120 - FATS AND FIBERS CONSUMPTION IN THE FOOD BEHAVIOR OF PHYSICAL EDUCATION PEDAGOGY STUDENTS AND EMPLOYEES OF THE UNIVERSIDAD AUTÓNOMA DE CHILE, TALCA, CHILE.

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Introduction

Eating habits are dynamic and influenced by many factors, including food tastes and preferences, weight problems, physiology, time and convenience, the environment, abundance of food, economy, the media and advertising, the Perceived product safety, culture and attitudes / beliefs.

The "National Food Consumption Survey" (Encuesta Nacional de Comportamiento Alimentario – ENCA), based on a study carried out by the University of Chile and the Ministry of Health of the Government of Chile, provided information that contributes to understanding food behavior in Chile.

The overall results suggest that lunch is the most frequent meal for Chileans and that breakfast, even when present at high frequency, is less frequent in adolescents. Dinner is the least frequent meal among the population, having afternoon snack and quick snacks as dinner substitutes, especially among women and the elderly.

Cereals, vegetables, vegetables and fruits, dairy products, meats and oils, belong to the habitual diet of the population, in consumption patterns common to all social extracts, by country and age groups, although presenting differences in quantity and variability. Some values indicate excess consumption at younger ages and malnutrition characteristics among older people, especially in groups of more limited economic resources, especially in rural areas.

Bread is the most consumed cereal, with its maximum consumption in the age groups between 19 and 29 years, among men, from the south of the country, in lower socioeconomic extracts. The consumption of cereals for breakfast still presents low frequency and is more characteristic in medium and high social extractions throughout the country, but with lower incidence in the south.

Fruits and vegetables have a healthy consumption pattern, but consumption rates are more frequent in the summer season, where availability is highest. In addition, the metropolitan region (capital of the country) indicates a higher frequency of consumption of these foods. Dairy products have an important frequency of consumption, but this is related to dairy products with high levels of fats and sugar, and these only reach adequate levels of consumption among children. Cheese consumption is more restricted to the highest socioeconomic level of the population.

Meat and legumes have a significant incidence of consumption in all social extracts, differentiating in quantity. The consumption of red meat is preponderant; the fishes for the upper classes and the legumes for the lower classes. The legumes have higher consumption than fish, even though Chile has a very high production of this type of food.

Saturated oils and fats are the most consumed, which represents a food risk for the population, despite all the knowledge and information presented by health agencies. Consumption is double that of polyunsaturated oils. The southern and metropolitan regions show greater consumption of saturated fats.

The consumption of sugars is widespread and very broad, contrary to health recommendations, especially the sugars contributed by the consumption of sugary drinks. There are warnings regarding the consumption of low calorie beverages and with sweeteners in their composition.

The highest social extract leads the frequency of a more varied and healthy diet, with greater consumption of healthy fats, fruits, vegetables, vegetables, breakfast cereals; But also has the highest consumption of cheeses, red and processed meats, and dairy products with high levels of fat. This allows access to a more balanced diet. The social extracts with lower purchasing power, maintain a diet rich in basic cereals, especially bread. Monthly family incomes are indicated as limiting access to a better quality diet. Among the vegetable foods, the most consumed are tomato, lettuce and carrot, in all regions, and in all social extracts.

Children are the ones with the highest consumption of dairy products and the elderly show lower consumption in almost all food groups, mainly cereals and red meats. The adolescent group exhibits high consumption of bread, processed meats and sugary drinks, and lower intake of fruits and fish. Perhaps this fact confirms the preference for sandwiches and foods of fast and easy preparation.

The nutritional quality of the Chilean population is far from adequate. Foods that meet the highest levels of consumption are fruits and vegetables, even if they are in lower consumption than the recommendations. A study by the Ministry of Health confirmed that only 5% of the population has a healthy diet, 87% require changes and 8% is unhealthy. Southern Chile, the rural area and intermediate socioeconomic levels are those with the highest proportion of unhealthy food consumption.

Methodology

The objective of this study was to analyze the consumption of fats and fibers in the eating behavior of Pedagogy students in Physical Education and employees of the Autonomous University of Chile, Talca, Chile.

Descriptive, cross-sectional study. Data collection instrument: Simplified Food Frequency Questionnaire (fats and fibers). It shows employees: 51 subjects (34 women, 17 men); Mean age: 38.4 years (23.63 years), employees and teachers from various sectors and courses, administrative and support. It shows students: 159 subjects (56 women, 103 men); Mean age 21.45 years (17-27 years), students of all levels of the Pedagogy in Physical Education course. Statistical and descriptive analysis of frequency. Consumption of fats (high = negative) and fibers (low = negative) are important variables for good nutrition.

Results

A 17% of the sample shows relatively high consumption the high in fats; 83% maintain low or low fat consumption. Only 1.96% of the sample presents adequate fiber consumption, 50.98% regular fiber consumption and 47.05% very low fiber consumption.

Hamburgers, fried chicken, sausage (sausage, etc.), margarine, butter, chips, package snacks, ice cream,

"sopaipillas" (fried dough in oil), "churrascas" (Baked bread on the grill) – frequency 2 to 3 times a month for both women and men.

Fatty meats, ham (mortadella, etc.), mayonnaise, milk - frequency of consumption is 1 to 2 times a week for men and 2 to 3 times a month for women. Cheese (curd) - equal consumption for women and men, often 1 to 2 times a week. Eggs - consumption 3 to 4 times per week for women and men. Bacon is the least consumed fat for women and men in both groups: students and staff; Often less than once a month. Street snacks run 2 to 3 times a week for both groups and there are many options that are sold at the university gate at a low cost.

Of the group of students, older people consume more fats. This frequency is repeated with the employees (up to 3 times a week: meat, mayonnaise, cheeses). Both groups presented high frequency of bread consumption (5 or more times per week). Chile is the third largest country among the countries that consume more bread (behind Russia and Greece), with 93 kilos per person per year. Even the two groups (students and employees) have very low fiber consumption. Chile has half to one third of the recommended consumption for vegetables, fruits and vegetables. The tomato is the first vegetable product that appears in the list of most consumed foods and is in thirteenth place of consumption in the diet of Chileans.

The group of women in the sample had higher intakes than men compared to fruits (50% of women) and leaf salads (44.81%) every day; And 4 to 6 times a week, 23.52% of women. They also have lower consumption of whole-grain bread (58.82% of women eat whole-grain bread less than once a week) and higher consumption of white bread (conventional), with 61.76% of women compared to men of the sample.

Men (76.46%) consume more legumes than women (73.52%) at a frequency of 1 to 3 times a week. Women (52.94%) consume less whole grains than men (58.82%) at a frequency of less than once a week. Vegetables are consumed by groups of men and women daily and women (44.81%) consume leafy salads daily in percentage higher than men (41.17%).

Comparing the two groups - students and employees - both have low fat intake and also very low fiber intake. The most commonly consumed fibers are leafy salads, white breads, greens and fruits. Both groups present low intakes of whole grains and whole grains, with the group of students presenting values superior to the employees. The most consumed fats in both groups relate to cheeses and curd cheese, eggs, sopaipillas (fried dough in oil), sausages, mayonnaise, fatty meats and fried potatoes.

Conclusions

The consumption of fats between women and men is similar. Women are more likely to consume fiber. Even though fiber consumption is similar, men consume more fats because of meat consumption, which can be considered as a more negative factor for them. The biggest fat intake is between staff and administrative staff. Low fiber consumption is a negative indicator in the food behavior of the sample. A diet low in fiber can cause cardiovascular disease, diabetes, obesity, colon cancer and constipation.

The consumption of fiber is below the recommendations of the WHO (World Health Organization): combination of cereals, fruits, vegetables and vegetables between 2 to 6 servings per day.

The fats consumed indicate frequent consumption of fast food by both groups. Students of Physical Education consume whole grains in proportions superior to the employees.

The food behavior of the sample shows characteristics similar to the average of the Chilean population in relation to the preferences of food consumption and the frequency of healthy foods.

Adult subjects present basically the same eating behavior, in relation to consumption of fats and fibers, than university students. Perhaps the university environment is a factor that directly interferes in the nutritional habits of the two groups, even if they are groups that present a daily activity of largely differentiated.

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FATS AND FIBERS CONSUMPTION IN THE FOOD BEHAVIOR OF PHYSICAL EDUCATION PEDAGOGY STUDENTS AND EMPLOYEES OF THE UNIVERSIDAD AUTÓNOMA DE CHILE, TALCA, CHILE

ABSTRACT

Healthy eating presents a balance of foods and beverages within the energy needs, in place of any food or food. Eating habits are dynamic and influenced by many factors, including food tastes and preferences, weight problems, physiology, time and convenience, the environment, abundance of food, economics, media / marketing , Perceived product safety, culture and attitudes / beliefs. Objective: To analyze the consumption of fats and fibers in the eating behavior of Pedagogy students in Physical Education and Staff of the Autonomous University of Chile, Talca, Chile. Methodology: descriptive, cross-sectional study; Instrument: Simplified Food Frequency Survey (fats and fibers). Shows employees: 51 subjects (34 women, 17 men); Average age: 38.4 years, staff and professors from various departments and courses, administrative and support; It shows students: 159 subjects (56 women, 103 men); Average age: 21.45 years, students of all levels of the Pedagogy course in Physical Education; Descriptive frequency analysis. Consumption of fats (high = negative) and fibers (low = negative) variables important for good nutrition. Results: comparing the two groups, both presented low fat consumption and also very low fiber consumption. Most consumed fibers: salad leaves, conventional breads, vegetables and fruits. Both groups present low intakes of whole grains and whole grains, with the group of students presenting values higher than the employees in this variable. The most consumed fats in two groups are related to cheeses and curd cheese, eggs, “sopaipillas”, sausages, margarine, mayonnaise, fatty meats and fries. Conclusions: adult individuals present basically the same eating behavior in relation to consumption of fats and fibers as university students. Perhaps the university environment is a factor that directly interferes in the nutritional habits of both groups, even if the groups that present a daily life of activities mostly differentiated. The fats consumed indicate the frequent consumption of fast food by both groups. Students of Physical Education consume whole grains in percentage higher than the employees.

Key Words: Food behavior, fat, fiber, Pedagogy in Physical Education, employees, Autonomous University of Chile.

CONSOMMATION FATS ET FIBRE EN MANGER COMPORTEMENT DES ÉTUDIANTS DE PÉDAGOGIE DANS L'ÉDUCATION PHYSIQUE ET EMPLOYÉS DE L'UNIVERSITÉ AUTONOME DU CHILI, TALCA, CHILI.

RESUME

Une alimentation saine a un équilibre de la nourriture et des boissons dans les besoins énergétiques, au lieu de tout aliment alimentaire. Les habitudes alimentaires sont dynamiques et influencés par de nombreux facteurs, y compris le goût et les préférences alimentaires, problèmes de poids, de la physiologie, du temps et de commodité, l'environnement, l'abondance de la nourriture, l'économie, les médias / commercialisation, la sécurité perçue du produit, la culture et les attitudes / croyances. Objectif: analyser la consommation de matières grasses et de fibres dans le comportement alimentaire des étudiants en pédagogie dans l'éducation physique et les responsables de l'Université autonome du Chili, Talca, Chili. Méthodologie: descriptive, cross-studio; Instrument: Questionnaire de Fréquence Alimentaire simplifié (lipides et fibres). Spectacles employés: 51 sujets (34 femmes, 17 hommes); Age moyen: 38,4 ans, le personnel et les professeurs de différents départements et des cours, administratif et de soutien; Spectacles étudiants: 159 sujets (56 femmes, 103 hommes); Age moyen: 21,45 ans, les étudiants de tous les niveaux de la Faculté d'éducation en éducation physique; analyse de fréquence descriptif. L'apport en

graisses (high = négatif) et de fibres (faible = négatif) des variables importantes pour une bonne nutrition. Résultats: comparant les deux groupes, les deux ont une faible consommation de graisses et aussi très faible apport en fibres. Mauvaises fibres consommées: feuilles de salade, pains classiques, des légumes et des fruits. Les deux groupes ont une faible consommation de grains entiers et les pains de grains entiers, avec le groupe d'étudiants qui ont des valeurs plus élevées pour les employés dans cette variable. Le plus de graisse consommée en deux groupes concernent fromages et caillebotte, œufs, "sopaipillas", saucisses, margarine, mayonnaise, viandes grasses et des frites. Conclusions: les adultes ont fondamentalement le même comportement alimentaire par rapport à la consommation de graisses et de fibres que les étudiants. Cette fois, le milieu universitaire est un facteur qui influe directement sur les habitudes alimentaires des deux groupes, même des groupes qui ont une activité essentiellement différente tous les jours. La graisse consommée indique la consommation fréquente de la restauration rapide pour les deux groupes. Les étudiants Educación Physique consomment des grains entiers pourcentage plus élevé d'employés.

Mots clés : comportement alimentaire, les graisses, les fibres, l'éducation en éducation physique, les employés, Université Autonome du Chili.

CONSUMO DE GRASAS Y FIBRAS EN EL COMPORTAMIENTO ALIMENTARIO DE EDUCACIÓN FÍSICA ESTUDIANTES Y EMPLEADOS DE PEDAGOGÍA DE LA UNIVERSIDAD AUTÓNOMA DE CHILE, TALCA, CHILE.

RESUMEN

Alimentación saludable presenta un equilibrio de alimentos y bebidas dentro de las necesidades de energía, en lugar de cualquier alimento o comida. Los hábitos alimentarios son dinámicos e influenciados por muchos factores, incluyendo los gustos y preferencias alimentarias, problemas de peso, la fisiología, el tiempo y la comodidad, el medio ambiente, la abundancia de alimentos, la economía, los medios de comunicación/marketing, la seguridad percibida del producto, la cultura y actitudes/creencias. Objetivo: Analizar el consumo de grasas y fibras en el comportamiento alimentario de estudiantes de Pedagogía en Educación Física y Funcionarios de la Universidad Autónoma de Chile, Talca, Chile. Metodología: estudio descriptivo, transversal; instrumento: Encuesta de Frecuencia Alimentaria Simplificada (grasas y fibras). Muestra funcionarios: 51 sujetos (34 damas; 17 varones); edad promedio: 38,4 años, funcionarios y docentes de diversos departamentos y carreras, administrativos y de apoyo; Muestra estudiantes: 159 sujetos (56 damas; 103 varones); edad promedio: 21,45 años, estudiantes de todos los niveles de la carrera de Pedagogía en Educación Física; análisis descriptiva de frecuencia. Consumo de grasas (elevado = negativo) y de fibras (bajo = negativo) son variables importantes para una buen nutrición. Resultados: comparando los dos grupos, ambos presentan bajo consumo de grasas y, también, muy bajo consumo de fibras. Fibras más consumidas: ensalada de hojas, panes convencionales, verduras y frutas. Los dos grupos presentan bajo consumo de cereales integrales y panes integrales, con el grupo de estudiantes presentando valores superiores a los funcionarios en esta variable. Las grasas más consumidas en ambos grupos se relacionan a quesos y queso crema, huevos, sopaipillas, embutidos, margarina, mayonesa, carnes grasosas y papas fritas. Conclusiones: individuos adultos presentan básicamente el mismo comportamiento alimentario en relación a consumo de grasas y fibras que los estudiantes universitarios. Tal vez el ambiente universitario sea un factor que interfiere directamente en los hábitos nutricionales de los dos grupos, mismo que sean grupos que presentan un cotidiano de actividades mayoritariamente diferenciadas. Las grasas consumidas indican consumo frecuente de comida rápida por ambos grupos. Estudiantes de Educación Física consumen cereales integrales en porcentaje superior a los funcionarios.

Palabras claves: comportamiento alimentario, grasas, fibras, Pedagogía en Educación Física, funcionarios, Universidad Autónoma de Chile.

CONSUMO DE GORDURAS E FIBRAS NO COMPORTAMENTO ALIMENTAR DE ESTUDANTES DE PEDAGOGIA EM EDUCAÇÃO FÍSICA E FUNCIONÁRIOS DA UNIVERSIDADE AUTÔNOMA DE CHILE, TALCA, CHILE.

RESUMO

Alimentação saudável apresenta um equilíbrio de alimentos e bebidas dentro das necessidades de energia, no lugar de qualquer alimento o alimento. Os hábitos alimentares são dinâmicos e influenciam por muitos fatores, incluindo os gostos e preferências alimentares, os problemas de peso, a fisiologia, o tempo e a comodidade, o meio ambiente, a abundância de alimentos, a economia, os meios de comunicação/marketing, a segurança percebida do produto, a cultura e atitudes/crenças. Objetivo: Analisar o consumo de gorduras e fibras no comportamento alimentar de estudantes de Pedagogia em Educação Física e Funcionários da Universidade Autônoma do Chile, Talca, Chile. Metodologia: estúdio descritivo, transversal; Instrumento: Questionário de Frequência Alimentar Simplificada (gorduras e fibras). Mostra funcionários: 51 sujeitos (34 mulheres; 17 homens); Idade média: 38,4 anos, funcionários e docentes de diversos departamentos e cursos, administrativos e de apoio; Mostra estudantes: 159 sujeitos (56 mulheres; 103 homens); Idade média: 21,45 anos, estudantes de todos os níveis do curso de Pedagogia em Educação Física; Análise descritiva de frequência. Consumo de gorduras (elevado = negativo) e de fibras (baixo = negativo) variáveis importantes para uma boa nutrição. Resultados: comparando os dois grupos, ambos apresentam baixo consumo de gorduras e, também, muito baixo consumo de fibras. Fibras más consumidas: salada de folhas, pães convencionais, verduras e frutas. Os dois grupos apresentam baixo consumo de cereais integrais e pães integrais, com o grupo de estudantes que apresentam valores superiores aos funcionários nessa variável. As gorduras mais consumidas em dois grupos se relacionam a queijos e requeijão, ovos, “sopaipillas”, embutidos, margarina, maionese, carnes gordurosas e batatas fritas. Conclusões: indivíduos adultos apresentam basicamente o mesmo comportamento alimentar em relação a consumo de gorduras e fibras que os estudantes universitários. Tal vez o ambiente universitário seja um fator que interfere diretamente nos hábitos nutricionais dos dois grupos, mesmo que os grupos que apresentam um cotidiano de atividades maioritariamente diferenciadas. As gorduras consumidas indicam o consumo frequente de comida rápida por ambos os grupos. Estudantes de Educación Física consomem cereais integrais em porcentagem superior aos funcionários.

Palavras chave: comportamento alimentar, gorduras, fibras, Pedagogia em Educación Física, funcionários, Universidade Autônoma do Chile.