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## Food Intake Habits, a Problem in University Students in Mexico

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**Background:** Lifestyle and balanced diet are essential for a healthy life. University students have changed their diet habits; choosing high-fat foods from industrialized sources over healthy foods [1]. This, along with a decreasing intake of fruits and vegetables, leads to overweight and obesity [2]. Mexico is a country with prevalence in overweight and obesity in adults (72.5%); which is serious a health problem, that echoes on the incidence of chronic diseases [3].

**Aim:** To know the eating behavior of University students.

**Methodology:** A descriptive cross-sectional study was performed considering a sample constituted by 30 University students (18 to 30 years old). They were invited to participate and accepted with informed consent. A validated and reliable instrument was used to measure food consumption and food preparation habits.

**Results:** Data obtained from questionnaire indicated that 53% students choose fruits and 46.7% choose vegetables, due to their flavor. Regarding the reason for the lack of fruits intake, 33.3% stated that they do not have a personal commitment and 26.6% indicated that fruits are expensive. Concerning vegetables, 33.3% answered that they have no time to prepare them for consumption. Respecting to food intake outside home; 40% buy lunch on a weekly basis; thus, they rarely have breakfast or dinner outside home. Students eat cookies, soda and sometimes fruits during the day. Solely 16.7% of students had one serving per day of vegetables, and 30% had one intake per day of fruits. Finally, the means of food intake during a day is sweet (Female (60%) and male (50%)) and cookies (female (40%) and male (60%)).

**Conclusions:** The ingestion of fruits and vegetables is below the recommended by WHO (five servings per day) [4]. Additionally, these students have high ingestion of cereals. With these results, it is necessary to make an intervention to improve food increasing intake and vegetables.

### Biography:

Priscilla Muñiz-Mendoza has her expertise in nutrition and education of health. Recently, she is a student of PhD. Public Health Program, with a thesis in relation about student's nutrition and interventions for better health.