Abstract

Obesity is a chronic disease characterized by increased accumulation of body fat. We evaluated the socioeconomic aspects, body composition, risk of metabolic complications associated with obesity, eating habits and lifestyle in both women and men adults and elderly with body mass index (BMI) \( \geq 40 \) kg/m\(^2\). Among the subjects studied, 79\% (\( n = 32 \)) are female, 5\% (\( n = 2 \)) smokers, 39\% (\( n = 16 \)) use alcohol and only 24\% (\( n = 10 \)) are practitioners of physical exercise. The higher food intake was breads, followed by rice. The daily intake of fruits and vegetables is low. Positive correlation between consumption of sugar and BMI and abdominal circumference (AC) was observed. In summary, was found that morbidly obese patients that looking for nutritional counseling presents increased body fat, poor eating habits and sedentary lifestyle.

Keywords

Obesity, Food intake, Body composition, Consumption of sugar.