Regional features of Croatian nutrition

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Cardiovascular Health
Diet and salt
Introduction

- Salt (NaCl)
- Dietary sodium (Na)
AIM

- to investigate dietary habits
  ⇒ regional features of Croatian nutrition
- to determinate the region with the highest risk for hypertension development
Subjects and methods

- Subjects: 9070

- Croatian Health Survey (CHS-2003): Food frequency questionnaire
Additional salting

Subjects (%)

- Before tasting
- If not salted enough
- Never

CITY OF ZAGREB
CENTRAL
NORTHERN
ADRIATIC
EASTERN
MOUNTAIN

Subjects (%)
Adding salt to meal before tasting - by gender

[Chart showing the percentage of people adding salt before tasting, categorized by region and gender.]
Frequency of consumption of dried/smoked products

- Every day
- 2 times a week
- Rarely
- Never

Subjects (%)
Everyday consumption of dried/smoked products by gender

- CITY OF ZAGREB
- CENTRAL
- NORTHERN
- ADRIATIC
- EASTERN
- MOUNTAIN

SUBJECTS (%)
Kind of bread

- City of Zagreb
- Central
- Northern
- Adriatic
- Eastern
- Mountain

Subjects (%)
- Does not eat
- Other kind
- Special bread with seeds
- Corn bread
- Wheat
- Rye bread
Consumption of $\geq 4$ slices of bread

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<th>Male</th>
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SUBJECTS (%)
Fat used with food preparation

- Does not use
- Animal fat
- Vegetable oil

Subjects (%)

- CITY OF ZAGREB
- CENTRAL
- NORTHERN
- ADRIATIC
- EASTERN
- MOUNTAIN
Frequency of consumption of vegetables /salad

CITY OF ZAGREB
CENTRAL
NORTHERN
ADRIATIC
EASTERN
MOUNTAIN

Everyday
2 times a week
Very rarely
Never

SUBJECTS (%)
Subjects who never/rarely consume vegetables/salad

CITY OF ZAGREB
CENTRAL
NORTHERN
ADRIATIC
EASTERN
MOUNTAIN

SUBJECTS (%)
Frequency of fruit consumption

- Everyday
- Very often
- Rarely
- Never
Subjects who never/rarely consume fruit

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Frequency of consumption of sweets and cakes

- Everyday
- 2 times a week
- Rarely
- Never

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Daily consumption of cakes and sweets – by gender
Consumption of coffee

- CITY OF ZAGREB
- CENTRAL
- NORTHERN
- ADRIATIC
- EASTERN
- MOUNTAIN

SUBJECTS (%)

- 3 and more cups
- Not more than 2 cups
- Never
Consumption of ≥3 coffee cups/daily by gender

- CITY OF ZAGREB
- EASTERN
- ADRIATIC
- NORTHERN
- CENTRAL

Subjects (%)
Risk factors: 1
(at least one of the following: everyday/very often: dried/smoked meat products, additional salting, ≥ 4 slices of bread)
Risk factors II: (I + unhealthy dietary habits in terms of: everyday/very often consumption of: animal fat, sweets and cakes, ≥3 cups of coffee; never/rare consumption of: fruit, vegetables)
Risk factors II: (salt + unhealthy dietary habits) by gender
Conclusion 1

The outcome:

disclosure of the significantly frequent consumption of:

- salt
- dietary sodium
Conclusion II

The need for the education of consumer population:

- promotion of healthy diet
  ⇒ reducing salt intake
  (< 5 g/day or < 2 g/day of sodium)