

❖ **FOOD AND NUTRITIONAL SECURITY**

The consumption of salt, sugar and trans fats and the nutritional profile in the Republic of Moldova

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Abstract

The consumption of salt, sugar and trans fats and the nutritional profile in the Republic of Moldova. Currently, the food systems of the Republic of Moldova face numerous challenges. They directly influence the population, increasing the indicators of malnutrition and the spread of non-communicable diseases, caused by an unhealthy diet. One of the most influential problems is the presence on the market and in the production chain of intensively processed products with a high content of salt, sugar and trans fats, respectively their exaggerated consumption by the population. In the Republic of Moldova, several programs involving the education of the population were implemented and aimed at reducing the consumption of salt, sugar and trans fats, but despite this, the population continues to have unhealthy eating habits. The objective of this study is to highlight the attitude of consumers in the Republic of Moldova regarding the amount of salt, sugar and saturated fat. Data collection was carried out between January and June 2022. The questionnaire aimed at identifying the food preferences of the adult population, analyzing their practices, attitudes, behavior and knowledge. The results showed that salt consumption is high and 64% of respondents do not take measures to limit it. Among the most favorite products are: cheese, salty sheep's cheese, pickles and sausages. Also, 50% of respondents consume white bread, which is considered a significant source of salt. A positive aspect is that 87% use iodized salt. Products with a high sugar content are part of the respondents' diet often in the case of 31.90%, sometimes in the case of 33.50%, and 7.70% always consume them. Only 1.20% declare that they do not use these products in their diet. The most alarming is the fact that 38.80% of respondents would find it very difficult to give up these products, and 47.30% do not take measures to control sugar consumption. Products with a high sugar content are part of the respondents' diet often in the case of 31.90%, sometimes in the case of 33.50%, and 7.70% always consume them. Only 1.20% declare that they do not use these products in their diet. The most alarming is the fact that 38.80% of respondents would find it very difficult to give up these products, and 47.30% do not take any measures to control sugar consumption.

Keywords: Salt consumption, Sugar, Trans fats, Nutritional profile, Republic of Moldova.