

Submitter: Vanessa Kirsten

Author: Vanessa Kirsten

Co Author: Cássia Azevedo Ebert, Taina

Paini, Daniela

Topic: Food and nutrition security

Title: ADOLESCENTES' CONSUMPTION OF HEALTHY EATING MARKERS IN SOUTHERN BRAZIL

Presentation Type: Poster

The insufficient intake of fruit and vegetables and the high intake of sugar and saturated fat are habits related to the risk factors of Chronic Non-Communicable Diseases. This study was aimed to evaluate the frequency of consumption of healthy eating markers in adolescents. Cross-sectional study with 958 students of the eighth year of Elementary School to the third year of High School in the urban area of Palmeira das Missões- Southern Brazil. Healthy eating markers were the daily consumption of fruits, vegetables, beans and milk that were evaluated through a food frequency questionnaire. The markers were related to gender, age, self-declared ethnicity, socioeconomic status, nutritional status and physical activity. Data were analyzed by SPSS software. The mean age was 15.27 ± 1.26 years. The daily consumption of milk was 74.1%, of beans was 60.9%, fruits was 47.7% and vegetables was 41.5%. The consumption of fruits was higher between girls ($p=0.022$) and between adolescents aged 16-19 years ($p=0.030$). The bean consumption was higher in boys ($p=0.018$), between non-white adolescents ($p=0.004$) and physically actives ($p=0.003$). The adolescents who consume more milk are the high middle class ($p=0.025$) and the physically actives ($p=0.011$). The results of this study indicate a higher frequency of consumption of healthy food markers (milk and beans), and a low frequency of consumption of fruits and vegetables. The fruit consumption was related to gender and age; consumption of beans with gender, skin color and physical activity; and consumption of milk with socioeconomic status and physical activity.