Method: Data on nutritional composition of soft drinks from a sample of 80% of the total market was collected by ANFABRA, Chair of communication and education on healthy lifestyles.

Results: Between 2009 and 2015 calories per litre of all soft drinks placed in the Spanish market fell by 19%. The fourth part of soft drinks contributes less than 4 calories per 100 ml.

Conclusions: The soft drinks sector has shown a strong commitment to innovation and promotion of low and no calorie products, without compromising taste while making it possible to choose a drink based on taste, needs, activity or moment of the day.

Key words: soft drinks, calories, innovation.

Taste workshops for children: importance of being hydrated

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Introduction: Spanish Nutrition Foundation (FEN) and the Royal Spanish Academy of Gastronomy (RAG) were the pioneers to present the idea of including gastronomy and healthy eating habits into the European education system. This initiative was approved on 12th march 2014 by the European Parliament and since then, both institutions, in collaboration with the Ministry of Education, Culture and Sports, have been working on innovative audiovisual and multimedia materials for children. Nutrition education contributes to children’s improved understanding and practice of healthy lifestyles behaviors. One essential topic consist of having a well hydration status, and children are a vulnerable population much more prone to dehydration than adults.

Objective: To develop a serial of videos for children between 3 and 9 years old with cooking and nutrition lessons and recipe demonstrations to be used as educational resources in the official curricula.

Method: Videos focused on food groups, nutrients, gastronomy, active lifestyles and importance of being hydrated. A nutritionist, a cooker and two muppets participated in them.

Results: The videos include five sections: introduction, theory class, recipes –in case of hydration we recorded recipes with different water content foods-, video summary and final test. We have presented a summary of them in Spain Pavillion in Expo Milano 2015 and will use as an education tool for teachers.

Conclusion: Videos can be used as nutrition education tools to reinforce language, listening and motor skills
as well as food and nutrition concepts, specially, the importance of being hydrated.

Key words: beverages, education, children, hydration.

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Correlation but no association of sugar sweetened beverage consumption with systolic and diastolic blood pressure among Mexican adolescents

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Introduction: Mexico has positioned itself as the largest consumer of sugar sweetened beverages (SSB). It has been proposed that the consumption of SSB is associated with increased prevalence of overweight and obesity as well as other cardiovascular risk factors, including hypertension.

Objective: To determine the relationship between the consumption of SSB patterns and blood pressure in a Mexican sample of adolescents.

Method: A cross-sectional study including 242 adolescents was conducted in Mexico City; anthropometric measurements were taken as well as blood pressure according to AHA recommendations to diagnose hypertension and a 24h recall was obtained.

Results: A higher prevalence of hypertension was observed in men than women (13.9±11.7%; p<0.05) with a mean systolic blood pressure higher in boys compared with girls (103.1±11.4 vs 99.8±10.5 mmHg; p<0.05). A consumption of 5±5.8 servings a day (s/d) of SSB was reported. Soft drinks and juices were consumed on average of 2.39±4.5 and 1.29±2.3 s/d, respectively. No differences between soft drinks or juice were reported according to the presence of systolic/diastolic hypertension and normal blood pressure (2.91±5.4 vs 2.24±4.2; 1.36±1.67 vs 1.27±2.43 s/d, respectively; p>0.05). A high correlation between soft drinks and juices consumption and systolic blood pressure (r=0.985 p<0.001; r=0.987; p<0.001, respectively). Also, the correlations for diastolic blood pressure and soft drinks and juices intake were r=0.987 and r=0.613, respectively; p<0.05). No differences between those with normal blood pressure and hypertension were found (1.236±545 ml; p=0.254).

Conclusion: There is no association between SSB and systolic and diastolic blood pressure among Mexican adolescents.

Key words: blood pressure, sugar sweetened beverage.

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Water intake in Mexican adolescents. Differences regarding the presence of cardiovascular risk factors

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Introduction: Proper hydration is important for maintaining homeostasis in all physiological processes and avoid some diseases. Cardiovascular risk factors (CVRF) are more common in the young population.

Objective: To analyze water intake of Mexican adolescents according to the presence of CVRF.

Method: A cross sectional study including adolescents was conducted in Mexico City; anthropometric measurements (weight, height and waist circumference) were taken, as well as blood pressure according to AHA recommendations to evaluate hypertension. A 24h recall was obtained and analyzed with the Food Processor Software. Body mass index (BMI) was calculated and subjects were classified as overweight / obese (OW-O) according to CDC percentiles.

Results: 242 adolescents were evaluated; the average age was 12±1.9 years, 50.4% of the sample were boys. A global prevalence of hypertension was of 15%; 43.4% was classified as OW-O meanwhile only 27% presented abdominal obesity (AO) according to waist circumference. The daily intake of water, including foods, was 1263.1±656 ml with a higher consumption in those with a normal weight compared with OW-O (1,555±605.2 vs 891.4±468.7 ml, respectively; p<0.05). No differences between those with normal blood pressure and hypertension were found (1,327±693.4 vs 1,265±644.6 ml, respectively; p>0.05). Also, the water intake was similar in those without AO in contrast with those with OA (1,350.5±727.8 vs 1,236±545 ml; p=0.254).

Conclusion: There is a high prevalence of CVRF among Mexican adolescents. Low water consumption was reported in this population and it seems to be related to overweight and obesity but not to hypertension or abdominal obesity.

Key words: water intake, adolescents, hypertension, obesity.

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