



KNOWLEDGE, ATTITUDES AND DIETARY PRACTICES OF PHARMACY STUDENTS REGARDING THE IMPORTANCE OF NUTS CONSUMPTION

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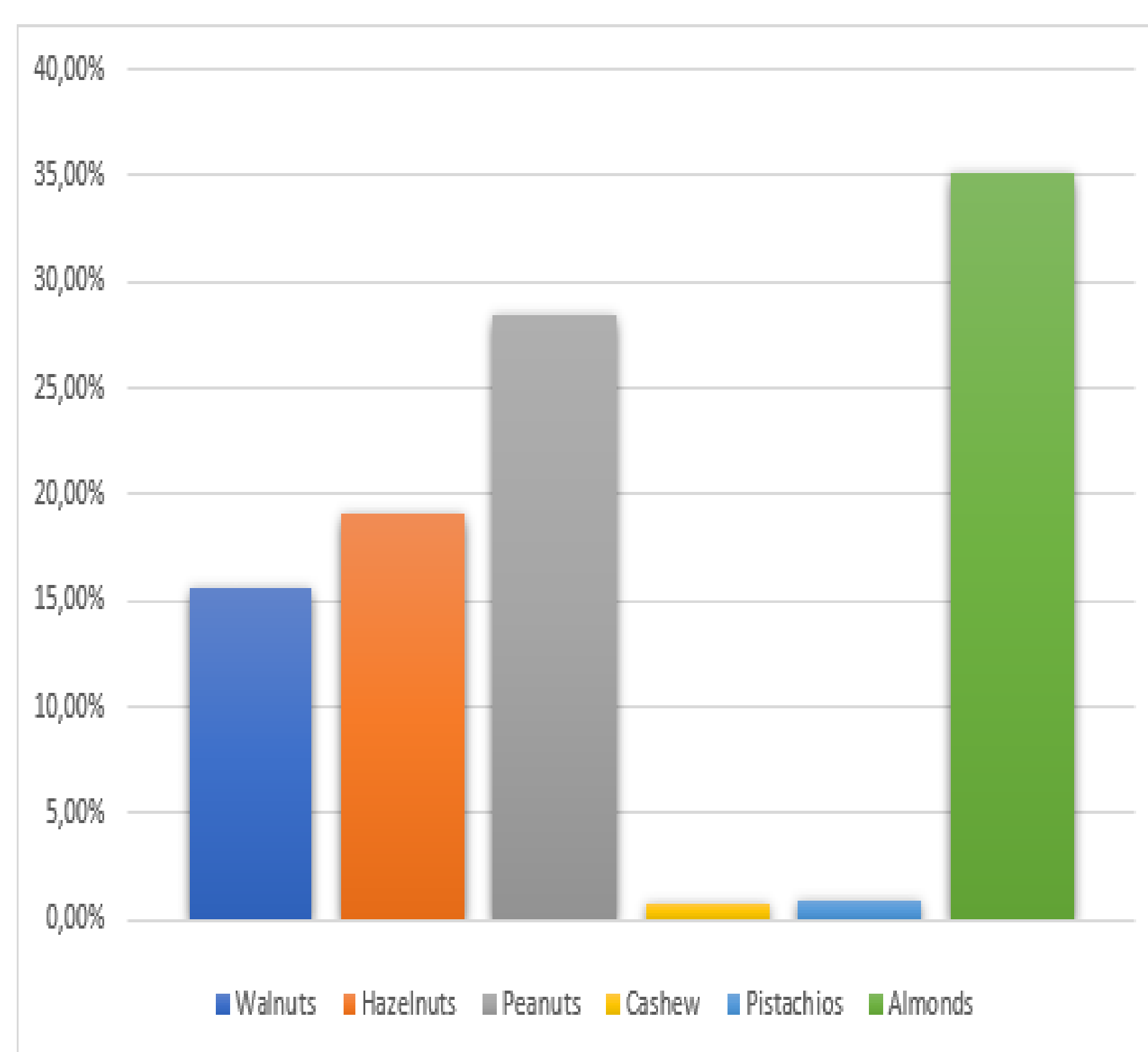
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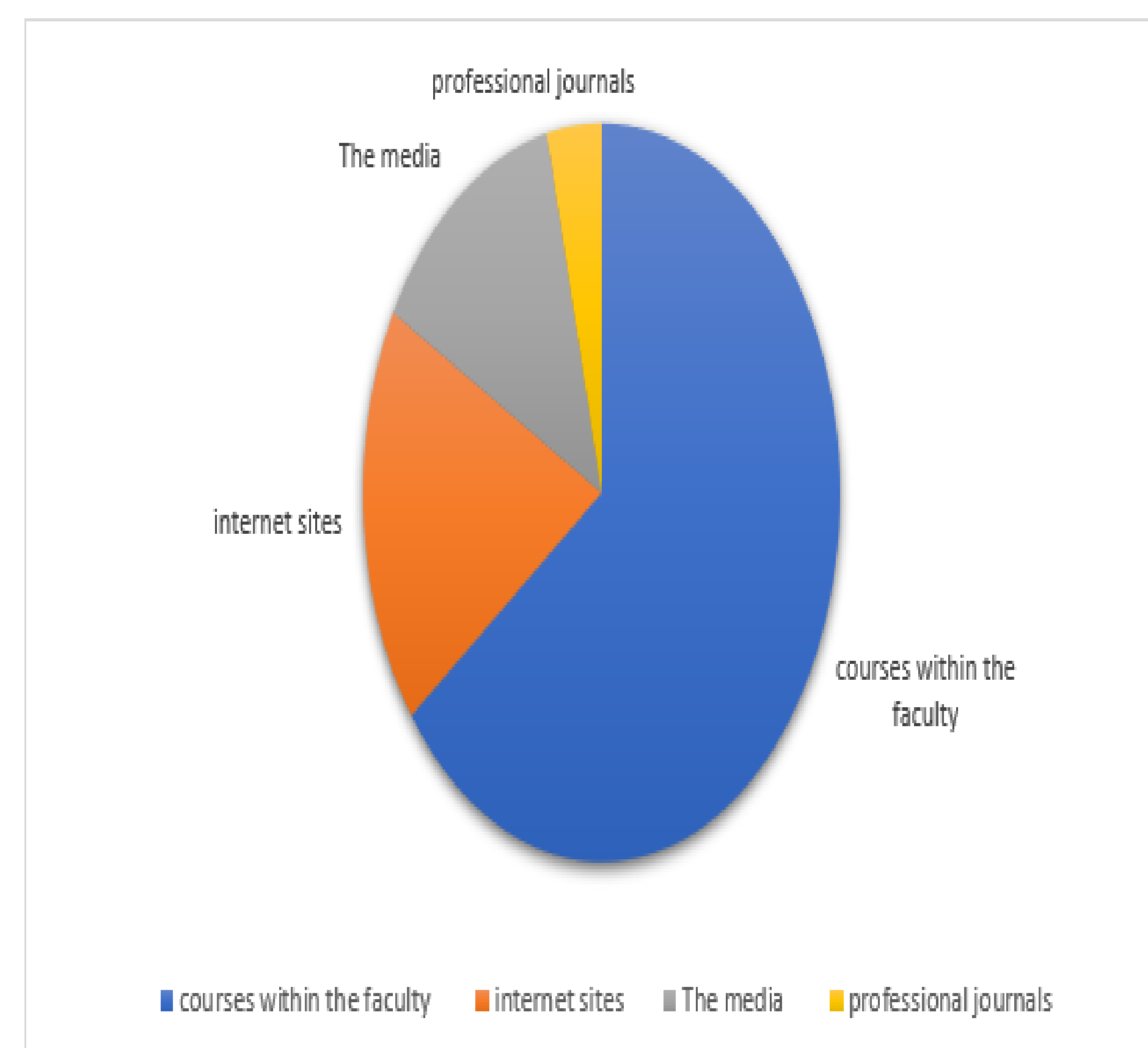
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Aim: The aim of the study was to examine attitudes and dietary habits, but also to assess the level of knowledge students of pharmacy on the importance of nuts in the diet and their health effects consumption. Also, the goal was to examine the reasons for the consumption of nuts and the presence of different types of certain nuts in the daily diet.



Picture 1. Presentation of certain nuts in the diet



Picture 2. Sources of information on nuts

Methods: The study was designed as a descriptive cross-sectional study. The sample consisted of 136 respondents (123 women and 13 men), mean age 23.7 ± 2.0 years. The participants in the research were students of the Faculty of Pharmacy, University of Belgrade, both sexes, of all years of study. The survey was voluntary and anonymous. Data were collected from users using a purpose-built electronic questionnaire.

Results: The results of the research are shown in Picture 1, Picture 2 and Table 1.

Examined factor	Distribution of respondents (%)
The reason for consuming nuts	
Health benefits	53,1
Good nutritional composition	45,0
Taste	80,2
The form in which nuts are consumed	
Raw	54,4
Baked	41,2
Fried in oil	1,5
In the form of a paste, butter	2,9
The most common way of consuming nuts	
On its own as a snack	78,5
With an alcoholic beverage	2,2
Within other foods and / or recipes	19,3

Table 1. Reasons for consumption and habits related to the consumption of nuts

Conclusion: The most commonly consumed nuts among pharmacy students were almonds and peanuts followed by hazelnuts and walnuts. The most common reason cited by respondents for eating nuts were taste, followed by health effects and nutrient profiles. The main sources of information on the importance of nuts for respondents are lectures at the faculty. We have identified certain gaps in the knowledge of health professionals, which could be used to develop educational material intended for specific health professions, especially in the context of developing the perception of the nutritional potential of nuts.