

## IS THERE SUCH A MEDITERRANEAN DIETARY PATTERN AMONG SPANISH CHILDREN AND ADOLESCENTS? ABOUT A FACTOR ANALYSIS IN THE ANIBES STUDY\*

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### Objectives

Dietary pattern (DP) analysis provides a better understanding of how people usually combine different foods and beverages. In this paper, we analyze dietary patterns in Spanish children and adolescents and agreement with recommendations of the Mediterranean Diet Pyramid.

### Methods

Analysis was based on a subsample ( $n = 415$ ) of the cross-sectional ANIBES study in Spain. Dietary intake was assessed by means of a face-to-face 24-h recall of the one-day intake, as well as with a three-day record kept by means of a tablet device on 2 consecutive weekdays and 1 weekend day, which included all foods and beverages consumed at home and away from home. Children were assisted by their parents or guardians to complete the food records and face-to-face interview. We performed exploratory factor analysis and subsequent cluster analysis of dietary patterns and lifestyles.

### Results

Four major factors were extracted through factor analysis using 38 food groups, which explained 41% of the variance in the model. A so-called Mediterranean like Dietary Pattern was identified, with high positive loadings on vegetables (0,642), olive oil (0,589), fish (0,512), fruits (0,484), yogurt, and fermented milk products (0,464), and water (0,385) and negative loading on sugar-sweetened soft drinks. Mean vegetable, fruit, fish, olive oil and yogurt intake was significantly higher in children and adolescents in the healthier lifestyle pattern. However, mean intake among those closer to the Mediterranean DP was below recommendations for fruit, vegetables and pulses, but higher in red and processed meats

### Conclusions

A Mediterranean like Dietary Pattern was identified in Spanish children and adolescents. However, intakes of children and adolescents closer to that pattern were below recommendations for fruit, vegetables and pulses.

### Reference:

Pérez-Rodrigo C, Gil A, González-Gross M, Ortega RM, Serra-Majem L, Varela-Moreiras G, Aranceta-Bartrina J. Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study. *Nutrients*. 2016 Jan; 8(1): 11. Published online 2015 Dec 28. doi: [10.3390/nu8010011](https://doi.org/10.3390/nu8010011)

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