

Adherence to the Mediterranean Diet in a UAB students

Objectives: Determine adherence to the Mediterranean Diet in students of the UAB and its relationship with several factors that may condition the degree of adherence.

Study structure

Introduction

Methodology

• Results

Discussion

Conclusions

We analyzed the differences in proportions distribution and ANOVA test with R 2.15.0 and DEDUCER.

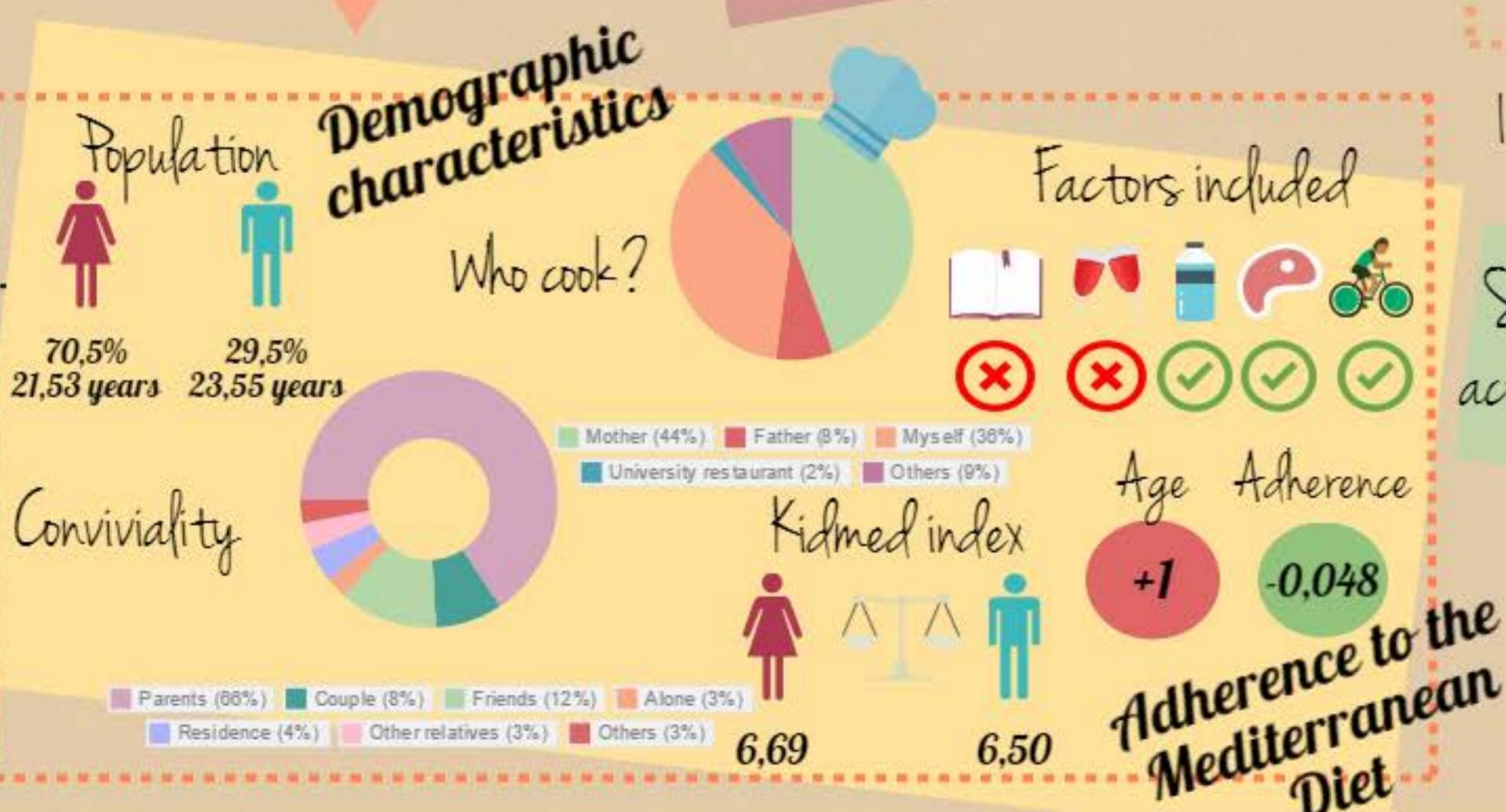
The Mediterranean Diet is a lifestyle, not just a food pattern.



Intangible Cultural Heritage of Humanity

Conclusions:

Significant differences were noticed among physical activity, consumption of meat and water on the degree of connection with the Mediterranean Diet



The knowledge doesn't necessarily imply change in food habits.