

ABSTRACT

Ever since ancient times, nutrition has always played an important role in the lives of all living organisms. Through this process, each living organism consumes the nutrients necessary for its survival. Its goals are the satisfaction of an organism's needs in terms of-not only adequate but also excess-energy and nutrients as well as the accomplishment of physical and spiritual health. On the contrary, despite all the advantages that a balanced nutrition provides, a "bad" or poor nutrition will likely lead individuals to various chronic diseases. Chronic diseases may be caused by lack or excess of nutrients, over-consumption of alcohol, sugar and nitrogen. However, in order to reduce the likelihood of several diseases, a nutritional model, known as Mediterranean diet has been proposed since the 1960s. This nutritional model is found in the oil-producing countries of the Mediterranean and is characterized by control and variety. This type of diet can shield people from a variety of chronic diseases and is something more than a diet low in saturated fats.

For the completion of this dissertation, information from international literature has been used. The purpose of this study is to record the dietary habits of adults aged over 50 years old. In addition, due to the fact that primary information was insufficient, in order to complete the study a special questionnaire has been used- including both open-ended and closed-ended type questions. All questionnaires were completed by individuals of the aforementioned age range. In order to enhance the reliability of results, the completion of questionnaires was also supplemented by the use of a scale and a height measuring instrument. The process of questionnaire completion took place between March and May 2015, resulting in 102 completed questionnaires. Results of completed questionnaires were recorded and compared to the Mediterranean diet model. Based on the results of this study, men are more likely to omit breakfast than women. Also, men are more likely to consume bakery products as part of their breakfast compared to women. Another important finding is that most women reported consuming cereals or bread as part of their breakfast. The recorded results are affected to a certain degree by factors such as educational level, age and gender. In

conclusion, the results of this study are important and further future research is required in order to investigate in greater depth the dietary habits of this specific age group.