

some studies through the inclusion of vitamin D replete populations.

Conclusion While there is some evidence of a beneficial effect of vitamin D supplementation in reducing fracture risk, all-cause mortality and cancer mortality, further research is required. Conflicting findings are likely due to the heterogeneity in study design with the inclusion of young populations, short follow-up times, and vitamin D replete participants at baseline potentially concealing the beneficial effects of supplementation. Further clinical research in vitamin D insufficient/deficient populations ≥ 50 years of age within the UK and Ireland is warranted, with the results informing the clinical effectiveness and cost-effectiveness of vitamin D3 supplementation at the population level.

5 CROSS-CULTURAL VALIDITY OF THE INTUITIVE EATING SCALE-2. PSYCHOMETRIC EVALUATION IN A SAMPLE OF THE GENERAL POPULATION OF CYPRUS

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Background Intuitive Eating is an adaptive dietary behavior characterized by a reliance on internal hunger and satiety cues instead of situational and emotional cues. The construct of intuitive eating is most often measured using the 23-item Intuitive Eating Scale-2 (IES-2).

Objectives To develop the Greek version of the IES-2 questionnaire and to examine its psychometric properties with data collected from 379 participants aged 18–74 years.

Methods Forward translations to Greek and backward translation to English were performed. The finalized translated version was administered to a sample of 379 adult, Greek speaking participants in Cyprus for psychometric validation, which included assessment of internal consistency, construct, and concurrent validity. Explanatory Factor Analysis (EFA) was applied to better understand the underlying factor structure of the 23 items in IES-2. Internal consistency was assessed by Cronbach's alpha test in terms of the overall and sub-scales. The concurrent validity was assessed by evaluating the correlation among the IES-2 and the Eating Attitudes Test – 26 item (EAT-26) questionnaire.

Results A total of 379 participants completed the IES-2, EAT-26 questionnaire, and a demographic questionnaire. The median age of the participants was 31 (Q1=25, Q3=42) years old. About 49.7% of the participants were from the capital of Cyprus, Nicosia, 48.8% were unmarried, 92.9% had completed a higher education and about 40% were categorized as having a medium monthly average salary. Among the 379 participants of the study, 50.1% had normal Body Mass Index (BMI) category, while 24% and 21.4% were categorized as overweight or obese, respectively. EFA gave a three-factor structure with the total variance explained being 54.41%. Cronbach's alpha as a measure of internal consistency was 0.87 for the IES-2 total score, as well as 0.90, 0.84, and 0.70 for the IES-2 subscale scores. The revised IES-2 total score was significantly correlated with EAT-26 total score ($r_s = -0.46$, $p < 0.01$). The factor loadings on more than one factor were excluded from the next analysis. The results of confirmatory factor analysis indicated that the factor structure on both

scales had adequate fit following the elimination of items and addition of covariance.

Conclusion Our findings support the notion that intuitive eating is a viable concept and the IES a useful tool for assessing adult intuitive eating behaviors in empirical and epidemiological studies in the general Greek-Cypriot population.

6 COMPARISON OF NUTRITIONAL VALUES AND PRICES OF LOCALLY GROWN AND IMPORTED LEGUMES AND SEEDS

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Background The increasing health and environmental concerns related to food production and consumption within the process of food globalization have emerged the sustainable diet concept.

Objectives This study aimed to compare the nutritional value and price between the locally grown and imported legumes and seeds.

Methods We searched 2 chain markets of Turkey and online stores of the food brands and included 15 legumes and seeds including locally grown (chickpeas, cannellini bean, green lentils and red lentils) and imported foods (red beans, black beans, quinoa (black, red and white), buckwheat, mung beans, teff seeds, amaranth, chia seed and flaxseed). Nutritional value (energy, protein, carbohydrate, fat, saturated fat, fiber and sodium) of the food per 100 gram was analyzed. We also compared the price of the foods.

Results Among the imported foods, flaxseed has the highest energy (534 kcal) and aft (42 g) content and the lowest carbohydrate content (29 g). Chickpeas have the highest energy (334 kcal) and fat (5.3 g) content whereas green beans has the highest protein content 923 g) in the locally grown foods group. Imported mung beans and locally grown cannellini beans have similar nutritional value. For instance, both mung bean and the cannellini beans have the same amount of energy content (281 kcal). Protein values were also similar (22.2 g for mung beans and 21.8 g for cannellini beans). The most expensive food was the imported quinoa (6.5 Turkish liras per 100 g) and the cheapest food was the locally grown bulgur (1.5 Turkish liras per 100 g).

Conclusion We showed that the nutritional value of locally grown foods and imported foods are similar. However, the price difference between these foods is significantly high. While access to locally grown legumes and seeds are easy and slightly cheaper, consumption of imported foods has been increasing due to different factors that push people to consume these foods such as the perception of health value and advertisements of these foods. It is also important to emphasize that uses of the locally grown foods and imported foods are different from each other. Locally grown foods are generally used in traditional Turkish cuisine, whereas imported foods are mostly put into salads to increase the nutritional value. In parallel with increasing use of the imported foods as a part of healthy balanced diet, Turkey has started to grow its own crops such as buckwheat and amaranth in the recent years. This will not only make access easier to these foods but will also provide sustainability in the diet.