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Topic: Capacity developmentfor public health nutrition

Title: Away from home food patterns in Brazil (2008-2009)

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Introduction: Considering the increase in the contribution of foods eaten away from home and their potential impact on diet, this study aimed to identify patterns of food eaten away from home and their association with nutritional dietary quality. Methods: Cross-sectional study using the Individual Food Intake Survey, carried out with 34,003 individuals aged 10 y or more between May 2008 and May 2009. All food itens were classified acording to the extent and purpose of food processing. Factor analysis was used to identify away from home food consumption patterns. Linear regression models were used to explore the association between patterns and the nutriente contente of the diet. Results: We identified three food patterns. The first pattern was positive for rice, beans, meats, roots and tubers, pasta, vegetables and eggs ("traditional"). The second pattern was positive for fresh bread, margarine, milk, cheese and butter ("snack"). The third pattern was positive for ready-to-eat meals and soft drinks ("convenience"). In general, there was a positive association between the traditional pattern and the dietary contente of fiber, vitamins and minerals, while the snack and the convenience pattern were positively associated with unhealthy nutrients, such as saturated and trans fats. Conclusion: In Brazil, food away from home may have a negative impact on nutritional dietary quality, when based on snacks and convenience foods. On the other hand, the consumption of traditional meals away from home is associated with a healthier nutriente profile, what is in accordance with the recommendations of the national food guide.