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Turkish Adolescents' Adherence to the Mediterranean Diet

Hülya Yardimci¹, Yahya Ozdogan², Ayse Ozfer Ozcelik³ and Eylül Damla Hovland⁴

^{1,3}*Ankara University, Faculty of Health Sciences Department of Nutrition and Dietetics, Ankara, Turkey*

²*Selcuk University, Faculty of Health Sciences Department of Nutrition and Dietetics, Konya, Turkey*

⁴*Dietetician, Dallas, USA*

E-mail: ¹<hulya_yardimci@yahoo.com>, ²<yozdogan@selcuk.edu.tr>, ³<ozferozcelik@gmail.com> ⁴<eyluldaml@gmail.com>

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ABSTRACT This study aims to examine nutritional status and KIDMED of adolescents, and to determine their relation with some parameters. The study sample included a total of 497 students selected from high schools. Of the participants, 52.5 percent were females (n=261) and 47.5 percent were males (n=236). To determine the KIDMED index of adolescents, the independent t-test was used for gender. One-way ANOVA was used for the variables of age and Body Mass Index (BMI). The adolescents' average score for KIDMED was 4.65±2.38. Of them, thirty-one percent had "poor" diet quality (≤ 3), 58.4 percent had "average" diet quality (4-7) and 10.6 percent had "good" diet quality (≥ 8). MedDiet is effective in providing a healthy life. It is important that governmental policies encourage people to follow this diet to prevent future health problems.