Eating in China vs. Eating in CSBSJU
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Introduction
• Acculturation is the process of adopting the cultural traits of a society different from one’s own.
• Food acculturation is a complex process combining ethnic eating practices and acceptance of foreign eating habits (1).
• Chinese people living in America have lower intakes of dairy, bread/cereal, fat, protein, sugar, and energy when compared to American counterparts. Changes in the diet of Americans living in China have not been reported in the literature.

Purpose
• Compare the dietary intake of Chinese international students while living at CSBSJU during fall semester to their dietary intakes while living at home in China over summer.
• Comparing the dietary intake of American CSBSJU students while living at CSBSJU during spring semester to their dietary intakes while living in China during the summer.
• Examine the impact of dietary changes on body composition by measuring body weight and waist circumference.

Methods
• Received IRB approval
• Chinese international students were recruited by email (n= 17). American students participating in the China summer program were contacted through email and asked to participate (n=3). Students who read and returned consent forms were included in the study.
• All participants completed two 7-day food records; one record for a week of dietary intake at CSBSJU and one record for a week of dietary intake in China. Intake records were analyzed using Super Tracker analysis system.
• Body weight, BMI and waist circumference measurements were recorded for subjects during spring semester at CSBSJU and after living in China during the summer.
• Two-sample T test were used to determine significant changes.

Result
• No significant changes in body composition, BMI, or waist circumference occurred for either Chinese students or American students.
• While living at CSBSJU, Chinese students consumed more Vitamin C, fat, and energy compared to when living in China.
• While living at CSBSJU, American students consumed more Vitamin C, fat and carbohydrate compared to when living in China.
• Both groups consumed more protein while living in China.

Conclusion
• Significant changes in body composition did not occur despite some changes in nutrient and energy intake.
• The low number of subjects may have affected the results.
• The short term nature of study abroad may not provide long enough time for individuals to adopt a different food culture.
• Super-tracker, which is an American diet based food analysis system, may not reflect the real nutrient intake of students when in China.

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Bibliography