

IUNS 21st ICN

International Congress of Nutrition

“From Sciences to Nutrition Security”

Buenos Aires, Argentina, 15-20 October 2017 - Sheraton Buenos Aires Hotel & Convention Center
www.iuns-icn2017.com info@iuns-icn2017.com



Reference #

Title: Dietary intake and Main Sources of Fats in the Argentine Population. Results of ELANS study

Authors: Kovalskys Irina¹, Andrea Favieri², Viviana Guajardo², Ágatha Nogueira Previdelli³, Georgina Gómez Salas⁴, Alejandro Gerardi², Mauro Fisberg^{5,6} on behalf of the ELANS Study Group

Affiliation: 1 MD. Nutrition & Health Area, International Life Science Institute (ILSI). Buenos Aires. Argentina
2 BSc. Nutrition & Health Area, International Life Science Institute (ILSI). Buenos Aires. Argentina
3 PhD. Professor. Faculdade de Ciências Biológicas e da Saúde. Universidade São Judas Tadeu São Paulo. Brazil
4 MSc. Professor. Departamento de Bioquímica. Escuela de Medicina. Universidad de Costa Rica. Costa Rica
5 MD. Instituto Pensi. Fundação Jose Luiz Egydio Setubal. Hospital Infantil Sabara. São Paulo. Brazil
6 PhD. Professor. Departamento de Pediatria. Universidade Federal de São Paulo. São Paulo. Brazil

Background and Objectives:

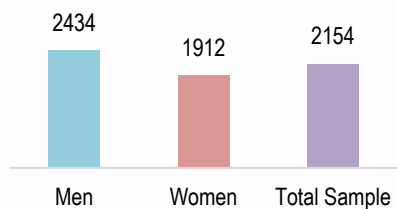
High fat diets, especially saturated fat is associated with cardiovascular disease. The present study aims to identify the consumption and main food sources of fats in the Argentine’s diet

Methods:

Data were obtained from 1266 Argentines participating in the Latin American Health and Nutrition Study (ELANS), a multicenter study of a nationally representative randomized sample of urban population of eight LA countries between November 2014 and July 2015. Data from two face to face 24-hour recall were used to identify the intake of the major foods containing fats. The weighed-proportions formula developed by Block et al (1985) in which the relative contribution (RC) of a given food item/food group is defined as: $RC = (\text{Total fat grams from a food item} \times 100) / \text{Total fat grams from all food items}$ was used, and performed by age, gender, socioeconomic level (SEL). Descriptive statistical data analysis was performed with SPSS 20

Results:

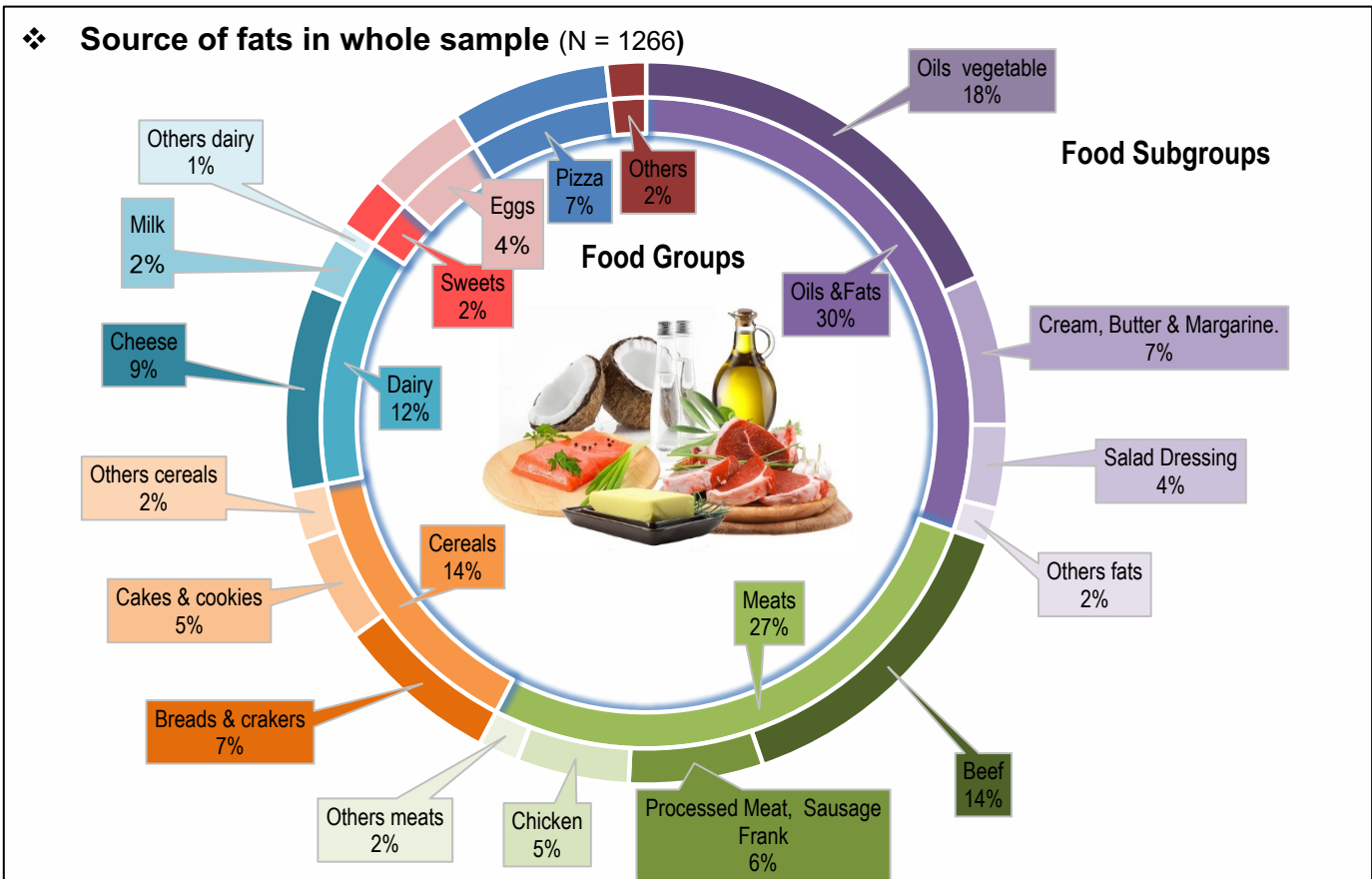
❖ Median of Energy Intake (Kcal)



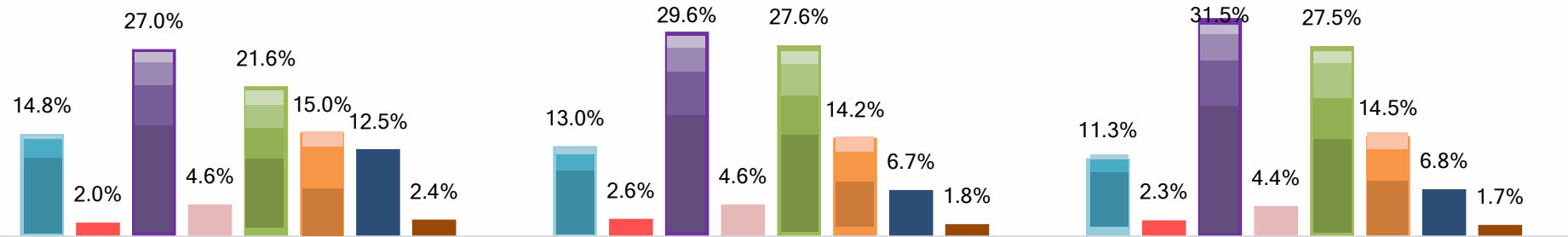
❖ Median fat intake was 78.8 g/day representing a 33% of the daily EI, while saturated fats was 27.4 g/day (11.4 % of the EI).



❖ Source of fats in whole sample (N = 1266)

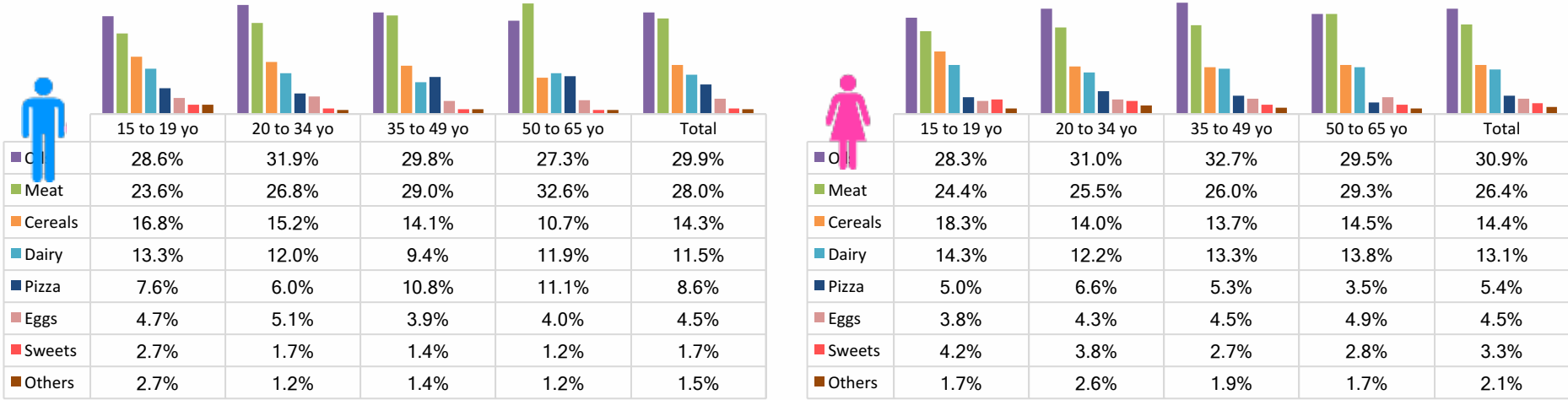


❖ Source of fats by SEL High (7,4%), Medium (46,8%) & Low (45,7%)



Food Groups		High				Medium				Low			
		Oils	Meats	Cereals	Dairy	Oils	Meats	Cereals	Dairy	Oils	Meats	Cereals	Dairy
Food : subgroups		Oils vegetable	Beef	Breads & crackers	Cheese	Cream, Butter & Margarine	Processed Meat, Sausage Frank	Cakes & cookies	Milk	Salad Dressing	Others fats	Sweets (ice cream & candy)	Others dairy
SEL	High	16,1%	10,8%	6,8%	11,4%	5,9%	4,8%	6,0%	2,9%	3,5%	1,5%	2,0%	0,5%
	Medium	17,6%	14,9%	7,1%	9,6%	6,6%	6,0%	4,8%	2,6%	3,6%	1,7%	2,6%	0,8%
	Low	19,4%	14,3%	7,7%	8,4%	6,8%	6,1%	4,4%	2,2%	3,9%	1,4%	2,3%	0,6%

❖ Source of fats by Sex, Men (48,58%) & Women (51,42%), & Age 15 to 19 (13,2%), 20 to 34 (33,3%), 35 to 49 (30,1%) & 50 to 65 (23,4%)



Conclusions:

In Argentina, population diet showed high levels of critical nutrients as saturated fats, cholesterol, and added sugars, all related to cardiovascular disease and metabolic syndrome. Differences by region and by SEL were found and should be taken into account by public health stakeholders.

Conflict of interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

