

Diet approaches to increase lentil consumption in youth (DAILY): Knowledge, beliefs and barriers affecting pulse consumption

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SPG Contributions	Project Status	Duration/Timeline of Project (Year to Year)	Total Project Cost
\$54,878.00	Completed	May 2009 – April 2011	\$54,878.00

Project Description

To determine benefits and barriers of lentil consumption in families with children 3 to 11 years of age and examine differences between demographics, nutrition knowledge, and consumption habits.

Outcome

The majority of respondents perceive there to be more benefits than barriers associated with lentil consumption. An understanding of the perceived benefits and barriers surrounding lentil consumption will help formulate strategies to influence beliefs about lentils.

Research Objective

OBJECTIVE 1

To determine benefits and barriers of lentil consumption in families with children 3 to 11 years of age and examine differences between demographics, nutrition knowledge, and consumption habits.