

PARTICULARS OF CONSUMPTION OF FOODS RICH IN TRANS FAT IN THE REPUBLIC OF MOLDOVA

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Abstract:

The main objectives of the study were to identify foods rich in trans fats preferred by the adult population of the Republic of Moldova and to analyze the practices, attitudes and behavior regarding the consumption of foods high in trans fats. It has been found that citizens consume ten times more trans fat than the daily limit recommended by the WHO. This leads to an increase in the number of cases of cardiovascular disease and obesity, which, in the context of the COVID-19 pandemic, considerably increases the risk of severe complications. The traditional specific range of fats used for cooking in households remains dominated by sunflower oil (n 949 / 77.15%), and tallow and lard are still used with a dangerous frequency (n 189 / 15.39%). At the same time, the consumption of foods containing trans fats is dominated by: salty and sweet biscuits, cookies; chips, french fries, burgers, frozen dough - puff pastry or for pizza and others.

Conclusions. Further efforts are needed to provide information to raise awareness among Moldovan consumers about the effect of trans fats on their health and to limit their consumption.

Keywords: *trans fats, questionnaire, nutritional behavior, Republic of Moldova*