Estimation of young men’s nutrition preferences in the period before recruitment.

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The aim of the work was estimation of the nutritional preferences among 147 young men beginning military service in one of the Polish Army military units. The average age of examined was 21.1 ± 1.3. Most of them came from the country (49.7%). Young men coming from the small towns and big cities made 40.8% and 9.5% respectively. The majority of these examined was secondary (53.1%) and technically educated (43.5%). Only 1.4% was post-secondary educated and 2.0% elementary. The examination was carried out by inquiry method. The following food products were taken into consideration: cereal products, milk and dairy products, meat and meat products, poultry and poultry products, fish and fish products, fruit and vegetables, confectionery as well as “fast food”. To estimate nutritional preferences, the five-degree graduation was used. Among all examined products and meals the most favoured (average preference value 4.5) were: white bread, flavoured yoghurt, flavoured homogenized cottage cheese, meat meals, fruit and fruit juices, pizza and dish cooked “au gratin” and Coca Cola. These foods/meals were willingly eaten by 87.7-96.6% of subjects. The following products and meals were included into the group of low preference value (average preference value 3.0–3.5): cereal products (groats, noodles, and rice), melted cheese, cottage cheese, poultry products, fishes products and cooked vegetables. These products/meals were willingly eaten by 44.9-61.2% of those examined. Dark bread and bread with additions (soy or sunflower seeds) were included into the group of the lowest preferences (average preference value 3.0). This kind of bread was willingly eaten by 21.8-28.6% of subjects; 41.5-42.2% of subjects unwillingly consumed this bread. Our results may be a foundation for rational alimentation planning during the military service and show necessity to undertake an action having in view propagation of rational alimentation rules among examined young men in the population.