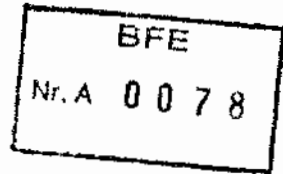


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**Abstracts of the
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CPGM de Groot
WA van Staveren
E Riboli

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STOCKTON

ASSESSMENT OF DIETARY INTAKE AND APPETITE IN FRAIL ELDERLY.

N de Jong, CPGM de Groot, C de Graaf, JMM Chin A Paw, WA van Staveren, Division of Human Nutrition & Epidemiology, Wageningen Agricultural University, The Netherlands.

Frailty in elderly people is often described as the state in which they suffer from (recent) weight loss, a low BMI, physical inactivity, a decreased appetite and consequently a low food intake. Our project was designed to explore the nutritional and health status of Dutch frail elderly, moreover to study the effect on the nutritional and health status of a 17 weeks dietary and exercise intervention. Nutrient dense products were provided for daily consumption and/or an exercise programme was organised twice a week.

Dietary intake was assessed with the 3 day (2 weekdays, 1 weekend day) dietary record. Portion sizes were reported in household measures and checked by weighing when frequently used. Energy and nutrients were calculated with the Dutch Food Composition Table of 1995. Appetite was measured with a 6 item questionnaire, with the questions scored on a 5 point scale with verbally labelled answering categories.

Totally 202 elderly started the trial. The dropout rate was 17%. Mean baseline energy intake was 8.5 MJ/d in men (n=35) and 6.9 MJ/d in women (n=110). Only 3 participants could not complete the dietary record; due to having difficulties in adherence to the protocol. In 18 dietary records coding problems still exist. These data will be processed soon. According to the Dutch Minimal Requirements 72% of the men and 80% of the women had low energy intakes. The mean score (21 ± 4) on the appetite scale (min. 6, max. 30) was correlated with energy intake ($r=0.34$, $p<0.0001$). Cronbach's α of the appetite questionnaire was 0.89. According to these preliminary findings the appetite questionnaire may have a predictive value with respect to energy intake.

THE JOB AS A DETERMINANT OF THE FOOD HABITS OF A BANK BRANCH AT FLORIANOPOLIS CITY, BRAZIL

MAA de Assis, C Ryal, S Grossman, Department of Nutrition, Universidade Federal de Santa Catarina, Brazil.

In order to evaluate the influence of the type of work on food habits 16 bank employees from a bank branch at Florianopolis city (268,551 inhabitants), capital of Santa Catarina, in the South of Brazil were interviewed. They deal personally with the bank's clients and work 8 hours/day, 5 times a week and have 1 hour lunch.

A food history method was applied so as to identify the food items eaten in each meal. The type, place, time and time spent in each meal was registered. The data were analysed qualitatively comparing them with the American food guide pyramid, the guidelines for a healthy eating and the food pattern of the Brazilian Southern population. The majority of the employees have 3 main meals: breakfast (13/16); lunch (15/16) and dinner (11/16). Despite all food groups were part of the food pattern, in the majority of the sample larger consumption of meats, milk and fatty snacks was observed and a smaller intake of greens and other vegetables as well as fruits than what is recommended by the food guides. Breakfast and dinner were taken at home by 93.75% of the sample. Lunch only by 31.25%, who lived only at small distance from their work place. There is a change in the habit, because people usually had to have their lunch at home. The determinant factors for the type of restaurant chosen were the proximity to their place of work and the option for a familiar food. The kind of work does not allow them to have smaller meals between the bigger ones and the great majority takes 6 to 8 small cups of coffee during work time. It is concluded that the qualitative method for evaluating food habits allows a broader assessment of the life style and food behaviour leading to possible nutritional interventions which are culturally specific.

MEAL PATTERNS IN GERMANY - RESULTS FROM A COMPARISON OF SURVEYS IN 1995 AND 1997.

U Oltersdorf, Institute of Nutrition Economy and Sociology, Federal Research Centre for Nutrition, Stuttgart, Germany.

Food and beverage intakes have spatio-temporal structures. Such events of eating are called meals and snacks. Their distribution over the days has relations to culture and life-style, but also to physiology and health.

The knowledge of meal patterns in Germany is scanty. In order to get a recent description of the current situation, the same questions on meals were part of two omnibus-surveys in Germany. The first one was carried out in September 1995 (n=1250) and the second one in November 1997 (n=2000) in representative samples of the German population.

Despite of a discussed tendency towards destructure of food habits most of the Germans still have at least three main meals per day: first breakfast, lunch and dinner. As a fourth meal, afternoon tea or coffee is the most common occasion, especially on weekends. During working days for the working population a second breakfast on the working place is common. Snacking is not regular on average, but in certain segments of the population.

Lunch is the main meal for the average German, especially on weekends. A considerable minority (of about a quarter) rate dinner, especially during working days, as the main meal. What makes a meal a "main meal" is mostly the fact that it is a warm, cooked meal and/or the food is plentiful, satisfying and consisting of several courses.

The main meals are taken in most cases at home, that is even true for lunch on working days, although to a smaller extent compared with weekends. Only a tiny percentage of meals are eaten outside home on weekends. During the working day more meals are eaten alone or without the complete family, than on weekends. Germans have lunch between 12.00-13.15 and dinner between 18.00-19.30, even on weekends. What makes the difference between the week and weekends is the somewhat longer time spent over the meal.

This frame of meal patterns has to be filled in by further investigations about the different foods and dishes eaten for the different meals. The meal patterns will have to be correlated to nutritional and health status parameters. For these research tasks there have to be developed methodological tools, e.g. coding of meals/dishes/beverages/menus extracted from the relevant information of dietary protocols.

FOOD CHOICES OF THE POPULATION IN KRAKOW REGION: DETERMINANTS INDICES AND VALUE OF DIETS

K Dhuzniowska, K Baranowska, J Kwiatkowski, D Mlynarska, Department of Hygiene and Ecology Collegium Medicum UJ, Kopernika-str. 7, 31-034 Krakow, Poland.

Attempts to evaluate the determinants of the feeding pattern of the population in Southern Poland have a history of 100 years. The results of the nutritional inquiry, published a century ago, indicated the structure of the local crops, connected with climate and the nature of soil, as the most important agents of meal composition; the frequency of animal food intake has been related to the financial situation of the family.

The qualitative food intake studies of schoolchildren organised in our Department in the first decades after the II World War showed the importance of the living place (urban or rural) for the accessibility to delivered or imported foods, and the significance of the profession of parents for the frequency of animal items and fruits in daily meals.

During the last 30 years the quantitative methods: recipe-weighing method, and for broader population studies (ca. 4000 persons) 24-hour recall (supported by models and pictures demonstration), with simultaneous inquiry about food frequency intake have been used; the questionnaire of each examined person included data of nutritional status assessment and records about social, financial and educational conditions of the family. Own computer programmes developed for calculation and statistical evaluation of obtained data allow the presentation of: 1. the composition of meals and daily diets in terms of food items and feeding pattern; 2. the quantitative intake of food items (or their groups) on the day of the 24-hour recall; 3. nutrient intake and nutritional value of diets (average levels and distribution for each nutrient, E % of energy yielding macronutrients, nutrients density etc.). Calculation of the data for each physiological group of examined population and for subgroups of different social and environmental characteristics is helpful in the selection of the most important determinants of food choice and in understanding the differences of feeding patterns. The examples of the evaluation will be shown for selected groups of the population.