Taste-related factors and food neophobia: Are they associated with nutritional status and teenagers’ food choices?

Helena Dória Ribeiro de Andrade Previato, Jorge Herman Behrens

PII: S0899-9007(17)30102-8
DOI: 10.1016/j.nut.2017.05.006
Reference: NUT 9962

To appear in: Nutrition

Received Date: 16 November 2016
Revised Date: 18 April 2017
Accepted Date: 12 May 2017

Please cite this article as: Previato HDRdA, Behrens JH, Taste-related factors and food neophobia: Are they associated with nutritional status and teenagers’ food choices?, Nutrition (2017), doi: 10.1016/j.nut.2017.05.006.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.
Taste-related factors and food neophobia: Are they associated with nutritional status and teenagers' food choices?

Helena Dória Ribeiro de Andrade Previato¹ and Jorge Herman Behrens²

¹PhD Candidate in Food and Nutrition, Department of Food and Nutrition, School of Food Engineering, University of Campinas (UNICAMP), Brazil.
²Assistant Professor, Department of Food and Nutrition, School of Food Engineering, University of Campinas (UNICAMP), Brazil.

*Corresponding author: Helena Dória Ribeiro de Andrade Previato, Department of Food and Nutrition, School of Food Engineering, University of Campinas (UNICAMP), 80 Monteiro Lobato St., Zip Code: 13.083-862, Campinas/SP, Brazil, E-mail: helenapreviato@hotmail.com

ABSTRACT

Objective: To evaluate the association of taste-related factors (craving for sweets, using food as a reward and pleasure) and food neophobia with nutritional status and food intake among teenagers.

Methods: Cross-sectional study with 132 teenagers aged 15–19 years old. Food behavior, anthropometrics, body composition and lifestyle measurements were obtained and analyzed.

Results: Craving for sweets was associated with overweight, adiposity, meal skipping, physical inactivity and sweets intake (P < 0.05). Reward was linked to adiposity, physical inactivity, lack of interest in information about food and sweets intake (P < 0.05). Pleasure was associated with physical inactivity, lack of interest in information about food, sweets and soft drink intake (P<0.05). Females had a higher craving for sweets (22.88 ± 4.77) and pleasure scores (21.50 ± 3.82), body fat (25.33 ± 6.60), meal skipping (63.2%) and physical inactivity (64.7%) than males (P < 0.05). There was no association among food neophobia and nutritional status and food intake.

Conclusion: Our results indicate that, in contrast to food neophobia, taste-related factors can be associated with body fat and inadequate food choices in
دریافت فوری متن کامل مقاله
امکان دانلود نسخه تمام متن مقالات انگلیسی
امکان دانلود نسخه ترجمه شده مقالات
پذیرش سفارش ترجمه تخصصی
امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
امکان دانلود رایگان ۲ صفحه اول هر مقاله
امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
دانلود فوری مقاله پس از پرداخت آنلاین
پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات