



Food Consumption patterns and nutrient intake of the Balearic Island's adolescents (OBIB STUDY 2007-2008)



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INTRODUCTION

Nutrition during adolescence is of particular importance due to the complexity of this period of life. Balearic Islands are an example of how food consumption patterns in the Mediterranean countries are changing from a characteristic Mediterranean diet to a progressively implanted Western diet that reflects a progressive alteration in traditional eating practices, linked to the changing demographic and economic profile of countries. Realistic food-base dietary guidelines (FBDG) should be drawn from population-based epidemiological studies, and it will be essential to analyse prevalent food consumption patterns in order to be realistic for the population.

OBJETIVE

To assess the food consumption patterns, nutrient intake and compliance with recommended nutrient intake of the Balearic Islands adolescents.

MATERIAL AND METHODS

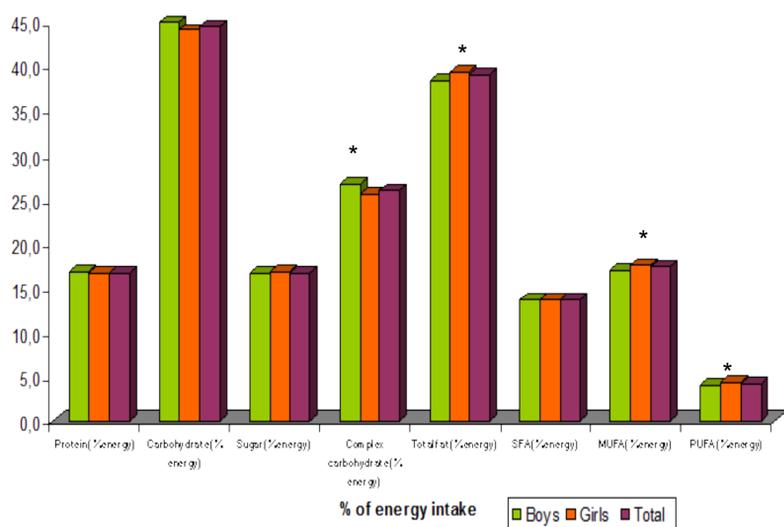
A cross-sectional nutritional survey (2007-2008) was carried out among the Balearic Islands adolescents (12-17 years old; n=1231). Two non-consecutive 24 h recalls and a validated semi-quantitative food frequency questionnaire (FFQ) as well as questions on usual cooking methods was used to assess usual food and beverage consumption.

RESULTS

Differences in food consumption between sexes were found. Boys had higher consumption of bread, cereals, dairy products, meat (without poultry), sausages, eggs and soft drinks than girls. Girls showed higher vegetables consumptions than boys.

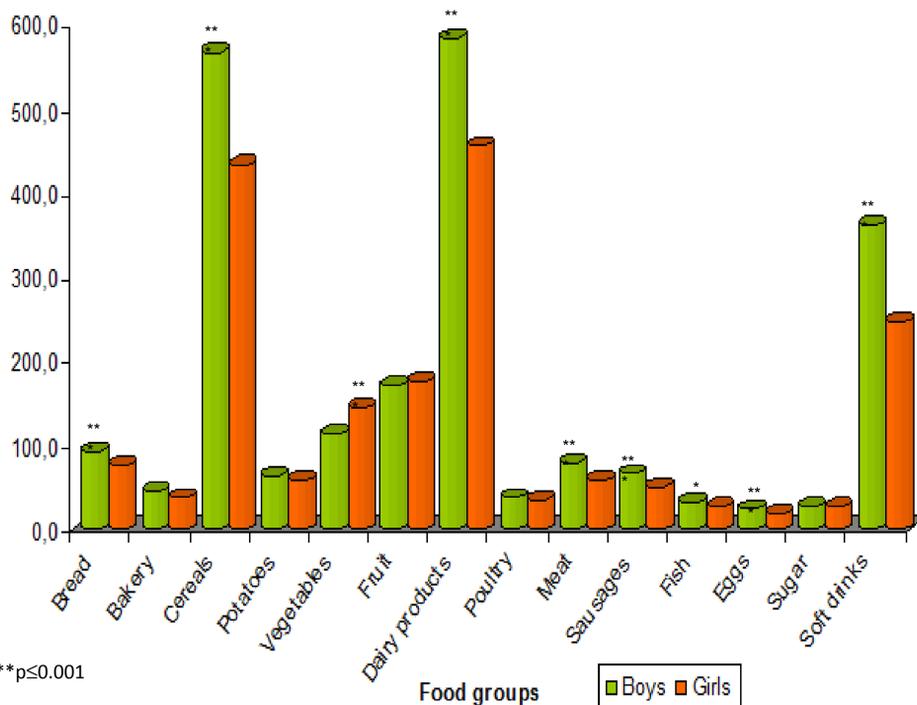
Energy intake and energy intake per kg of body weight were significantly higher in boys than in girls. The contribution of protein and carbohydrate to energy intake showed no differences between genders, but the contribution of complex carbohydrate to energy were higher in boys than in girls. Fibre intake was higher in boys, but fibre intake expressed per energy intake was higher in girls. The contribution of total fat, PUFA and MUFA to energy intake was higher in girls. Cholesterol intake was higher in boys. Consumption of meat (without poultry), sausages, industrial bakery and dairy products were correlated with to the SFA intake.

Adolescent's Nutrient Intake in relation to percentage of energy intake



*p≤0.05; **p≤0.01, ***p≤0.001

Adolescent's food consumption patterns by food group



Graphic 2: Adolescent's food consumption patterns by food groups. Comparison between sexes.

Graphic 1: Adolescent's Nutrient Intake by % of energy intake. Comparison between boys and girls.

CONCLUSIONS

This study shows disparities between sexes in case of fibre and fats intake, especially for the SFA intake. Girls showed higher fat, MUFA and PUFA intake but lower cholesterol and SFA; and then a healthier fat intake quality than boys. Consumption of meat (without poultry), sausages, industrial bakery and dairy products was higher in boys than in girls, food items closely linked to SFA intake. Girls showed a higher intake of vegetable, linked to fibre intake.

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