

研究業績 英文表記

和文	
表題	新規開設レストランの喫食予定者を対象とした昼食の実態と意識の調査
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英文	
Title	A report on attitudes regarding lunch of individuals who worked at a building with a new restaurant
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Abstract	<p>A total of 197 individuals who worked at a new building with a newly opened restaurant in 2017 were surveyed. Participants were asked regarding their lunch preferences, perception of a healthy diet, and factors that affected their decision in selecting food during lunch time. Results showed that they spent approximately 500 yen per lunch, and the main factors that influenced their choice of food were the delectable taste and price. Moreover, they described that a “healthy diet” is comparable to eating “adequate amount of vegetables,” “low calorie intake,” and a “balanced diet.” The most common foods they consumed during lunch were Washoku and noodles. Many of the participants thought that anti-metabolic syndrome, antihypertensive, or diabetic diets can be sold at restaurants and possibly in that new restaurant.</p>
keyword	food environment, new restaurant, healthy diet, attitudes regarding lunch

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