Food Preferences of the Elderly Living in Incheon Area

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Abstract

Preferences of 614 elderly living in Incheon for dishes, food materials and cooking methods were investigated. The survey was conducted from Dec. 2000 to Jan. 2001 by questionnaires. Subjects preferred cooked rice with beans, kalguksu(scold hot noodle), gomtang(soup with beef), bibimbap(rice with assorted mixture) to other staple dishes. However, preference for hashed rice or curried rice was very low. More than 50% of the subjects liked soybean paste soup and stew, and the ratio of elderly who liked Chinese cabbage kimchi was 56.7%. There was no significant difference in preference for pan-fried foods according to food materials in them. Subjects liked injolli(waxy rice cake), shibhaye(fermented rice drink) and coffee the most. Most subjects preferred plant foods like vegetables, legumes and seaweeds to animal foods. Preference of elderly for milk and yoghurt was relatively high; however, that for ham, butter and cheese was low. Elderly in Incheon liked roasted beef, beef soup and roasted pork the most. Chicken was preferred when it was boiled in water with garlic, ginseng, and so on. Cooked and seasoned vegetables (Namul) were the most preferred type by elderly. Preferences for dishes and food materials were more affected by living places of the subjects than by sex, and the reverse was true in preference for cooking method of food materials.

Key Words: food preference, dishes, food materials, cooking methods, the elderly