

عنوان مقاله:

Cognitive Determinants of Functional Fiber Food Consumption among the Students in Birjand University of Medical Sciences in ۲۰۱۸

محل انتشار:

فصلنامه تغذیه و امنیت غذایی، دوره 9، شماره 2 (سال: 1403)

تعداد صفحات اصل مقاله: 10

نویسندگان:

Ensiyeh Norozi - Department of Public Health, School of Health, Birjand University of Medical sciences, Birjand, Iran

Mitra Moodi - Department of Public Health, School of Health, Birjand University of Medical sciences, Birjand, Iran

Fatemeh Salmani - Social Determinants of Health Research Center, Birjand University of Medical sciences, Birjand, Iran

.Tayebeh Zeinali - Infectious Diseases Research Center, Birjand University of Medical sciences, Birjand, Iran

خلاصه مقاله:

Background: This study aims to investigate cognitive determinants of functional foods (FF) consumption which contain fiber among Iranian students based on the theory of planned behavior (TPB). Methods: A cross-sectional study was carried out between March and May ۲۰۱۸ on the students of Birjand University of Medical Sciences (BUMS). A structured questionnaire was used which was validated with Cronbach's alpha of ۰.۷۸. Results: ۵۱۵ questionnaires were completed, and the majority of the respondents were females. ۲۰% of the participants were the primary household food purchasers, and familiarity with functional foods was the only effective factor regarding consumption. Subjective norms could predict the students' consumption of the macaroni which contained fiber. In addition, monthly income of the family had a major effect on having the macaroni containing fiber. The parents' education also impacted the consumption of these foods. Conclusion: Attitudes and perceived control had a poorer effect on choosing the food containing fiber rather than subjective norms.

کلمات کلیدی:

.Behavior, Attitude, Functional food, Dietary fiber

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1973468>

