

Nutritional Awareness about Dietary Fat among Some Egyptian Consumers

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Abstract

This study was conducted to evaluate nutritional awareness among Egyptian consumers and households about dietary fat consumption. A pre designed questionnaire was distributed to 240 individuals randomly chosen from three governorates, Alex. Giza and Fayoum to test nutritional behaviour of the Egyptian community. Socioeconomic levels of the study sample were taken in concern.

Obtained results revealed that Egyptian consumers had poor nutritional awareness concerning dietary fat consumption, 52.4% of the sample had less knowledge about nutritional guidelines related to the importance of decreasing fat consumption and the relation between high fat consumption and some diseases. 70% of the studied sample used fat in unhealthy way (stewing) as the most housewives' methods in preparing food. 45% of the sample was not able to differentiate between margarine and butter. The results also pointed out that fat is used as general ingredients even in uncooked meals as salads and boiled potatoes.

The results also emphasized that the nutritional knowledge of the sample is mostly weak. Only 51% of them know that fat is an energy source, but they have no idea about its content of fatty acids. More than 50% of the samples don't know what are fat soluble vitamins, and 28% said that fat supply B1, B2, C vitamins, which reflects lack of knowledge of most consumers. 40% of the sample illustrates that water, minerals, and vitamins act as energy source, on the other hand, 15% of them don't

know any source for energy from the nutrients they asked about, the answers did not depend on the education level for the consumers. In conclusion the study revealed that the lack in nutritional knowledge in addition to the bad acquired habits in cooking are the main reasons for the deficiency in the nutritional awareness of fat consumption in Egypt.

Bulletin of the National Nutrition Institute, June2006, (28)