

YOUNG PEOPLE OF THE IMPORTANCE OF HEALTHY EATING AND INFORMING

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Abstract. *Lately, the variety of health -related research conducted in Estonia and elsewhere in the world, has been increased. The proportion of studies about right nutrition has increased especially, which shows that people are more aware and considered about the important link between diet and health.*

The aim of the research was to find out how young people evaluate their eating habits, what is their expertise in this field and what are the wishes and suggestions from them in relation to the nutrition information. In quantitative research for data collections were used surveys. The sample consisted of 131 young people, aged 7-26 years.

Young people eat mostly unhealthy. This is primarily due to bad habits, which is related to the fast-paced lifestyle. It can be said that the youth nutrition knowledge is good, but implementation in practice is poor.

Keywords: *added ingredient, eating habits, nutrient, nutritional needs, youth.*

Introduction

In a short period of time young people have changed a way of eating in a large scale. Today they use mostly industrially produced foods and fast foods, which are often associated with negative aspects. Meals for many young people contain „fast sugars“ with saturated fats, low protein and vitamins and excess of salt. There is parallelly growing number of young people with health problems and overweight.

Tackling major risk behaviours (unhealthy diet, sedentary lifestyle) can help prevent many chronic diseases, which affect people over a long periods and generally have a slow progress. Some of them (diabetes) represent leading causes of mortality. But to be effective, such efforts need to be based on targeted health promotion, prevention and early detection (Public health, 2014).

Most people are ordinary citizens of the society, without the specific training of nutrition. Diet-related problems began to receive the attention of society from the 1950s. People ate mostly natural and near-natural state of foods in the past. Now, almost ¾ of our daily food on our dining room table is processed (Marks et al., 2005, Worobey et al., 2006). In The White Paper, „European Strategy of Nutrition, Overweight and Obesity related health issues .. for the European Parliament adopted a resolution (2008) of all the governments and parliaments of the world health organization states have mentioned that the diet-related diseases are taking the epidemic forms and belonging in to the

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