

DIFFERENT VIEWS OF RESPONDENTS ABOUT HEALTHY FOOD, FAST FOOD AND NUTRITIONAL DIET

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Abstract

The purpose of this paper is to discuss the way of nutrition as well as opinions on healthy food and fast food, through the survey system. From the two young groups of respondents, from two different cities (Gostivar and Tetovo) we've got opinions on various issues such as: weight problems, problems with dieting and fitness activities. The average age of the respondents in this study is 15-35 years old.

From the results obtained from 30 surveys in the city of Gostivar show that most of the respondents have knowledge about the harms and benefits of food, many of them are in favor of fitness activities and in terms of how many diets are necessary and important for our body and, a group of respondents were neutral with their opinion. In the city of Tetovo, the statistics on the above-mentioned issues are the same as in the case of the city of Gostivar, except for food regimes where most respondents are pro-of this issue.

From the results of the questionnaire, we understand that we must continue to work hard on these issues and challenges, providing solutions up to the population.

Keywords: healthy food, fast food, Tetovo, Gostivar, surveys, respondents

1. Introduction

Fast food - lifestyle changes, dynamic life, working long hours in front of computers, fatigue when returning home from work, are factors that have increasingly influenced the consumption of fast food. Now free time is pretty much reduced and people no longer have the opportunity to cook at home. To meet the daily needs for food, they choose the simplest and fastest way, eating fast food. But are we aware of the damage these foods do to our health?

The first health risk is overweight. Consumption of fast foods rapidly affects weight gain. This is also the reason why nowadays we are seeing more and more children and young people overweight, sometimes even obese, because they eat unhealthy foods.

The second health risk are diabetes at a young age and diabetes in adults. Fast food is a major factor in lowering insulin levels in the body over time.

The third damage to health, according to a study done in London, is that of reduced intelligence ability. The study included children who regularly consumed home-cooked food and children who consumed fast food. Set in the same conditions for a very long time, it was observed that children who ate healthily continued to have a high level of intelligence, whereas children who ate fast food presented a lower level of intelligence than at the beginning of study.

Healthy food

Some studies have found that eating a healthy diet can help to improve your mental health. Nutrition of the body and brain puts you in a better position to face the challenges and get the most out of your day. Tips for healthy eating: always eat breakfast and try to include milk (milk and / or yogurt), black bread and fresh fruit. Drink plenty of water during the day. Avoid fatty foods and junk food (or limit them to just one a day) Plan meals in advance and try not to stop buying food until you are really hungry! Aim to have five or more servings of fruits and vegetables a day, eat foods rich in omega-3s (sardines, salmon, nuts). (Magazine "iFight Depression" n.d.)

Everyone decides for themselves what to eat, drink and how much they will be physically active.

2. Literature review

The literature research has highlighted many scientific papers related to healthy food, fast food and nutritional diet. We present some of them related to our project.

Studies conducted by iFightDepression have found that eating a healthy diet can help improve your mental health. Nourishing your body and brain puts you in a better position to face challenges and get the most out of your day. (Magazine "iFight Depression" n.d.)

This research is an exploratory study designed to provide a descriptive account of consumer perceptions and beliefs about the meaning of "healthy" food. The methods of this paper are: A nationwide US sample of 1,290 food consumers was surveyed in December 2018. Respondents answered 15 questions designed to assess perceptions of healthy eating and elicit preference for policies surrounding definitions of healthy eating. Responses are weighted to demographically match the population. Categorical variables have a sampling error of $\pm 2.7\%$. Exploratory factor analysis is used to determine the latent dimensions of health perceptions related to food type. Results: Consumers were equally divided on whether a food could be considered healthy based on the nutritional content of the food alone (52.1% believed so) or whether there were other factors that influenced whether a food was healthy (47.9% believed it was). Consumers were also evenly split on whether an individual food can be considered healthy (believed by 47.9%) or whether that healthiness is instead a characteristic of one's overall diet (believed by 52.1%). Evaluations of individual food products revealed that "healthy" perceptions consist of at least three latent dimensions related to animal origin, storage, and freshness/processing. (L. Lusk 2019)

The objective of this study is to test the effect of the presence of health information and its integration in the context of the fast-food menu on the healthy food choices of young people. For the study material, an experimental design was taken among the subjects, which was carried out with 3 different conditions compared to the health information that we presented in an online questionnaire in which health information is given for healthy food products, so the menu of a restaurant of the types of the food served by the restaurant. Regardless of the importance for health, we conclude that there is an urgent need for research that focuses on the effectiveness of health information when it is provided for both healthy and non-healthy food products. As information on healthy products can persuade more people to make healthy food choices in a fast food environment. In addition, it is concluded that the impact of small changes in the forms of health information and the potential to generate an effect on the choice of healthy food should be evaluated. Promotional strategies tailored to a specific group of people can be effective in changing people's consumer behavior. (Folkvord, Van Der Zanden and Pabian 2020)

The study conducted by K.Lessa describes the modification of the energy content of foods, especially foods that are eaten away from home, as well as food handlers in the restaurant industry. The objectives of this study were to determine the knowledge of the general public and nutritionists, as well as the opinions, issues and barriers related to the provision of these items in healthy menus (low in fat and energy; reduce the amount of

dietary protein and increase vegetable intake), and for the impact of the restaurant's caloric content on customer intake. The questionnaire consisted of 13 questions to assess knowledge about nutrition in general, and 6 questions about the changes in recipes they would make (food processors and the general public). Finally, they were asked to indicate that they would have to reduce the calories of a recipe (soggy rice), change the serving size or reduce the energy density. The majority of respondents ranked taste as the most influential factor in the success of reduced calorie items ($p < 0.0028$). From these observations, we conclude that continued collaboration between food processors and public health professionals is needed to ensure that attractive reduced-calorie menu items are more readily available in restaurants and that research is directed toward effective methods. to develop and promote these articles.(Lessa, et al. 2017)

3. Material and methods

We conducted surveys with two groups with young adults from two different cities(Gostivar-Tetovo) aged between 15 and 35 years old. We have developed questions about the harm fast food, healthy food, diet, and gym. Young adults will need to define the importance (knowledge) for all the above all elements, considering weight problems, problems with dieting and gym.

The survey contains a total for 4 questions for statistical analysis:

- 1) How much information do you have about the damage that fast food creates?
- 2) How much information do you have about the benefits of organic food?
- 3) What do you think about the gym?
- 4) What do you think about food regimes?

4. Results and discussions

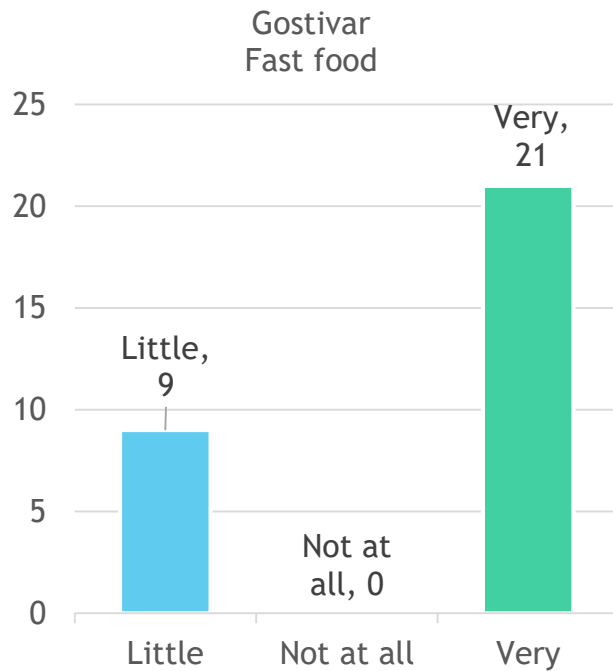
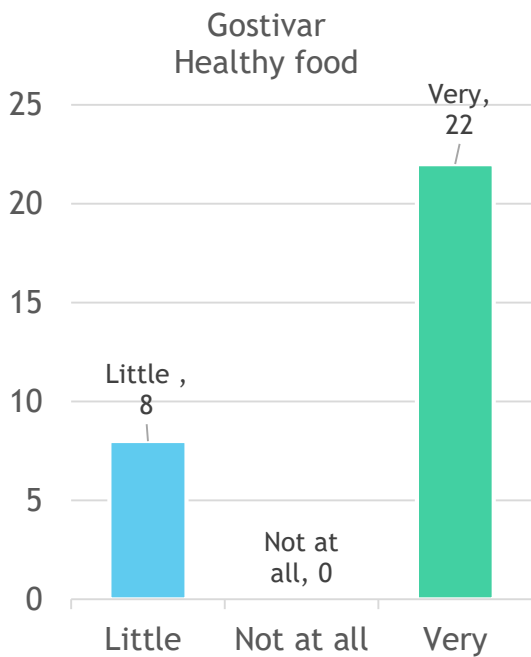
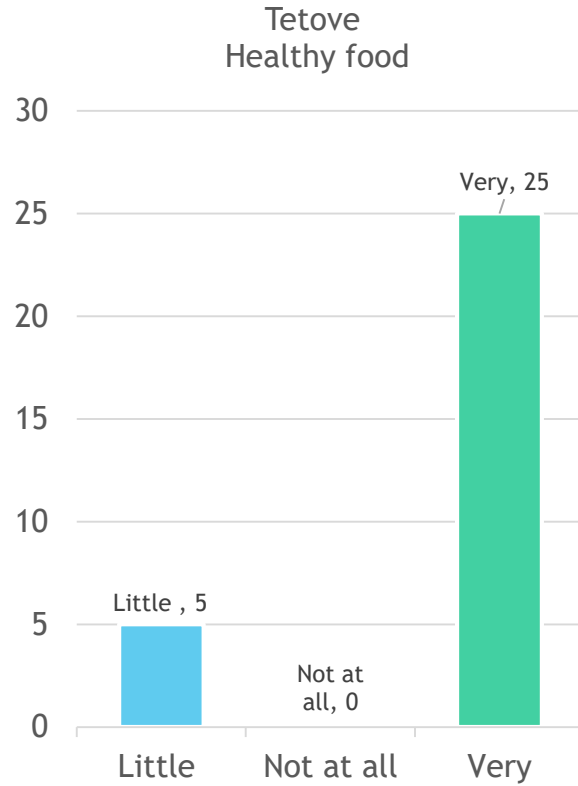
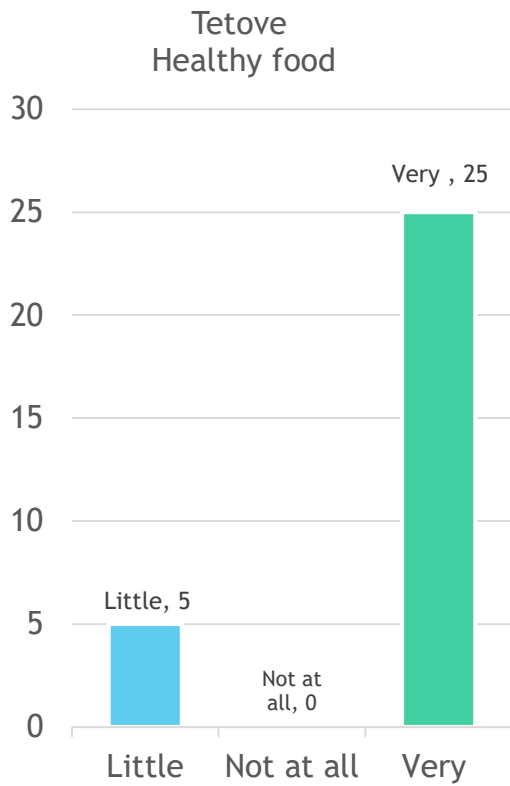
In the Gostivar our findings from 30 surveys show that 21 respondents have knowledge about the harms of fast food and 22 respondents have knowledge about the benefits of healthy food while few respondents have 9 knowledge about the harms of fast food and little knowledge have 8 respondents about the benefits of healthy foods and no respondent is informed at all. Regarding fitness, 20 of the respondents are in favor of doing fitness and with a neutral opinion there are 10 respondents and no respondent is against. Regarding diet regimes 13 respondents are in favor of diet regimes, 15 are neutral on diet regimes and 2 of the respondents are against diet regimes.

In the city of Tetovo, our findings from 30 surveys show that 20 respondents have knowledge about the harms of fast food and 25 respondents have knowledge about the benefits of healthy food and 10 respondents have little knowledge about the harms of fast food and little knowledge have 5 respondents about the benefits of healthy foods and not at all informed is any respondent. Regarding the gym, 25 of the respondents agree with doing fitness and with a neutral opinion there are 5 respondents and no respondent is against. Regarding diet regimes 15 respondents are in favor of diet regimes, 11 are neutral on diet regimes and 4 of the respondents are against diet regimes.

Table 1. Results for fast harms and benefits of healthy food in percentage.

How much are they informed about the harms and benefits of fast and healthy food in the city of Tetovo and the city of Gostivar.

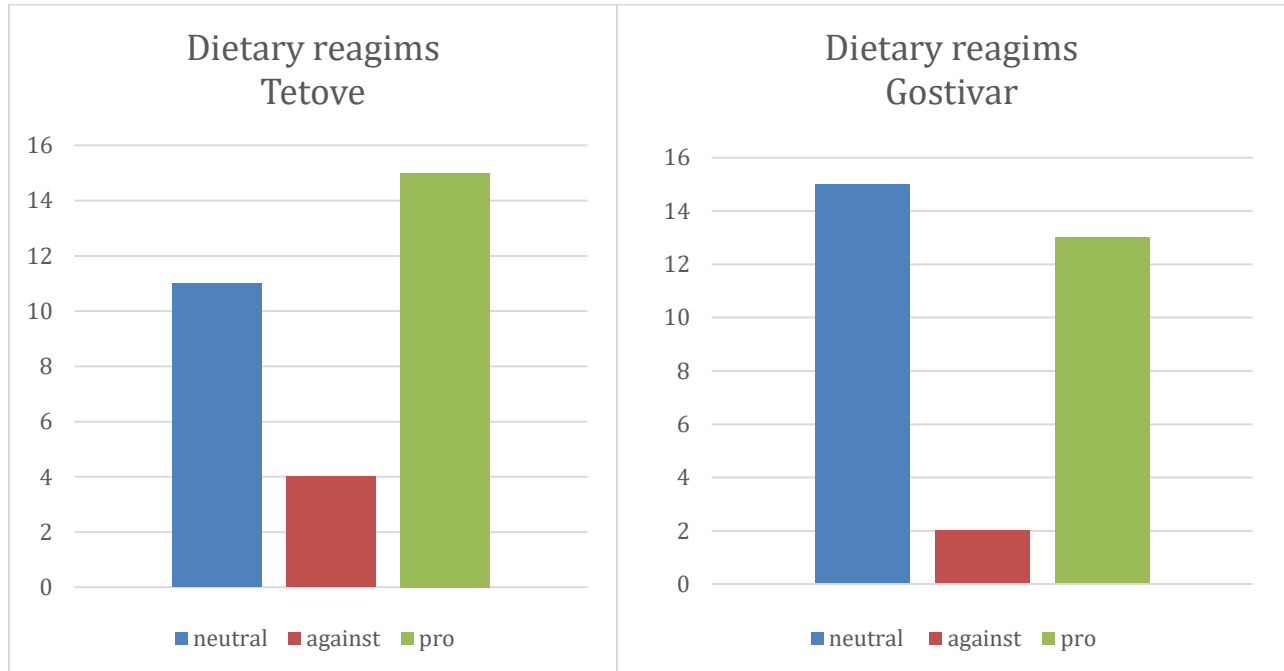
Food type TE.	Little	Not at all	Very
Fast food	10	0	20
Healthy food	5	0	25
Food type GV	Little	Not at all	Very
Fast food	9	0	21
Healthy food	8	0	22



In the results how much information they have about the harms of fast food and the benefits of healthy food between the city of Tetovo and the city of Gostivar there is no difference and are informed about the harms and benefits of these foods.

Table 2. - Results for food regimes in percentage%.
How many are against or agree (pro) to the maintenance of food regimes?!

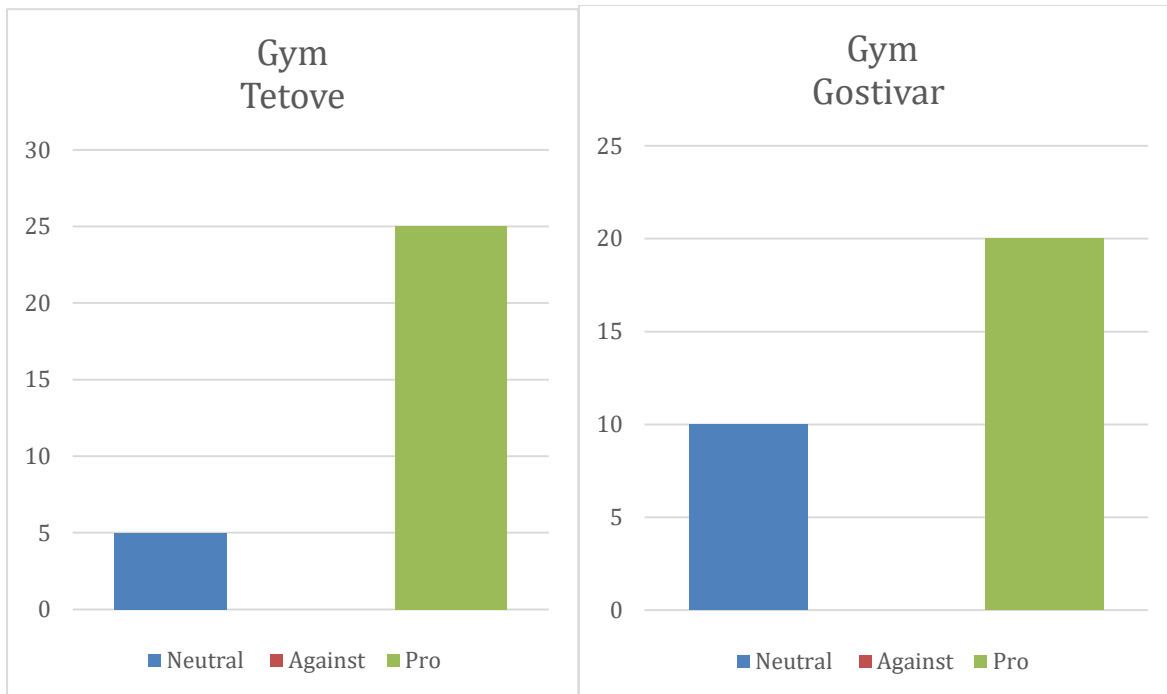
Dietary regimes	Neutral	Against	Pro
Tetova	11	4	15
Gostivar	15	2	13



There is a difference in the results as much as they agree to take food regimes since in the city of Tetovo they are more pro-food regimes than in the city of Gostivar.

Table 3. Results for fitness in percentage%.
How many are pro counter or neutral to do fitness?

Gym	Neutral	Against	Pro
Tetove	5	0	25
Gostivar	10	0	20



There is no difference between the city of Tetovo and the city of Gostivar in the results for the fitness.

5. Conclusions

As a conclusion of this research from these statistics we think that we should find ways how to provide more information about healthy foods. Also, it should be introduced in the gastronomy market of Tetovo and Gostivar a new rank of restaurants providing healthy food options, because we are surrounded by many restaurants and environments where is only fast food. With the help of this research, we conclude that we should continue to work even harder on healthy eating by helping them open some restaurants and facilities where we can find healthy food.

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