



## KEY WORDS

- ✓ Mediterranean Diet
- ✓ Healthy eating
- ✓ KIDMED
- ✓ Mediterranean diet compliance scale
- ✓ Obesity

## CONTACT

E-MAIL:  
tubatarikahya@gmail.com

## THESIS SUPERVISOR

TELEPHONE:  
(0224) 322 2108

E-MAIL:  
mtayar@uludag.edu.tr



# The Relationship Between Nutritional Habits, Mediterranean Diet Score and Anthropometric Measurements of Adults Living in Mudanya

## Gönül Tuba TARIKAHYA CİĞERLİ

0009-0005-2418-6764  
BURSA ULUDAĞ UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
Department of Food Hygiene and Technology  
MSc PROGRAM

## SUPERVISOR

PROF.DR. Mustafa TAYAR  
0000-0002-2218-2007  
BURSA ULUDAĞ UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
Department of Food Hygiene and Technology  
BURSA – TÜRKİYE



## THESIS ABSTRACT

This study was conducted in Mudanya Municipality Dietician Polyclinic with the aim of evaluating individuals from diet to nutrition, Mediterranean Diet Score and Anthropometric Measurements. 151 adult people participated in the study.

Obtained results were interpreted as  $p < 0.05$  data. It is aimed to be a criterion considering the evaluations of the kidmed index score and the mediterranean diet compliance measure score according to the comparisons made between adequate and protected and those who are not fed ( $p < 0.05$ ). It is known that the people of mudanya need more work while it is thought that compliance with the mediterranean diet is important. application areas of the thesis results

## APPLICATION AREAS OF THE THESIS RESULTS

Investigation of healthy eating habits of the people of Mudanya  
Investigation of the adaptation of the people of Mudanya to the Mediterranean diet  
Fighting obesity

## ACADEMIC ACTIVITIES