed in this survey.

Three hundred seventy-one men and 468 women were surveyed. Their ages ranged from 35 to 65 years, with 63% between 40 and 49 years. More than 50% of adults had incomes of more than NT$ 60,000 per month (US$1 = NT$32) in this study (Table 1).

The average height for men was 169 ± 5 cm, and the average body weight was 67 ± 9 kg. The average height for women was 158 ± 5 cm, and the average body weight was 55 ± 8 kg. A body mass index (BMI; kg/m^2) of less than 20 was observed in 135 persons, 20 to 25 in 506 persons, 25-28 overweight in 123 persons, and >28 (obese) in 36 persons, according to the criterion for obesity of Huang et al [12]. Fifty-one percent of adults were from families with 4 or fewer members, 42% with 5 or 6 members (n = 351) and 6.7% with 7 or more members (n = 56).