

عنوان مقاله:

Breakfast Intake is Associated with Higher Dietary Diversity Score, Weight Satisfaction and Lower Body Mass Index in Girl Adolescents

محل انتشار:

همایش علمی دانشجویان علوم تغذیه (سال: 1395)

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خلاصه مقاله:

Objective: Breakfast consumption is important in the quality of adolescences diet and predicts dietary habits in adulthood. There is a little emphasis on the relationship between breakfast intake and indicators of diet quality, such as dietary diversity score in adolescent. This study was conducted to evaluate the association of breakfast intake with micro and macro nutrients intake, dietary diversity score (DDS), food group consumption and body mass index (BMI) in girl students. **Method:** A total of 384 female students (aged 15 to 19 years) were recruited from high-schools of Tehran using stratified sampling. Information regarding frequency of breakfast consumption was collected by asking questions on a three-point scale of always , sometimes and never . A 24-hour diet recall questionnaire was used to calculate dietary intakes. Physical activity and DDS were measured by International Physical Activity Questionnaire (IPAQ), Dietary Diversity Questionnaire (FAO-2013), respectively. In addition, weight, height and waist circumference (WC) were measured and body mass index (BMI) was calculated as weight (kg) per height squared (m²). **Results:** In the present study, 49.5% of girls always consumed breakfast; 34.4% sometimes and 16.1% never consumed breakfast. Skipping breakfast was significantly associated with higher BMI and weight dissatisfaction. Adolescents who were daily consumers of breakfast had higher intake of energy and carbohydrate. They had also higher intake of saturated fatty acids, cholesterol, linoleic acid, folate, manganese and fluoride after adjustment for energy intake. After adjustment for energy and BMI, DDS was significantly higher for adolescents with daily breakfast consumption compared to other groups. Further, percentage of participants consuming egg, milk and dairy, fruits and vegetables rich in vitamin A was higher in daily breakfast eaters compared to other groups. **Conclusion:** Eating breakfast may associate with higher diet quality as well as weight control in female adolescents. Weight-influencing mechanism of breakfast consumption in adolescents can be examined more precisely by controlling for potential factors affecting amount of food intake and energy consumption as well as by controlling for appetite regulating factors in the prospective studies.

کلمات کلیدی:

Adolescence, Students, Dietary Diversity Score, BMI

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