

79% of adults had positive health attitudes, but only 38% (n = 309) of adults were able to "control their eating in front of delicious foods". The concepts concerning sources of fat-rich foods and controlling portion sizes should be emphasized with adults in the Taipei area. When we asked if "you will walk instead of taking an elevator", 26% of adults said seldom 36% said occasionally and 38% said often. The importance of exercise to health should also be emphasized.

Vegetables and fruits are rich fiber sources. The vegetables and fruits reported here compose 66% of the usual fiber foods for the Taiwanese (14% of fiber is from the rice group). Some adults (22%-68%) consumed less than 2 servings of vegetables and fruits per week, except for the leafy vegetable group. Around 14% of adults consumed 1 or more servings of the peeled vegetable group and other colored leafy vegetable group, respectively, and 24% from other fruits (except guava) per day. Educating the public to consume more fresh vegetables needs to be emphasized in the future.

From this study, 1 of 9 items of dietary behavior was influenced by age, 5 of 9 items were influenced by sex, and 4 of 9 items were affected by education level and income. In this study, adults with a higher education had better practices than adults with a lower education. The importance of nutritional knowledge and behavior for reducing blood cholesterol levels is clearly an area of need in less well educated adults and those with low incomes.

In summary, the respondents demonstrated good awareness of high cholesterol foods. Most respondents consumed less than 2 servings of high-cholesterol foods daily. One percent of adults consumed more than 2 servings of fatty meat daily and consumed 1 or more servings of high-cholesterol foods (liver and certain seafoods) per day. One quarter of adults consumed less than 2 servings of vegetables and fruits per week. The risk factors for those respondents should be studied in the future.

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