

Inadequate dietary intake of micronutrients in eight Latin American countries

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Objective

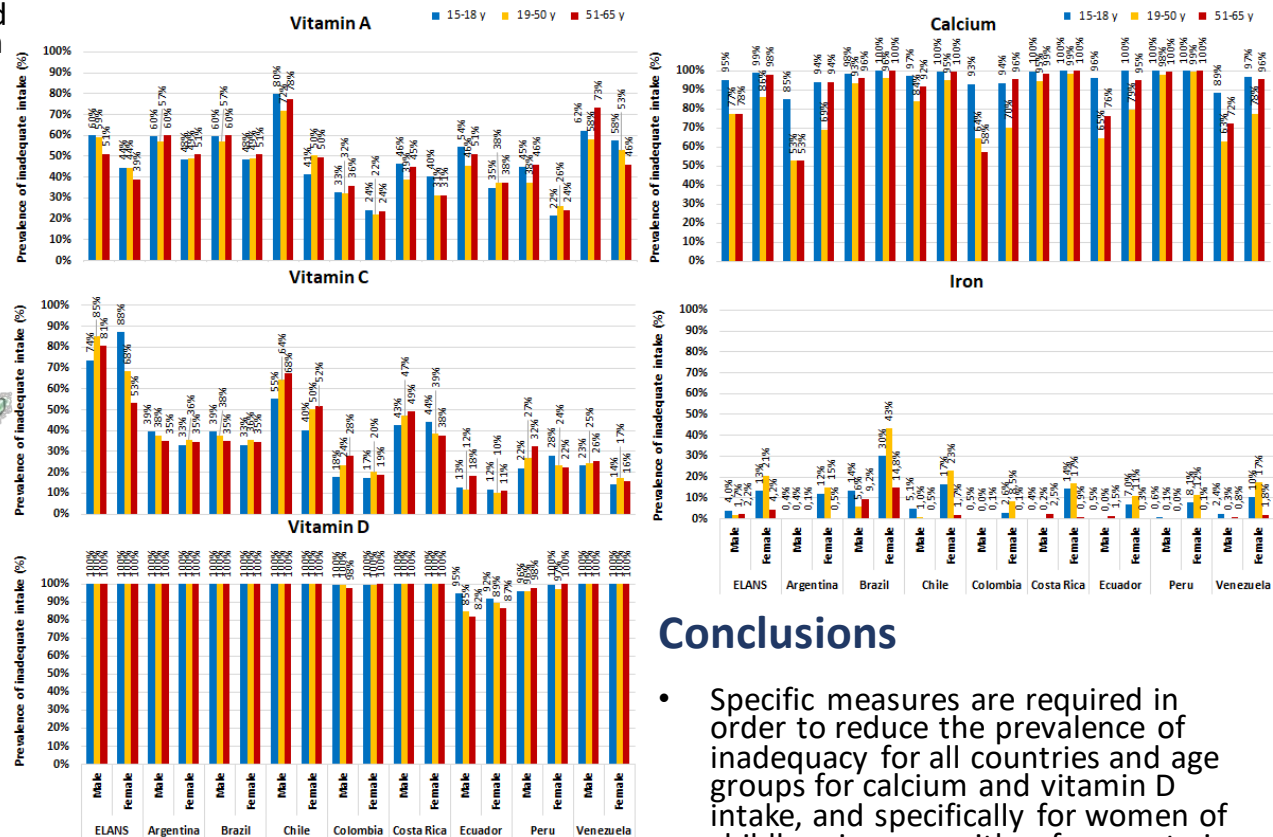
- To estimate the prevalence of dietary vitamins and minerals inadequacies across eight Latin American countries.

Methods

- Data were obtained from the Latin American Study of Nutrition and Health (ELANS), a multicenter household population-based cross-sectional survey (n = 9,218; aged 15-65 years; 47.8% males, mean age = 35.8 y).
- Trial registration: #NCT02226627
- Dietary intake was measured using two 24-h dietary recalls and habitual micronutrients intake was estimated using the multiple source method.
- The prevalence of inadequate dietary intake was estimated for calcium, iron, and vitamins A, C and D, according to Dietary Reference Intakes methods:
 - Probability approach for iron;
 - EAR cut-point method to the others



Results



Conclusions

- Specific measures are required in order to reduce the prevalence of inadequacy for all countries and age groups for calcium and vitamin D intake, and specifically for women of childbearing age with reference to iron consumption.