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Comparison of two Mediterranean dietary indexes as indicators of food intake quality in a representative sample of urban Chilean population:

Findings from ELANS-Chile Subsample

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Background and Objectives:

Mediterranean diet (MD) intake has been consistently associated with reduced risk factor and chronic disease prevalence as well as increased longevity. Different scores have assessed the adherence to a MD pattern and its association with risk factors and chronic diseases.

Objective: To evaluate adherence to MD intake in Chilean adult population, comparing two validated MD scores: a Spanish index used in the PREDIMED study, and a local one, the Chilean Mediterranean Diet Index (Chilean-MDI), and their association with socio-economic variables.

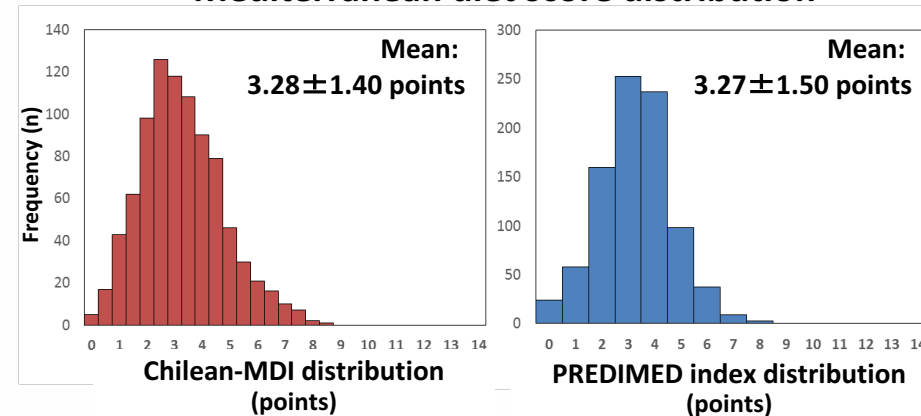
Methods:

We used data from a representative sample of **879** Chilean subjects (15-65 years-old) included in a cross-sectional Latin American Study on Nutrition and Health (ELANS) and calculated *a posteriori* both MD scores from two 24-hour dietary recalls. All participants also provided relevant socio-demographic information.

Results:

1. Chilean population showed poor adherence to MD measured by both indexes.
2. MD quality scores were similar ($p=0.394$) and highly correlated ($r=0.551$, $p<0.001$).
3. Significantly higher adherence to MD was found in women, people older than 50 years of age, higher socio-economic levels, and residents in Central Chile.
4. Using Chilean-MDI, lowest scores were found in intake of olive oil, nuts, whole cereals, and moderate wine consumption with meals.

Mediterranean diet score distribution



Highest and lowest scores by food groups using each MD index

	Chilean-MDI	PREDIMED index
Highest scores (>30% had maximum score, 1 point)	Vegetables; fermented and low fat dairy; sugar and sugary snacks, juice and beverages	Red and processed meats; sugary drinks; use of <i>sofrito</i> ; preference of poultry
Lowest scores (<10% had maximum score, 1 point)	Olive oil; nuts; whole cereals; moderate wine intake with meals	Olive oil; wine; nuts; sweets and pastries; fish and seafood; legumes; fruits

Conclusions:

Despite their differences in three out of 14 items, both scores qualifies adherence to MD similarly in Chilean population. Chileans exhibit poor overall adherence to MD. Diet quality, evaluated by both MD scores, showed demographic trends that are comparable to those obtained with analogous indexes in other countries. Thus, Chilean-MDI and PREDIMED index can be used to assess overall diet quality in the Chilean population.

Keywords:

Mediterranean diet, eating index, diet quality, Chile

Conflict of Interest:

This research was supported by a unrestricted scientific grant from Coca Cola Company, which had no role in study design, data collection and analysis, decision to publish, or preparation of scientific reports, communications, and publications.

Further Collaborators:

