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Food consumption of Indian adolescents in a globalizing world (1014.5)

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Abstract

Aim: Describe the patterns of food consumption among adolescents in urbanizing environment in Bijapur city, India. **Methods:** A cross-sectional, cluster design study of 399 school-going adolescents, ages 12–16 years, attending six middle schools in Bijapur. A 16 items Food Frequency Questionnaire was administered by an interviewer and weekly consumption of key food groups (d/wk) was calculated. T-tests were applied to test for differences in mean food consumption between adolescent boys and girls. **Results:** Most commonly consumed food groups were tea/coffee (5.5 ± 2.8 d/wk), milk and milk products (4.98 ± 2.8 d/wk), vegetables (other than green leafy vegetables (GLV)) (4.7 ± 2.3 d/wk), and packaged foods (biscuits, chips, chocolates) (4.7 ± 2.5 d/wk). Girls reported significantly ($p < 0.05$) higher consumption (d/wk) of packaged foods (5.1 vs. 4.5), non-GLV vegetables (5.0 vs. 4.3), ready-to-eat foods (1.5 vs. 0.8), and added dietary fat to prepared food (3.0 vs. 2.1) compared to boys. Boys reported significantly ($p < 0.05$) higher consumption (d/wk) of eggs (2.0 vs. 1.5) and street foods (samosa, bhajji) (1.5 vs 0.9). **Conclusions:** The high energy-dense packaged and street foods intake combined with low intakes of fruits and GLV among adolescents supports the presence of the nutrition transition in urbanizing regions of India that have implications for increased risk for non-communicable diseases risks in adulthood.

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Cornell Food & Brand Lab, ScienceDaily, 2014

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