Abstract

Objective. To document the energy and nutrient intake of Mexican preschool children using data from the Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006). Material and Methods. Dietary data from 3,552 children less than 5 years old collected through a semi-quantitative food frequency questionnaire were analyzed. Energy and nutrient daily intakes and adequacies were calculated. Comparisons were made by geographic region, residence locality, and socioeconomic status. Results. The Mexico City region showed the highest energy (103.2%), carbohydrate (109.9%), and fat (110.1%) adequacies. The highest proportion of preschoolers with energy and micronutrients inadequacy (adequacy < 100%) was observed in children of indigenous ethnicity, low socioeconomic status, living in rural localities, and in the south region. Conclusions. This information may help as an indicator of food availability and access in different population strata and as a tool to focus interventions on those who may better benefit from food assistance programs.

Keywords

Diet, nutrients, children, Mexico.