

野菜摂取についての一考察

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Consideration of Vegetable Intake

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Abstract— This investigation was done for people who visited the large-scale shopping center to know more about the intake quantity and other consideration about vegetables. The Respondents numbered 254 women. The vegetable intake amount might be less than the amount of the desired target. The vegetable intake of young generation might be less than that of the older generations. Moreover, the vegetable intake in breakfast might be less than that in among three meals. Most people recognize that taking enough vegetables are necessary for their health. But few people think that they eat enough vegetables , but on the contrary, most people think they can eat enough vegetables easily.

Key Words— vegetable intake , vegetable in meals , vegetable for health , generations ,questionnaire