

COMMONLY CONSUMED FOODS BY ARGENTINIAN TODDLERS

We conducted a study on Argentinian toddlers (12 months – 3 years) to better understand the diversity of foods consumed



METHODOLOGY:

Step 1 Collected 7-day diet records for 220 Argentinian children 12 – 36 months of age.

Step 2 Evaluated individual dietary diaries to understand the diversity of foods and which food categories were consumed at each meal occasion i.e. breakfast, snacks, lunch and dinner.

RESULTS:



12 – 36-month-old infants consume a diversity of foods.

The most consumed food categories are "cookies and pastries", "cow's milk", "meats, eggs and cheese", "powder juices and sodas", "water and infusion".



Foods categories consumed at breakfast and for snacks were similar. However, some food categories regularly consumed as snacks were not consumed as commonly at breakfast e.g. salty snacks, yogurt, and dairy desserts.

At lunch and dinner, the most consumed food categories are "meats, eggs and cheese", "cereals" and "powder juices and sodas".



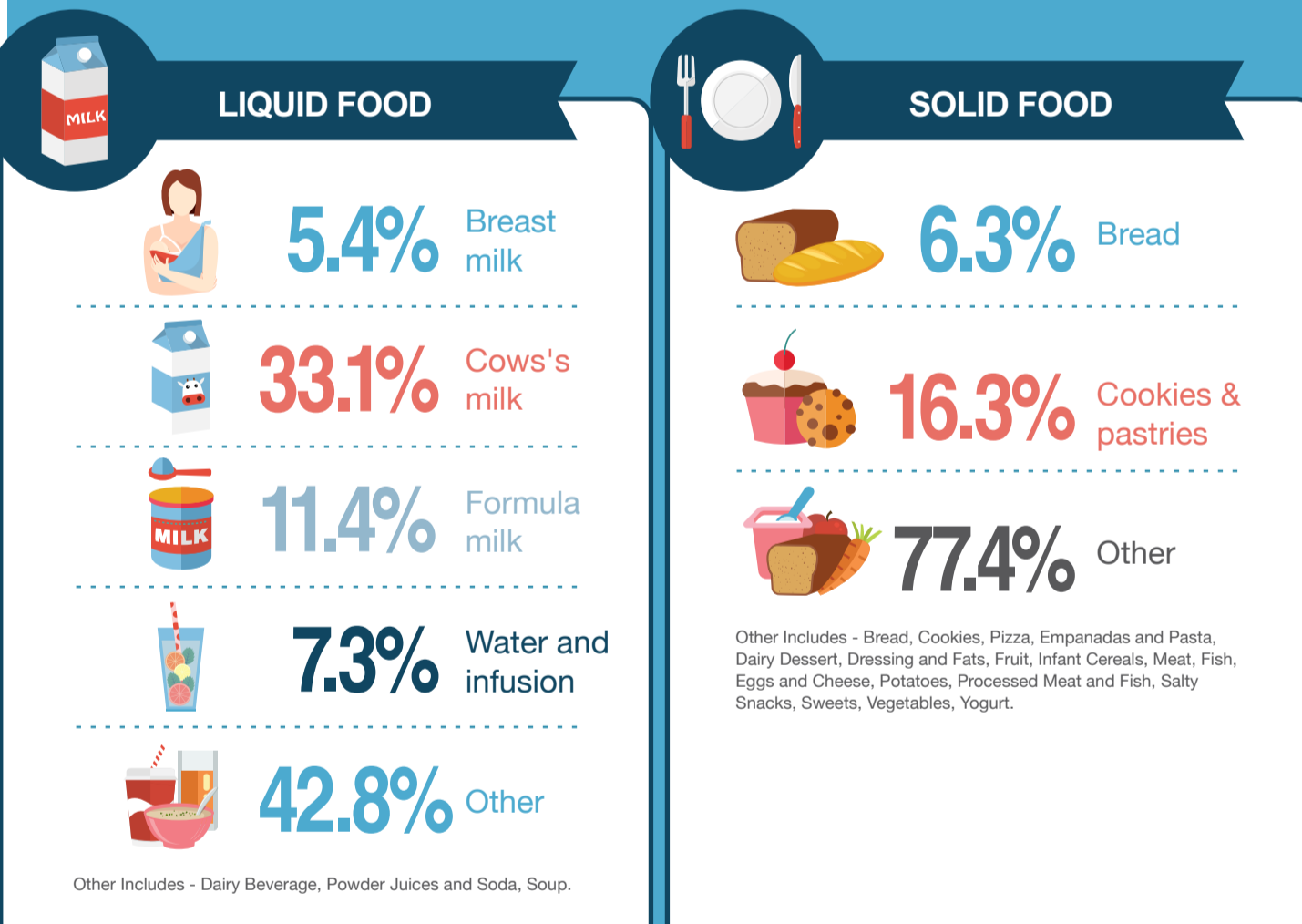
Fruits are consumed at either main meals or snacks.

THE MOST COMMONLY CONSUMED FOODS:

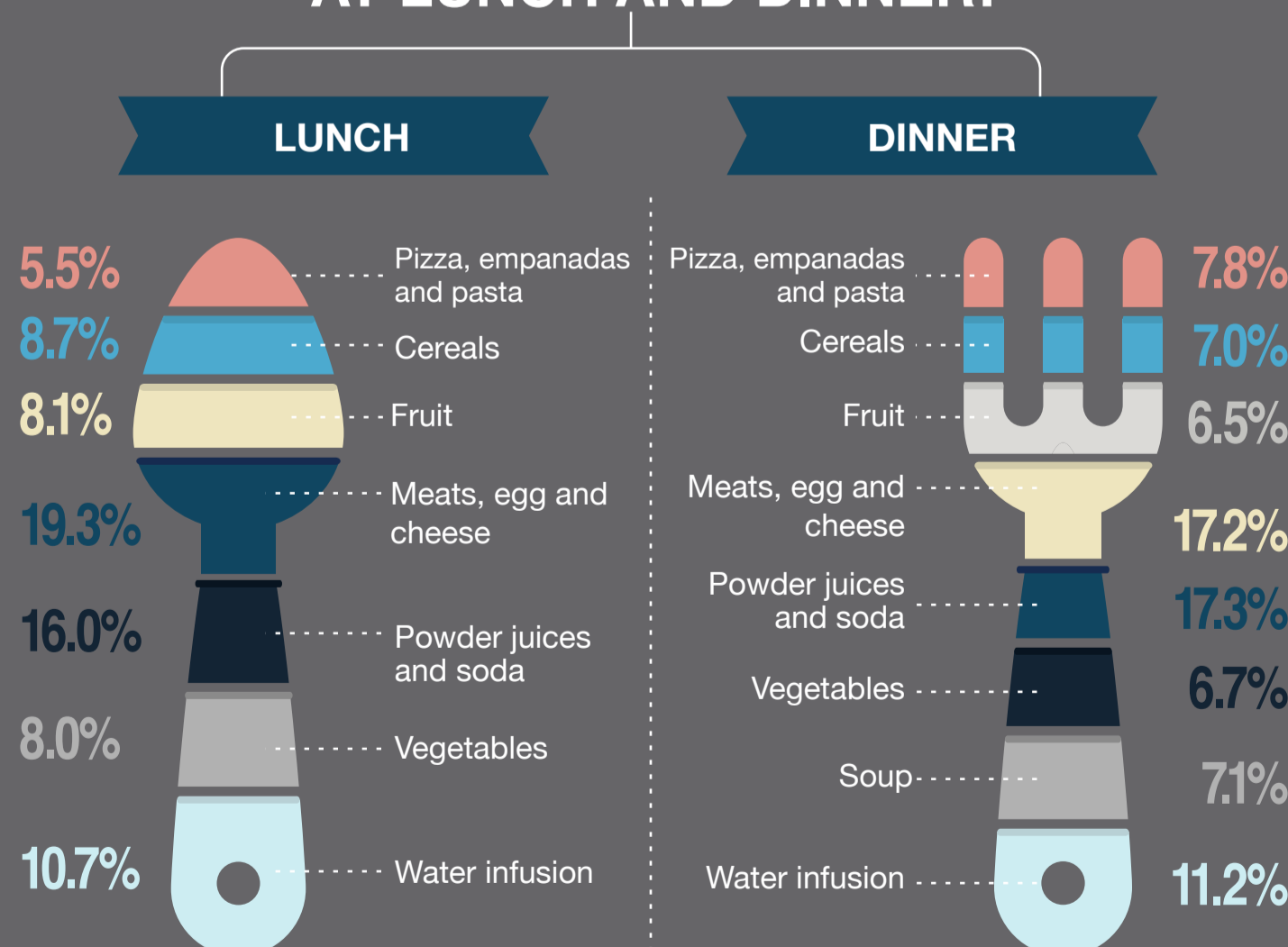
(% of times a particular food category is consumed)



THE MOST COMMONLY CONSUMED FOODS AT BREAKFAST:



THE MOST COMMONLY CONSUMED FOODS AT LUNCH AND DINNER:



CONCLUSIONS:

- Breakfast is a simple meal. The most commonly consumed food category at breakfast is cow's milk.
- Lunch & dinner are well structured with a high degree of food diversity.
- Food categories consumed at breakfast & snacks were different from those consumed at lunch and dinner.
- There are opportunities to make the diets of toddler healthier. For e.g. by replacing cookies and pastries with bread and fruit.