

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
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Reference

144/2659

Title: Dietary sources and intake of added sugar among Colombian population: results from ELANS study

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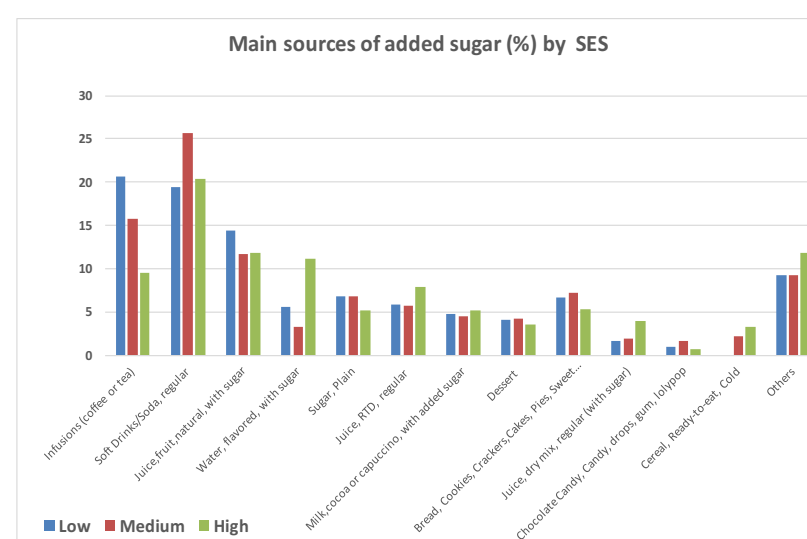
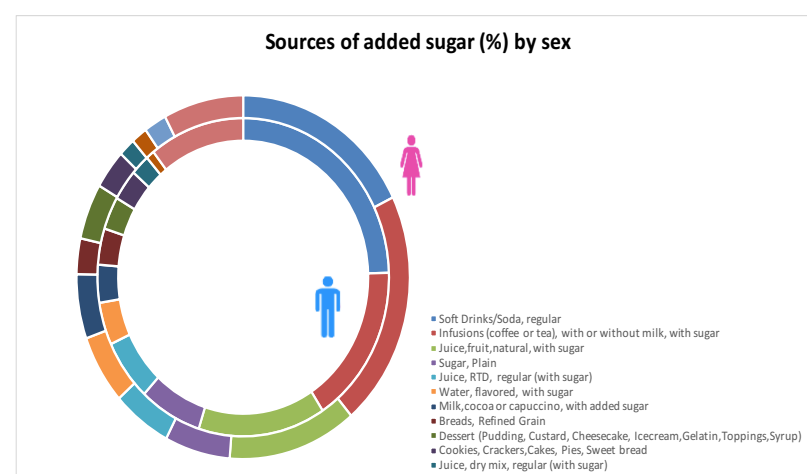
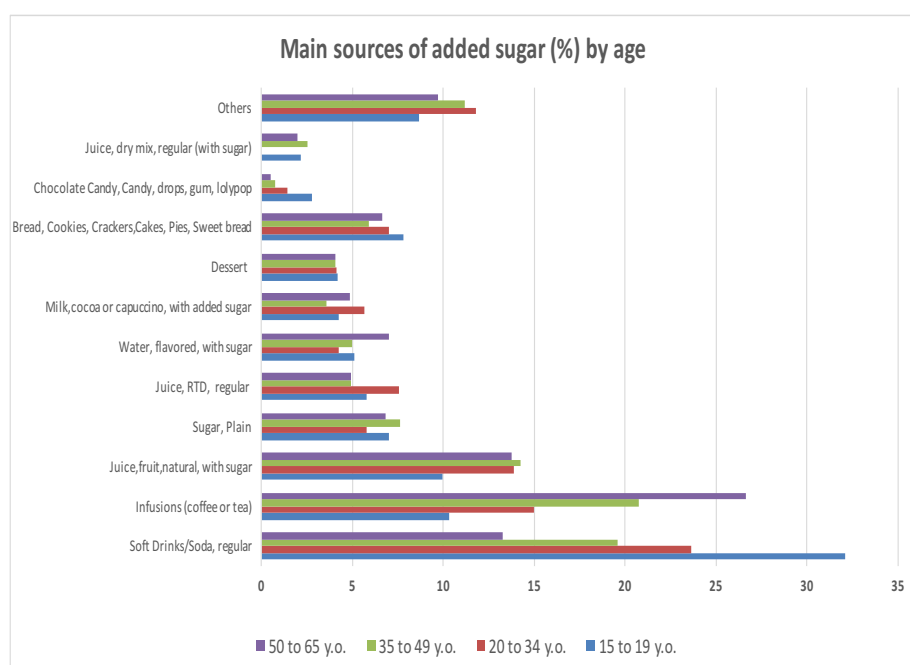
Background and Objectives:

Over the past 30 years, total calorie intake has increased by an average of 150 to 300 calories per day, approximately 50% of this increase comes from added sugar (AS). This study aimed to identify the dietary intake and sources of AS among Colombian population

Methods:

Data was obtained from 1230 Colombians (15-65 years old) participating in the Latin American Health and Nutrition Study (ELANS), a multicenter study of urban areas of 8 Latin American countries (Argentina, Brazil, Chile, Colombia, Costa Rica, Ecuador, Peru and Venezuela). The intake information was collected using two 24 hours' dietary recall, following the multiple pass methodology and analyzed with the NDS- Software. To identify the intake of AS and the major food items accounting for AS, the weighed-proportions formula developed by Block et al (1985) was used. Median intake and sources of AS were performed by age group, gender and socioeconomic level (SEL).

Results:



Conclusions:

Colombians are consuming 59.5g of AS/day, 1% above the level recommended by the World Health Organization (10%). The main source of AS was soft drinks (SSBs) independent of gender. On other hand, SSBs and infusions were the two main sources depending on the age group and SES. Within the total AS intake, sugar sweetened beverages (SSBs) represented 71% and other sources as foods 29%. This results reinforce the high intake of AS as a source of energy and shows the importance of public health programs focusing on strategies to reduce the quantity and frequency AS sources on the diet.

Keywords:

Food source, Added sugar, Colombian population, multicenter study.

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.

Further Collaborators:

On behalf of ELANS Study Group.