

FOOD INTAKE PATTERNS AMONGST GREEK MIGRANTS IN MELBOURNE

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The patterns of disease of Greek Migrants are different to those of non-Greeks in Australia and vary according to duration of residence. (McMichael *et al* 1980). Mortality rates for diseases where the affluent diet is thought to be of pathogenetic significance such as ischaemic heart disease and colorectal cancer are higher in Australia than in Greece.

We have examined the food intake patterns of Greek migrants in Melbourne. A random sample of 500 first generation Greeks was obtained. Surnames used by Greeks in Melbourne were obtained from a major Greek organisation and the list validated by comparison with surnames obtained from another Greek organisation. With these surnames the Melbourne telephone directory was accessed. The sample obtained was tested for representativeness of the Melbourne Greek population, comparing place of residence of the sample with that for Greeks in the 52 Melbourne municipalities (ABS Census 1976). The Spearman rank correlation coefficient, r_s , was 0.85 ($p < 0.001$). After initial contact by telephone, a postal questionnaire written in both Greek and English was mailed.

Table 1 Percentage of men, aged 40-49 years, consuming selected foods

Dietary Item	<16 yrs residence (n = 75)	>16 yrs residence (n = 82)
Milk & Milk Products	25	34
Salami type meats	13	9
Pork, ham or bacon	16	29
Bread	91	85
Pasta dishes	19	11
Instant breakfast cereals	4	10
Sweet cakes, pastry	12	18
Wild leafy greens	6	10
Pulses	7	15
Fruit	63	61
Fruit juices/drinks	11	13
Wine	29	28
Beer	25	21

Certain changes with time may reflect movement towards or with the majority food culture. The higher percentage consumption of instant breakfast cereals, sweet cakes and pastries, pork, ham, bacon, milk and milk products by the long stay group may be a reflection of the trend towards the non-Greek Australian food patterns.

Australian Bureau of Statistics - Census 1976 (A.G.P.S. Canberra)
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