

Areas of Study

Scientific interests are focused on the assessment of feeding patterns and nutritional status of people, nutritional behaviours and nutritional determinants of health status and diet-related diseases, at the level of an individual, group and population. They consist of following detailed topics:

- (1) dietary prevention and nutrition role in diet-related diseases (i.a. obesity, osteoporosis),
- (2) improvement of eating habits and nutritional status assessment methods and creating own research tools,
- (3) conditioning of feeding patterns and nutritional status of different population groups,
- (4) food preferences of people and their determinants,
- (5) influence of vegetarianism on health,

The most important part of my research work after achieving the postdoctoral degree is the methodical topic, which resulted in developing own research tools for evaluating nutritional behaviours, i.e. food frequency questionnaires:

- (1) ADOS-Ca – Food Questionnaire for Calcium Intake Assessment;
- (2) FIVEQ – Food Intake Variety Questionnaire,
- (3) FFQ – Food Frequency Questionnaires (e.g. FFQ-10, FFQ-6).

My second passion is using advanced statistical methods as tools used for the complex analysis of nutritional behaviours of people and their health status in this context.