

# FRUIT AND VEGETABLE CONSUMPTION IN HUNGARY DURING THE FALL OF COVID-19 PANDEMIC IN 2020

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## OBJECTIVES

The COVID-19 pandemic could have changed the way of life and the eating habits of the population. The aim of the study was to explore the consumption of fruits and vegetables of Hungarian population during the fall of 2020 pandemic, moreover to measure the changes of food hygiene and customer awareness. The results could show a recommendation of proper vitamin supplementation through fruit and vegetable intake.

## METHODS

We used online questionnaire through social media and person questionnaire form in our quantitative survey, which was performed in the period between September to November in 2020. The questionnaires were filled out by 200 respondents. Descriptive statistics and chi2 test were used for the data analysis.

## RESULTS

The respondents focused on sufficiently (80%) to wash fruits and vegetables before consumption. The customers bought more fruit with peels (62.5%; n=125). 62% of respondents (n=124) checked the provenance of the vegetables. The customers strove for consume fresh raw fruits as much as it was possible (75.2%). 51% of the respondents claimed, that they focused on mainly consuming more fruit, than taking dietary supplementations. 42% responded, that dietary supplements were taken in addition to fruit intake. The vegetables consumed mostly in a heat processed form. More than twice as many women (69.2%; n=18) consumed fruit in a day as men (30.8%; n=8) (p<0.001). The large size of each fruits was consumed in the highest amount (42%).

## CONCLUSIONS

The raw fruit and vegetable consumption could contribute to the proper vitamin and bioactive nutrient supplementation. Apple, tomato, orange, legumes, onion, carrot, leaf vegetables are recommended for daily consumption. It would be feasible to estimate the micronutrient and bioactive compound intake of magnesium (350-500 mg/day), zinc (8-11 mg/day), quercetin (500-1000 mg/day) intake with the combination of vitamin C (80-110 mg/day) to boost immune system.

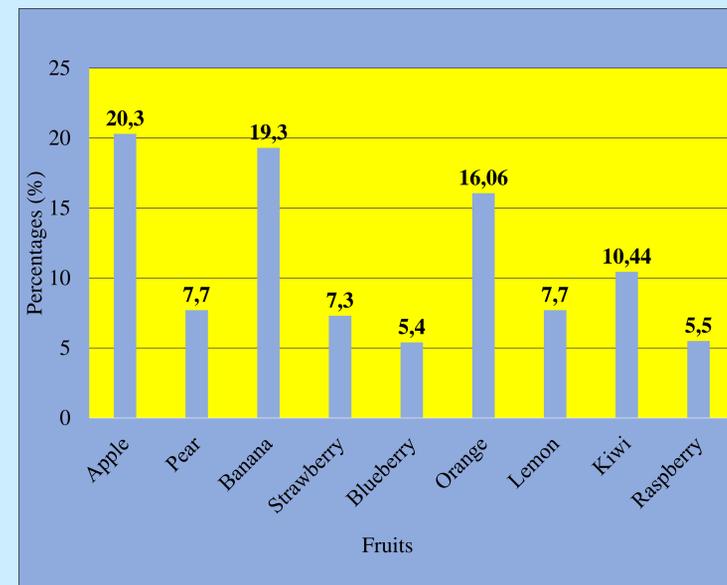


Figure 1.  
Consumption of raw fruits (N=124)

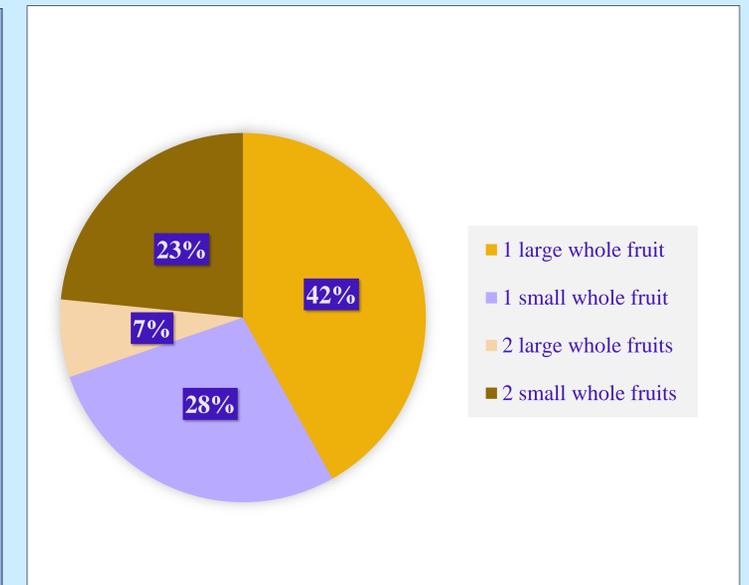


Figure 2.  
The frequency of fruit consumption per serving (N=124)

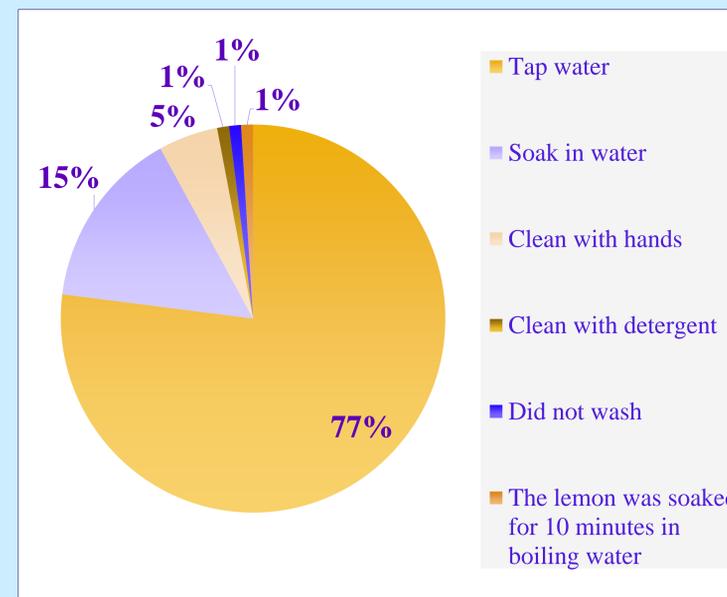


Figure 3.  
Cleaning methods of fruits and vegetables (N=124)

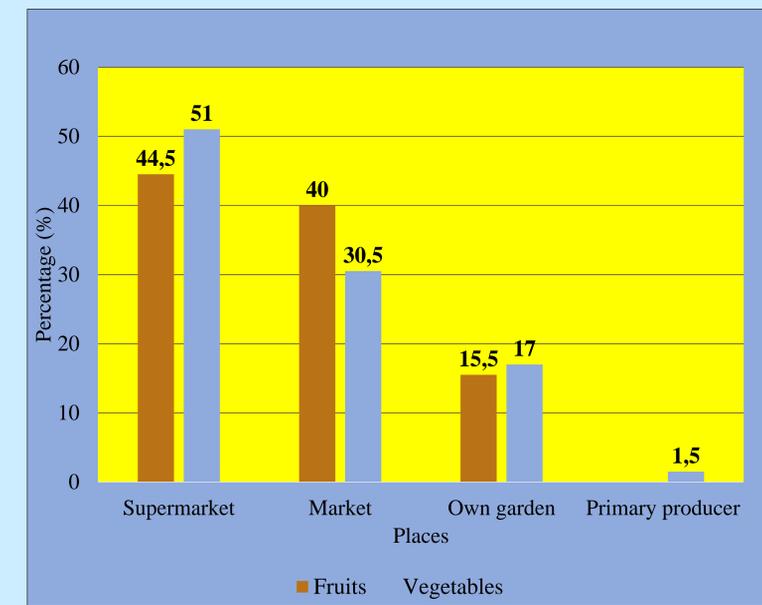


Figure 4.  
Source of supply for fruits and vegetables (N=124)

HSD  
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