

## **PARTICULARS OF CONSUMPTION OF SALTY FOOD IN THE REPUBLIC OF MOLDOVA**

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### **Abstract:**

The objective of the study was to assess the particularities of the consumption of salt-rich food products in the Republic of Moldova. A questionnaire on this issue was applied to achieve this goal. The main objectives of the study were to identify foods that lead to high sodium intake in the adult population and to analyze practices, attitudes, behavior and knowledge about salt consumption. It has been found that citizens consume excessive amounts of salt. Actions are part of the National Strategy for the Prevention and Control of Noncommunicable Diseases. About 90% of respondents are aware that excessive salt intake is associated with the incidence of adverse health conditions, more than 54% indicated that they are trying to reduce their current salt intake and only 26% of respondents stated that I know there is a maximum recommended value of salt or sodium intake. High salt intake is mainly caused by the consumption of highly processed foods such as bread, meat, cheese, bread or vegetables.

Conclusions. In order to reduce salt consumption, further effort is needed by informing and educating society to increase consumer awareness of the effect of salt on health, products with a high salt content and the limit for salt consumption.

**Keywords:** *questionnaire, salt content, processed products, Republic of Moldova.*