Abstract

The different dietary habits and nutritional status of Spanish school children have been analyzed. Nutrition affects health throughout the life cycle, and it is best to begin to prevent harm early on. Habits are formed early in life, and habits are a major determinant of food choice in later life. Two trends in particular are worthy of mention in this regard: the progressive globalisation of the food supply and the increase of food intake such as snacks, soft drinks and fast food, which typically account for a significant part of daily diet. In Spain, young people are abandoning the "Mediterranean Diet" in favour of industrial products, full of calories and saturated fatty acids but low in nutritional components, which is contributing to obesity and rising cholesterol levels. Also, breakfast consumption has been identified as an important factor in the nutritional status of children and in Spain we are observing that an increasing percentage of children are omitting breakfast.

Keywords

Dietary habits. Spanish school children.