

Table 5. Number of Respondents Answering True or False to Each Item of the Nutrition Quiz^a

Knowledge quiz item	True no.	False no.
2. Energy supply by per gram of carbohydrate is more than that produced by per gram of fat.	399	378
5. Fatty foods also contain high levels of cholesterol. ^b	175	630
8. Cholesterol is found only in animal products.	332	471

^a Summed frequencies add up to less than the total sample size of 839 because of "not sure" responses.

^b Only question 5 was affected by age and education level ($p < 0.01$).

10% ($n=81$) of adults drink no milk. Milk intake was less than 1 cup (240mL) per day in 93% ($n = 665$) of adults, and only 7% ($n = 50$) consumed 1 or more cups of whole milk or low fat milk daily. In addition to the above food sources, around 30% of adults consumed more than 1 serving of fish groups per day. Only 1% of adults consumed 1 or more servings of seafood (i.e., shrimp, clams, oysters, etc.) per day. Less than 1% of adults had 1 or more servings of high cholesterol foods (i.e., organ meats and liver) per day.

Rice, leafy vegetables, peeled vegetables, beans and fruits represented 80% of the crude fiber intake in Taiwanese¹⁰. Fifty-six percent of adults consumed less than 1 serving (i.e., 100 g edible portion) of green leafy vegetables, and 44% of adults consumed 1 or more servings per day. Thirty-six percent of adults consumed less than 2 servings of other colored leafy vegetables and peeled vegetables per week, and 14% of adults consumed 1 or more servings of both vegetable groups per day. Only 4.3% of adults consumed one or more servings of guava (a high-fiber fruit; containing 4.6 g fiber/100 g edible portion) per day (Table 3). Most adults ($n = 604$; 73%) consumed 1 to 2 bowls of rice per day, and 25% ($n = 212$) consumed 3-4 bowls daily.

More than 52% of adults gave the "seldom" response for 2 negative statements. Most of the adults gave the "often" response for the "you eat chicken with skin" statement. More than 65% of adults gave the often response to statements 6, 8, and 9 which represent awareness of their health status (Table 4). No significant differences for all statements were seen by age except for statement 6, for which the responses of older adults were better than those of younger adults (unpublish data). These ratings were

significantly related to sex, education, and income level. Female adults had better performance than men for 5 statements ($p < 0.05$). Adults with a higher education rated better than the other groups for statements 1-3 and 9. Adults who had higher incomes gave higher responses than adults who had lower incomes for statements 1-2 and 8-9.

For respondents who answered all 10 questions of the nutrition quiz, the mean score was 7.6 ± 1.1 . More than 70% of adults answered 7 out of 10 items correctly. Less than half of the people gave correct answers to questions 2, 5, and 8 (46%, 21%, and 40%, respectively). Scores for the nutrition quiz were not significantly related to respondent sex, age (question 5 influenced by age), or educational level (Table 5).

DISCUSSION

Most participants were generally aware of the roles of cholesterol and fiber-rich foods in the concept of preventive medicine. However, food sources containing cholesterol and the relationship between cholesterol and fat in food were not well understood by the public. About 52% of respondents did not understand that energy supply was unequal for the same weight of carbohydrate and fat. Most nutrition information was obtained from nonprofessional sources. Nutritional educators need to strengthen their efforts by (1) supplying basic nutritional concepts to the public and (2) providing correct information via the public media.

About 50% of adults knew how to avoid visible fat (oil) from their diet, but only 28% of adults knew how to avoid invisible fat (i.e., chicken skin). From 65% to