

Most Commonly Consumed Foods and Food Perceptions in Native American Women

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Objective: To identify commonly consumed foods and the relationship of health perception on food intakes. **Methods:** One hundred seventy-five Native American women completed a 1-d or 4-d food records. Perceptions of health value were obtained by the food sort method. Frequency analyses identified commonly consumed foods. Relations between intakes and perception of health value were evaluated by Spearman's correlations. **Results:**

Coffee and tea, soda (diet and regular), white bread, and table fats were the most commonly consumed foods in both samples. Health value had little impact on consumption. **Conclusions:** Understanding the foods consumption and the role of perception on intakes allows for targeted nutrition education programming.

Key words: food intake, Native American, diet, women, food patterning

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