Abstract

Obesity and diabetes are epidemics in Mexico and the prevalence is currently highest among the low-income population. The aim of the present study was to compare the action of different breakfasts on satiety and subsequent food intake among healthy women. Eight healthy women participated in the study. Participants were given four experimental breakfasts. Visual analogue rating scales were completed before and every 30 minutes for 3 hours after each experimental meal to record subjective feelings of satiety. Subjects were exposed to an ad libitum buffet 3 h after the experimental breakfast. Energy and macronutrient intakes were calculated at each meal. Mean ± SD SAUC for white bread was 355 ± 60, for rice and bananas: 405 ± 108, for whole wheat bread and boiled beans: 446 ± 83, and for fruit salad: 585 ± 79 (Table II). Statistical differences were observed among the four experimental meals (p = 0.002). After the consumption of white bread, energy intake was the highest with 872 ± 58 kcal, and after the consumption of fruit salad the intake of calories was the lowest: 461 ± 51 kcal. Energy intake 4 h after each breakfast shows statistical differences (p = 0.0001). These results suggest the need to promote culturally based combined foods with high fiber and low GI, as well as foods with high volume and water content. This approach might contribute to the prevention of obesity by increasing satiety and reducing food consumption and energy intake.

Keywords