**Table 1. Frequencies of the use of various dairy products by type 2 diabetic patients**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dairy product | Patients using the product, n (% of N) | | | Patients not using the product or using it less than monthly |
| Daily | Weekly | Monthly |
| Low fat milk | 109 (36.3) | 113 (37.7) | 24 (8.0) | 54 (18) |
| Fat milk | 20 (6.7) | 39 (13) | 37 (12.3) | 204 (68) |
| Sour cream | 16 (5.3) | 133 (44.3) | 76 (25.3) | 75 (25.0) |
| Low fat cottage cheese | 76 (25.3) | 168 (56.0) | 30 (10) | 26 (8.7) |
| Cheese | 93 (31.0) | 147 (49.0) | 32 (10.7) | 28 (9.3) |
| Sweet cheese curds | 8 (2.7) | 39 (13.0) | 50 (16.7) | 203 (40.6) |

N, total number of patients (300)

**Table 2. The association between food perception and frequencies of the use of various foods in two groups of patients\***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Food perception domain | Score, mean ± standard deviation [median] | | | | | |
| Low fat milk | Low fat cottage cheese | Cheese | Fat milk | Sour cream | Sweet cheese curds |
| Usefulness for general health | | | | | | |
| Group 1  Group 2  Р1–2 | – | 2.1 ± 0.7 [2]  2.7 ± 1.3 [3]  0.009 | 2.4 ± 0.7 [2]  3.1 ± 1.1 [3]  < 0.001 | 3.2 ± 1.1 [3]  3.6 ± 1.1 [4]  0.001 | 3.1 ± 0.9 [3]  3.7 ± 0.9 [4]  < 0.001 | 3.4 ± 0.9 [3]  3.9 ± 0.8 [4]  < 0.001 |
| Usefulness for prevention of cardiovascular disease | | | | | | |
| Group 1  Group 2  Р1–2 | – | 2.1 ± 0.6 [2]  2.7 ± 1.2 [3]  0.004 | 2.7 ± 0.7 [3]  3.4 ± 1.0 [3]  < 0.001 | – | 3.4 ± 0.8 [3]  3.8 ± 0.9 [4]  0.005 | 3.4 ± 0.8 [3]  3.8 ± 0.8 [4]  < 0.001 |
| Usefulness for glycemic control | | | | | | |
| Group 1  Group 2  Р1–2 | – | 2.1 ± 0.7 [2]  2.7 ± 1.2 [3]  0.008 | – | 3.6 ± 0.8 [4]  3.9 ± 0.8 [4]  0.006 | 3.6 ± 0.8 [4]  3.9 ± 0.8 [4]  0.006 | 3.9 ± 0.8 [4]  4.2 ± 0.7 [4]  < 0.001 |
| Taste | | | | | | |
| Group 1  Group 2  Р1–2 | 2.8 ± 0.9 [3]  3.1 ± 1.0 [3]  0.046 | 2.6 ± 0.6 [2]  3.3 ± 1.2 [3]  0.003 | – | – | – | 2.0 ± 0.8 [2]  2.3 ± 1.1 [2]  0.03 |
| Convenience of use | | | | | | |
| Group 1  Group 2  Р1–2 | 2.8 ± 0.8 [3]  3.1 ± 1.8 [3]  0.03 | 2.7 ± 0.8 [3]  3.4 ± 1.0 [3]  < 0.001 | – | – | – | 2.7 ± 0.9 [3]  3.1 ± 1.0 [3]  0.001 |

Group 1, patients using the product at least monthly; group 2, patients using the product less than monthly

\* Only those perception domains are shown that were significantly different between the two groups

**Table 3. Association between the frequencies of the use of various dairy products and their food perceptions\***

|  |  |  |
| --- | --- | --- |
| Food product | Food perception domains | Spearman's correlation coefficients with frequencies of the use |
| Lot fat milk | Usefulness for general health | 0.27, р < 0.0001 |
| Usefulness for prevention of cardiovascular disease | 0.13, р = 0.02 |
| Usefulness for glycemic control | 0.17, р = 0.004 |
| Taste | 0.17, р = 0.004 |
| Convenience of use | 0.18, р = 0.0015 |
| Fat milk | Usefulness for general health | 0.17, р = 0.003 |
| Usefulness for glycemic control | 0.16, р = 0.006 |
| Sour cream | Usefulness for general health | 0.27, р < 0.0001 |
| Usefulness for prevention of cardiovascular disease | 0.15, р = 0.008 |
| Usefulness for glycemic control | 0.22, р = 0.0001 |
| Low fat cottage cheese | Usefulness for general health | 0.15, р = 0.009 |
| Usefulness for prevention of cardiovascular disease | 0.22, р = 0.0002 |
| Usefulness for glycemic control | 0.22, р = 0.0001 |
| Taste | 0.21, р = 0.0002 |
| Convenience of use | 0.22, р = 0.0001 |
| Cheese | Usefulness for general health | 0.25, р < 0.0001 |
| Usefulness for prevention of cardiovascular disease | 0.22, р = 0.0001 |
| Usefulness for glycemic control | 0.25, р < 0.0001 |
| Convenience of use | 0.17, р = 0.003 |
| Sweet cheese curds | Usefulness for general health | 0.29, р < 0.0001 |
| Usefulness for prevention of cardiovascular disease | 0.23, р < 0.0001 |
| Usefulness for glycemic control | 0.25, р < 0.0001 |
| Taste | 0.12, р = 0.04 |
| Convenience of use | 0.2, р = 0.0008 |

\* Only those perception domains are shown that demonstrated a significant association