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### Food Standard in a University Campus in Recife

Vasconcelos F. M. F.<sup>1</sup>, Fior D. R.<sup>2</sup>, Azevedo M. G. B. B.<sup>3</sup>, Acioli M. D.<sup>4</sup>

<sup>1,2,3</sup>Estudantes do Curso de Medicina da Universidade Católica de Pernambuco;; <sup>4</sup>Professor Adjunto do Curso de Medicina e do Programa de Pós-Graduação da Universidade Católica de Pernambuco e Preceptor da Residência Multiprofissional em Saúde Mental da Universidade de Pernambuco.

#### ABSTRACT

**Introduction:** An elaboration of the Ten Steps to Healthy Eating and of great importance for a population-related approach to food. **Objectives:** To inquire about the fulfillment of the two steps and to verify the negative answers between passers-by of the university campus. **Methodology:** Quantitative and qualitative research, approaching educationally the Ten Steps. To present a convenience sample of 34 subjects on the campus of Catholic University of Pernambuco. **Results and Discussion:** Step 1: 43% do not eat 3 meals a day. Step 2: 32% do not eat cereals, tubers and others. Step 3: 56% do not eat fruits and vegetables regularly. Step 4: 32% do not eat beans with rice regularly. Step 5: 21% do not regularly eat milk, meat and poultry. Step 6: 15% do not regularly eat olive oil, butter and others. Step 7: 32% do not avoid soft drinks, cookies, sweets, processed juices and others. Step 8: 32% did not reduce salt intake. Step 9: 35% do not regularly drink two liters of water daily. Step 10: 35% stated not to practice physical adventure or to avoid alcoholic beverages or smoke. The food pattern is not yet in accordance with the lack of habits, which is related to lack of time and culture. **Conclusion:** The data point to the need for Food Education, since they were not satisfactory.

**Keywords:** Chronic diseases; Healthy Eating; Health education.

#### \*Correspondence to Author:

Acioli M. D.

Professor Adjunto do Curso de Medicina e do Programa de Pós-Graduação da Universidade Católica de Pernambuco e Preceptor da Residência Multiprofissional em Saúde Mental da Universidade de Pernambuco

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