

# Russians Know Less About Their Food, But Eat More

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Russians have been eating a lot more than they did in the past, research shows.

Since the start of the 21st century, Russians have been eating a lot more than they did in the past, according to a survey published Friday by federal statistics service Rosstat.

"In the 1990s, food consumption dropped," deputy head of Rosstat Konstantin Laikam said in quotes carried by Rossiskaya Gazeta. "Since the 2000s, every food consumption indicator has increased, except those for bread and potatoes."

At the same time, the survey revealed that a majority of the population is not aware of their food's nutritional value.

According to Rosstat, 52.5 percent of Russian do not consult labels when purchasing food products. Another 16 percent of Russians said they do not believe in the information provided on food labels.

The study also showed that five percent of the population did not eat a satisfactory amount

of food on a daily basis. More than 40 percent of families are satisfied with the amount of food they have, but lack the foods that they would like to eat.

Rosstat also found that unhealthy foods like chips and soft drinks were equally popular among low-income families and wealthier households.

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