

Conclusions: MetS is prevalent in PR, especially elevated waist circumference. Specific groups with higher odds of MetS (i.e., men, older age, and rural residents) warrant attention. Directed public health efforts to increase physical activity may benefit cardiometabolic health. Subsequent studies should clarify the role of alcohol intake and the directionality of the associations.

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P24-019-23 Schoolchildren Preference Among Foods Cooked and Served in Public Primary School Canteens in Urban and Peri-Urban Areas in Southern Benin

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Objectives: Many countries are implementing school feeding programs aiming at improving feeding practices, nutritional status and educational performance of children. This study aims at evaluating the appreciation of students on the food cooked in school canteens in three urban and suburban communes namely Cotonou, Abomey-Calavi and Sèmè-Kpodji within the framework of the National Integrated School Feeding Program (PNASI) implemented in Benin by the Government and the WFP.

Methods: Twelve public primary schools were randomly selected from the list of schools benefiting from PNASI in the three communes. Individual interviews were conducted with 759 schoolchildren among their appreciation and preference of foods cooked and served in school canteens.

Results: Thirteen different types of food made from maize, rice, lentils, cowpea and gari were prepared in canteens. The most preferred were: jollof rice or rice-macaroni mix, boiled lentil, and boiled rice with sauce. These foods were cited in the Top 3 favorite foods by 56.9%, 47.7% and 39.5% of schoolchildren respectively. The least favorite foods were Zankpiti of cowpea (mix of maize flour, beans and red palm oil), macaroni and piron (gari dough) plus sauce; mentioned in the Top 3 of the most appreciated foods by only 1.6%, 0.3% and 0.1% respectively. The main criteria for appreciating foods were flavor and satiating character. Nutritional considerations were secondary. Indeed, Zankpiti, a high-nutrient dense food, was less appreciated; recipes integrating vegetables notably leafy vegetables were not present in the Top favorite foods.

Conclusions: Rice recipes were the most appreciated by schoolchildren. Results highlighted importance of considering children perceptions and opinions when modeling school feeding programs. A nutrition education program is also needed to improve nutritional and organoleptic quality of recipes used in school canteens as well as the knowledge and perceptions of schoolchildren about nutrition.

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P24-020-23 Trends in Sources of Key Food Groups To Encourage in the United States: 1999–2018

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Objectives: Much is known about changes in the US diet over the last few decades including well described trends of food groups to encourage (FGEs) comprising, but not limited to increasing whole fruit, whole grain (WG), nuts/seeds; stable intake of vegetables and decreasing consumption of fruit juice. However, much less is known regarding what sub-categories are driving these trends.

Methods: Using nationally-representative dietary survey data in more than 82,529 subjects age ≥ 2 y this research sought to understand trends in the sources of each of these FGEs. We manually coded >10,000 foods into pre-defined sub-categories or sources (e.g., for whole grains [WG]: breads, ready-to-eat cereals [RTEC], hot cereals, grains & pasta, snacks and other sources) from the first 24-hour dietary recall of NHANES from 1999–2018. Survey-weighted mean intakes were estimated for each 2-year cycle and tests of linear trends were conducted. Proportional changes were calculated comparing intake in 2017–2018 to 1999–2000.

Results: Overall, vegetable intakes were stable but consumption of both canned vegetables and fried potatoes declined slightly (–16% and –14%, respectively from 1999–2000 to 2017–2018) with a small increase in consumption of frozen vegetables (+13%). For whole fruits, fresh fruit intake increased sharply (+32%), with particularly notable increases in apple (+47%), citrus (+98%), berries (+140%), and other tropical fruits (+159%), but not bananas (+0%). Canned and frozen fruit declined by about 18% while dried fruit increased by 48%. For fruit juice declines were observed all forms, including juices (–58%), apple/citrus (–31%) and fruit drinks (–72%). Increased consumption of WG was driven by bread (+119%), grains & pasta (+142%) and snacks (+42%), but RTEC and hot cereal intake was stable. Trends for children/adolescents and adults were examined separately and were generally similar with limited exceptions. For adults fried potato consumption was stable while it declined for kids. In children, apple juice was stable (+4.0%), while consumption of other juices declined significantly.

Conclusions: These results suggest multiple opportunities to decrease the cost of FGE intake by purchasing fewer fresh items and more frozen/canned/juices.

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