

Eating habits of urban youth aged 16-18

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ABSTRACT

Introduction: Nutrition is one of the most important factors conditioning normal human growth and development. Nutritional errors can be the basis for the emergence and development of obesity, hypertension, atherosclerosis, osteoporosis or postural defects.

Purpose: The aim of the study was to learn about the dietary habits of urban high-school youth.

Material and methods: The study was conducted using the original questionnaire in 2013 and covered 200 students of randomly selected high schools.

Results: Among the subjects, 70.8% consumed 4 or 5 meals during the day. The boys eaten five meals significantly more often during the day than girls. The first breakfast was consumed by 76.5% of students and the second breakfast by 69.7%. Of the

subjects, 80% indicated the eating between meals. The girls preferred sweets, fruit and sandwiches, and the boys had sandwiches, sweets and dairy drinks. The highest percentage of the examined youth ate sweets 3-4 times a week (41.6% girls and 35.6% boys). The respondents who consumed fast food once a week constituted of 60.9% of girls and 48.7% of boys. The girls consumed sweetened drinks most often once a week, and boys 3-4 times a week.

Conclusions: Nutritional errors of adolescents consisted of irregular consumption of meals, late time of the last meal before bedtime, consumption of a large number of sweet and spicy snacks and sweetened beverages. Wrong nutrition concerned both girls and boys.

Keywords: Nutrition, dietary habits, youth

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