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Mehnoosh Samadi and Amir Bagheri
Kermanshah University of Medical Sciences, Iran

In developing countries as a result of urbanization, lifestyle and modernization, the obesity as a risk for health problems increases. The purpose of this study was to determine the association between obesity and energy and nutrient intake and distribution of energy throughout the day. This cross-sectional study was conducted in 410 girls aged 10-8. Height and weight were measured and BMI was calculated. Body fat using the Body Composition Analyzer (BCA) was measured, total energy intake, percentage of energy from protein, carbohydrate and fat and energy content of each meal and snack obtained using three food records were assessed. Percent calories from fat in overweight and obese children and in children with higher fat mass, significantly more than children of normal weight (mean±SD respectively: 35.4±8.5 compared to 28.7±7.6). Percentage of energy intake from breakfast was lower in overweight and obese children than normal weight children (mean±SD respectively 12.9±6.9 compared to 19.8 ±5.7) and percentage of energy intake from lunch and evening snacks compared to normal weight children were more (mean ±SD respectively: 40.8±8.9 and 15.2±5.5 compared to 35.7±9.7 and 11.2±6.3) and children with normal weight, have more energy intake from morning snacks (mean±SD respectively: 6.2±5.4 compared to 4.1±3.4). This study showed obese and overweight children's snacks had higher amounts of fat and snacks for children with normal weight had greater amounts of fruit and the use of low-energy snacks to prevent obesity in children's diet can have an important role

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Mehnoosh Samadi has completed her PhD from Ahvaz Jundishapur University of Medical Sciences. She is the Assistant Professor of Nutritional Science department in the School of Nutritional Science and Food Technology of Kermanshah University of Medical Sciences, Kermanshah, Iran. She has published more than 10 SDSHUV LQ UHSXWHG MRXUQDOV DQG KDV EHHQ VHUYLQJ DV DQ (GLWRULDO %RDUG OHPEHU RI UHSXWH

mehnoosh_samadi@yahoo.com

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