Abstract

Objectives: To evaluate the per capita availability of energy and macronutrients in the home and frequency of food consumption by adolescents and to relate them with anthropometric and biochemical variables, as well as verify if the eating habits of parents are associated to the children. Methods: We evaluated the weight, height, body fat (%BF), glucose, insulin, triglycerides, total cholesterol (TC) and fractions of 120 adolescents. We evaluated also the eating habits of adolescents and their parents. Results: Adolescents with more than 35% of available lipids had 9.1-fold higher chances of presenting alterations in TC. Those who replaced the main meals for snacks had 3.66, 4.66 and 2.82 higher chances of presenting alterations in %BF, insulin and triglycerides, respectively. The daily consumption of fruit was considered as a protective factor in relation to hyperinsulinemia. There was a similar feeding behavior among adolescents and their mothers. Conclusion: The results suggest the importance of specific attention to adolescent health, focused on family education.

Keywords