OBJECTIVE MEASURE OF SNACKING BEHAVIOUR IN AUSTRALIAN CHILDREN

PRESENTING AUTHOR: F Fayet-Moore

BACKGROUND

- The Australian National Children’s Nutrition and Physical Activity Survey (ANCNPAS) did not measure snacking behaviour subjectively or objectively.
- THERE IS NO UNIVERSAL DEFINITION OF SNACKING IN THE SCIENTIFIC LITERATURE.

DEFINITIONS:

- 3 main meal peaks and between-meal time periods were identified
- Snacking was defined as any food or beverage consumed between main meals.

EXAMPLES OF SNACKING BEHAVIOUR

- Snacks were associated with BMI z-score, nutrient intake and waist circumference, but not physical activity level.

AIM

TO DEVELOP AN OBJECTIVE MEASURE TO ASSESS SNACKING BEHAVIOUR AND PROFILE SNACKING AMONG AUSTRALIAN CHILDREN.

CONCLUSIONS

- This objective method for assessing snacking behaviour showed SO significantly contributed to total energy and nutrient intake without being associated with BMI z-score, waist circumference or physical activity level.
- Children consumed on average 7 EO/d and on average each EO contributed 14% of total energy.
- Both total number of EO and SO decreased with age and no gender differences were found.
- We hope nutrition researchers will adopt this new methodology to objectively measure snacking behaviour so comparisons can be made between studies to assist evidence-based recommendations on healthy snacking.

REFERENCES


"...the lack of a universally accepted definition of snacking is an impediment to interpretation of the literature."