Abstract

Objective. To describe energy and nutrient intake in adults. Material and Methods. The 2006 Mexican National Health and Nutrition Survey is a nationally representative cross-sectional household survey. A food frequency questionnaire was administered (n= 16 494 adults). Mean percent of adequacy (PA) and inadequacy (PA < 50%) of total energy and macro- and micro-nutrient intake was calculated for all subjects and by sociodemographic characteristics. Results. Significant differences in PA and inadequate macro- and micro-nutrient intakes were found among sex, region, rural/urban area, and socioeconomic status tertile. PA < 50% was higher than 20% for vitamin A (26.2%), fat (24.8%), fiber (23.6%), folic acid (23.5%), vitamin C (21.3%) and calcium (21%). Obese subjects reported a lower energy intake than normal weight subjects. Conclusions. A significant proportion of the population was at risk of excessive carbohydrate and fat intake. Across the country there are significant sociodemographic differences in macro- and micro-nutrient intake and a myriad of micro-nutrient inadequacies continue to persist in Mexico.

Keywords

Nutritional transition, nutritional epidemiology, obesity, eating, diet surveys, Mexico.