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Association between diet quality and measurements of body fatness in Mexican adults

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Overweight is associated with an imbalance between energy expenditure and energy intake, but evidence on the association between Body Fatness (BF) and diet quality remains inconsistent. The objective of this cross-sectional study was to examine the association between diet quality and BF in a sample of 208 Mexican adults (175 women and 37 men). To evaluate diet quality, we built a Diet Quality Score (DQS) based on the Mexican dietary guidelines and international recommendations. We included the following nutrients and food groups: 1) polyunsaturated fats (PUFAS) 2) added sugars 3) fruits and vegetables 4) red meat 5) low fat dairy products 6) legumes and 7) high in saturated fat and/or added sugar (HSFAS) foods. A value of 1 was assigned if the recommendation was met and 0 if the recommendation was not met for each of the seven individual recommendations. We defined the 3 following categories of adherence: low (0-2 points) medium (3-4 points) and high (>5 points). Percent Body Fat (PBF) was assessed via bioelectrical impedance analysis (InBody 270). The association between maternal diet and BF was investigated by multiple linear regression controlling for age, total energy intake, sex, gravity and menopausal status. Only in women, we identified a significant inverse association between the high adherence to DQS and PBF (β s = -8.6, 95% CI -16.4, -0.8, $p < 0.05$) compared with the lowest adherence category (reference group), controlling for potential confounders. In conclusion, nutritional counseling that incorporates diet quality based on adherence to dietary guidelines may prevent an excessive BF.

Biography

Monica Ancira Moreno has completed her PhD in 2018 from National Institute of Public Health, Mexico. She has been working as Academic at Universidad Iberoamericana (IBERO) since 2017. Her areas of research interest include maternal and child nutrition and the prevention of non-communicable chronic diseases over the life course. Currently, she is the Principal Investigator of the project "Maternal and Health Observatory", whose mission is to create a systematized information platform through the collection, monitoring and reporting of maternal and child health and nutrition indicators that works as supplies to the formulation and implementation of public policies in Mexico.

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