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Topic: Food and nutrition security

Title: MEAL HABITS OF BRAZILIAN ADOLESCENTS AND ADULTS: ANALYSIS THE NATIONAL DIETARY SURVEY, 2008-2009

Presentation Type: Poster

Introduction: The Brazilian dietary guidelines recommend at least three main meals daily.

Objective: To characterize meal habits of Brazilian adolescents and adults.

Methods: Data were obtained in the Brazilian National Dietary Survey conducted in 2008-2009, which investigated a nationwide random sample of ≥ 10 years old individuals ($n=34,003$). Food consumption was estimated based on one-day of dietary record. The analyzed eating occasions were: breakfast, lunch and dinner (the three main meals) and intermediate snacks (in the morning, afternoon, and evening). The analysis considered sample weights and the study design effect.

Results: On average, Brazilian adolescents and adults reported four eating occasions during the day. Breakfast was reported by 94% of the studied population (on average at 7 am), lunch by 95% (at 12 pm), and dinner by 62% (at 7 pm). Moreover, it was observed that 33% reported at least one snack between breakfast and lunch, 63% between lunch and dinner, and 54%, after dinner. On average, breakfast represented 17% of total daily energy intake, lunch, 37%, and dinner, 19%. The morning, afternoon, and evening snacks represented 4%, 11% and 12% of total daily energy intake, respectively. Compared to men, a greater proportion of women reported morning, afternoon, and evening snacks; conversely, compared to women, a greater proportion of men reported to have dinner ($p < 0.01$).

Conclusion: Overall, Brazilian adults and adolescents have meal habits consistent with the Brazilian dietary guidelines. Further analysis should focus on meal composition and nutritional quality.