

Table 3. Estimated Crude Fiber-rich Food Consumption among Respondents^a

Food category	No.	%	Food category	No.	%
Green leaf vegetable group (servings/wk)			Bean group (servings/wk)		
< 2	35	5.5	< 2	423	68.1
2-6	318	50.2	2-6	181	29.2
7-14	205	32.3	7-14	13	2.1
> 15	76	12.0	> 15	4	0.6
Other color leaf-vegetable group(servings/wk)			Guava (servings/wk)		
< 2	222	35.4	< 2	425	67.8
2-6	321	50.9	2-6	175	27.9
7-14	70	11.2	7-14	20	3.2
> 15	16	2.5	> 15	7	1.1
Peeled-vegetable group (servings/wk)			Other fruit group (servings/wk)		
< 2	229	37.3	< 2	130	21.6
2-6	300	48.9	2-6	328	54.5
7-14	67	10.9	7-14	103	17.1
> 15	18	2.9	> 15	41	6.8

^aTotals may not add up to 100% due to missing data.

^b Per serving units as follows: green and other color leafy vegetable group 100 g, peeled vegetable group (i.e., cucumber, etc.) 100 g, bean group 100 g, guava 100 g, and other fruit group including 12 different types of usual fruit sizes.

Table 4. Dietary Behavior and Attitudes among Respondents^a

Statement ^{b,c}	Seldom	Occasionally	Often
1. You cut the fatty parts off before eating meats. ^{1,2,3}	260	204	352
2. You eat chicken with skin. ^{1,2,3}	226	188	403
3. You remove the oil from the surface of soup before eating. ^{1,2}	183	216	412
4. You like fried foods.	428	296	93
5. You mix gravy with rice or noodles.	520	178	118
6. If your cholesterol level is too high, you will change to low cholesterol-content foods. ¹	45	126	636
7. You can control your portion size in front of delicious foods.	173	339	309
8. You would follow a physician's instructions for good health. ^{1,3}	72	213	523
9. You change to a prudent diet after a luxurious diet. ^{2,3}	54	192	567

^a Never and seldom responses are listed as seldom; often and always responses are listed as often.

^b $p < 0.05$ (by Chi-square test).

^c Questions 4, 5, and 7 were not influenced by sex, education, or income level; ¹ represents sex effect, ² represents education effect, and ³ represents income effect.

Most respondents obtained their health information from magazines/newspapers (70.6%) and popular media (i.e., TV/Radio) (51.1%). Other sources were books (49.5%), physicians (26.1%), other professionals (i.e., dietitians and pharmacists 14.8%), and health food stores (6.1%).

Eggs are the primary dietary cholesterol source in the

Taiwanese population ¹⁰ and 97% of adults consumed less than 1 egg per day. Seventy-five percent of adults had less than 2 servings of fatty meat (i.e., meat from the belly portion of pork) per week. Seventeen and 9% of adults consumed at least 1 serving per day of lean meat or chicken, respectively (Table 2). Milk ranked as the fifth cholesterol intake source among this population. Around