RESULTS & CONCLUSION

From 2009 to 2016:
• Consumption of sugary drinks decreased while pastries, chocolates, and fast food were more frequently consumed;
• The consumption of vegetable soup and salads was similar between periods;
• Overall, no significantly differences were found in the unhealthy food consumption score in the observed periods.

INTRODUCTION

A balanced diet in childhood is very important to ensure optimum growth and development. Establishing and maintaining healthy eating habits is important because habits formed in early life are likely to continue into adulthood.

We aimed to observe the frequency of consumption of different food items by Portuguese children, in 2009 and 2016, and explore differences between both periods.

METHODS

Sample: Portuguese children aged 3-10 years (50.1% girls); measured in 2009 (n=6460) and in 2016 (n=8116).

Methods: Parental questionnaire reporting children’s consumption of various food items later transformed in: 0=never, 1=1/3 times/week, 2=1/3 times/day. An Unhealthy Food Consumption Score was created (higher the value=higher the consumption); a T-test was used to compare the mean values from 2009 and 2016.

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