

Consumption of whole grains among Slovenian consumers

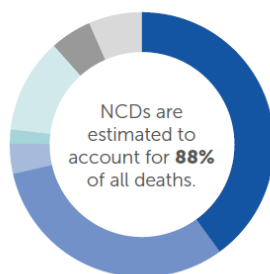
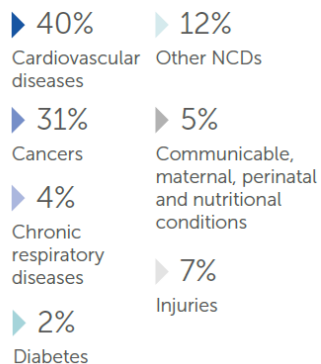
Urška Blaznik

Whole Grains: A Game Changer for Public and Planetary Health
9. november 2021

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Non-communicable diseases in Slovenia

PROPORTIONAL MORTALITY



- An important way to control NCDs is to focus on reducing the risk factors associated with these diseases
- Consumption of whole grains is associated with a reduction in the risk of developing non-communicable diseases

WHO, Slovenia 2018, country profile

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Unhealthy diet in Slovenia...



- men
- lower socio-economic status
- lower education
- eastern part of Slovenia

NIJZ, 2021

<https://www.nijz.si/sl/publikacije/health-inequalities-in-slovenia>

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National Programme on Nutrition and Health Enhancing Physical Activity 2015-2025

Specific targets

To increase:

- the prevalence of breast-fed children;
- number of those having breakfast every day;
- the intake of vegetables and fruit;
- physically active population.

To decrease/reduce:

- overweight and obese population;
- undernourished and functionally less capable elderly and patients;
- the intake of saturated fats, sugars and salt;
- the content of trans fats in food.



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Recommended intake of whole grains

Whole grains are considered as an important part of a healthy eating pattern, and therefore its consumption is recommended.

DÖBER TEK
Slovenija

Twelve recommendations of healthy eating (in Slovene)

1. Uživajte v hrani; jejte v rednih obrokih. Uživajte pestro hrano pretežno rastlinskega izvora.
2. Izbirajte polnovredna živila iz žit in žitnih izdelkov.
3. Večkrat dnevno imejte na krožniku svežo zelenjavo in sadje iz lokalne pridelave.
4. Nadzorujte količino zaužite maščobe in nadomestite večino nasičenih oz. živalskih maščob z nenasičenimi in nerafiniranimi vrstami olja.
5. Mastno meso in mastne mesne izdelke nadomestite s stročnicami, ribami, perutnino ali pustim mesom.
6. Vsak dan uživajte priporočeno količino posnetega mleka in manj mastnih mlečnih izdelkov.
7. Jejte manj slano hrano.
8. Omejite uživanje sladkih živil in pijač.
9. Pijte dovolj tekočine.
10. Omejite uživanje alkohola.
11. Hrano pripravljajte zdravo in higienično.
12. Bodite dovolj telesno dejavni, da bosta vnos in poraba energije uravnotežena; tako boste ohranili primerno telesno maso.

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Wholemeal* bread – consumption frequency

• Consumption frequency :

*Wholemeal bread is made from whole grain flour

	toddlers	adolescents	adults	older adults
high (every day/ 4-6 times per week)	39.1 %	30.6 %	40.5 %	58.0 %
never	6.7 %	15.3 %	12.5 %	9.9 %

High wholemeal bread consumer in Slovenia: female, older adult, eastern part of SI

SI.Menu Survey 2018



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Wholemeal bread - intake

Wheat* bread and rolls, brown or wholemeal *(Triticum spp.)			
Population Group	Number of subjects	Number of consumers	Mean g/day
Toddlers	343	98	9.2
Adolescents	484	132	17.8
Adults	385	131	28.4
Older adults	450	214	48.8



All data: EFSA Comprehensive Food Consumption Database, SI.Menu 2018 Survey

Rye bread and rolls, wholemeal			
Population Group	Number of subjects	Number of consumers	Mean g/day
Toddlers	343	3	0.2
Adolescents	484	6	0.5
Adults	385	6	0.7
Older adults	450	7	0.5

Multigrain (not only rye-wheat) bread and rolls			
Population Group	Number of subjects	Number of consumers	Mean g/day
Toddlers	343	11	0.8
Adolescents	484	12	1.7
Adults	385	14	1.9
Older adults	450	11	1.2

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Buckwheat flour and buckwheat products

- Consumption frequency

Buckwheat flour and buckwheat products are consumed every day by only 0.2%, once a week by 16.3%, 1 - 3 per month by 46.8% and never by 31.9% of the adolescents and adult population of Slovenia. 31.1 % of toddlers consume buckwheat flour and buckwheat products at least once per week.

- Average high consumer of buckwheat is older adult man.

- Intake

Buckwheat flour and products			
Population Group	Number of subjects	Number of consumers	Mean g/day
Toddlers	343	3	0.4
Adolescents	484	9	0.4
Adults	385	4	1.0
Older adults	450	18	1.8



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Inadequate Intake of Dietary Fibre in Adolescents, Adults, and Elderlies: Results of Slovenian Representative Sl. Menu Study

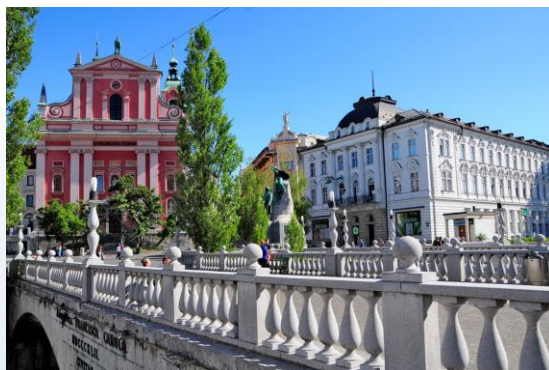
- The **main food groups** contributing to dietary fibre intake were **bread and other grain products**, vegetables and fruits, with significant differences between population groups.
- The results indicate that the intake of dietary fibre in Slovenia **is lower than recommended**.
- The proportion of the population with inadequate fibre intakes (<30 g/day) was 90.6% in adolescents, 89.6% in adults, and 89.3% in elderlies, while mean daily fibre intakes were 19.5, 20.9, and 22.4 g, respectively.
- Considerably higher intake of dietary fibre could be achieved by encouraging consumers for whole-meal options in bread and cereal products and with increased overall consumption of plant-based foods.

Seljak, B.K.; Valenčič, E.; Hristov, H.; Hribar, M.; Lavriša, Ž.; Kušar, A.; Žmitek, K.; Krušič, S.; Gregorič, M.; Blaznik, U.; et al. Inadequate Intake of Dietary Fibre in Adolescents, Adults, and Elderlies: Results of Slovenian Representative Sl. Menu Study. *Nutrients* **2021**, *13*, 3826. <https://doi.org/10.3390/nu13113826>

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Thanks for your attention!



urska.blaznik@nijz.si

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