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Topic: Malnutrition treatment and prevention

Title: Nutritional content analysis of cooking television shows targeting children

Presentation Type: Oral

Aim: to assess the nutritional content of recipes cooked in popular cooking television shows targeting children.

Specific objectives: to estimate the nutritional content of recipes and investigate their compliance to the World Health Organization standards.

Methods: A cross sectional study design was used to analyse 118 recipes that were categorized into seafood (30), red meat (26), poultry (17), vegetarian (17) and dessert (28) using Nubel software.

Results: The energy content of the recipes was within the recommendation [t (118) = -0.424, p= 0.672]. The mean proportion of energy derived from fat was 43% and higher than the recommended 35%. All the recipe categories were above the limit for fat [t (118)= 1.398, p= 0.00]. The mean proportion of energy derived from carbohydrates was 32% and lower than the recommended minimum of 55% [t (118)= -2.306, p = 0.01]. All the recipes had higher proportions of energy derived from free sugars, the mean proportion was 43% which was higher than the recommended minimum of 10% [t (118) = 2,477, p=0.01]. The proportion of energy derived from protein was higher than recommended, vegetarian recipes were within range and the dessert had less than the recommended amount. The recipes were high in sodium except dessert, seafood and vegetarian categories. The mean vitamin D was 2µg SD± 5µg per recipe and the seafood and dessert categories met the requirements.

Conclusion: None of the recipe categories met all the WHO requirements. The recipes were high in fat, free sugars, protein and sodium but were low in carbohydrates.