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Determination of food group intakes in Irish teenagers aged 13–17 years

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The objective of the present study was to determine the food group intakes in Irish teenagers. Analysis was based on the National Teens' Food Survey (NTFS), which was carried out between September 2005 and September 2006 to establish a database of habitual food and drink consumption in a representative sample of Irish teenagers aged 13–17 years. A 7 d semi-weighted food record was used to collect food intake data from 441 teenagers (224 males, 217 females). Analysis of dietary intake data was carried out using WISP© (Tinuviel Software, Llanfechell, Anglesey, UK), which is based on *McCance and Widdowson's The Composition of Foods Sixth Edition*⁽¹⁾.

	Population (n 441) (g/d)		Consumers only (g/d)		
	Mean	SD	% consumers	Mean	SD
Bread and rolls	92	55	99	93	55
White bread and rolls	63	43	96	66	42
Wholemeal and brown breads and rolls	20	39	48	41	48
Breakfast cereals	47	62	84	56	63
'Ready to eat' breakfast cereals	31	32	81	38	32
Other breakfast cereals (including milk and water)	16	56	15	110	106
Milk and milk products	280	241	97	290	239
Whole milk	206	232	82	253	232
Reduced-fat milk	42	122	24	176	197
Yoghurt	22	36	43	51	39
Fruit and fruit juices	149	174	83	181	176
Fruit	63	121	67	94	138
Fruit juices	86	116	62	140	120
Vegetables and vegetable dishes	61	53	92	67	52
Vegetables	54	47	91	60	46
Meat and meat products	160	78	98	163	75
Fresh meat	44	36	88	50	36
Processed meat	63	44	96	65	43
Potatoes and potato products	139	77	99	140	77
Potatoes (e.g. boiled, mashed, baked)	70	63	83	84	60
Chipped, fried and roasted potatoes	62	50	93	67	49
Beverages	790	424	100	790	424
Non-diet carbonated beverages	185	189	82	225	186
Diet carbonated beverages	21	65	18	121	108
Squashes, cordials and fruit juice drinks	34	66	45	76	80
Sugars, confectionery, preserves and savouries	52	37	99	53	37
Biscuits, cakes and pastries	24	30	82	29	30

On average, total intake of fruit and vegetables (two servings per d) was less than recommended (five servings per d⁽²⁾). Several undesirable patterns of food intake were observed for bread (mainly white), meat (mainly processed), milk (mainly whole milk) and beverages (mainly with added sugar). The patterns of consumption of food groups may have implications for dietary intakes of fat, saturated fat, added sugar, salt and dietary fibre.

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1. Food Standards Agency (2002) *McCance & Widdowson's The Composition of Foods Sixth Edition*. Cambridge: Royal Society of Chemistry.
2. World Health Organization (2003) *Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series no. 916*. Geneva: WHO.