

Food Intakes Pattern of Koreans Living in the U.S. for 10 Years or Over.

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10년 이상 미국에 거주하는 한국인의 식품섭취 경향

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In a previous study of the authors', duration of stay in the U.S. had shown non-linear relationships with the acculturation of Korean food habits. The present study further compared the patterns of food intakes with duration of stay in the U.S. The pattern of food intakes included the consumption of popular American dishes, popular Korean dishes, and the six food groups (grains, meat/fish/poultry/egg, fruits, vegetables, dairies, and lipids). The duration of stay referred to the number of years living in the U.S. Respondents were a total of 101 1st generation Koreans, 26 males and 75 females, residing in the U.S. for between 10 and 41 years. Respondents' age ranged from 18 to 75; the mean \pm SD was 46 ± 12 . Based on duration of stay in the U.S., respondents were divided into four subgroups: 10~14 years (n=32); 15~19 years (n=36); 20~24 years (n=19); and 25 years or over (n=14). Mean differences in food intakes among subgroups and correlations between food intakes and the number of years in the U.S. were tested for statistical significances via SPSS. Those living in the U.S. for 10~14 years consumed popular Korean dishes more often than those living for 25 years or over. The acculturation index (the ratio between consumption of popular American dishes and that of popular Korean dishes) were positively related with consumption of all food groups, except meat/poultry/fish/egg, and the number of years in the U.S., but were negatively related with age at coming to the U.S. While ANOVA showed no significant differences in consumption of the food groups, those living in the U.S. for 25 years or over met U.S. friends and read U.S. newspaper or magazines more often than those living for 15~19 years; and watched U.S. TV more often than those living for 20~24 years. This study results suggested that duration of stay in the U.S. along with duration of stay in Korea, U.S. friendship choice, and contacts with U.S. mass media had an influence over the food intakes. ♠