Abstract

Objective. To estimate energy, nutrient intake and diet adequacy in school-aged children based on the Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006). Material and Methods. Food intake data from food frequency questionnaires was analyzed for 8,716 children aged 5 to 11 years. Energy and nutrients intake and adequacy were obtained. Comparisons were made at regional, urban/rural areas, socioeconomic status (SES) and nutrition status (body mass index and height/age). Results. Median energy intake was 1501 kcal/d (percent adequacy: 88.0). Overweight and obesity prevalence was 25.5%. Stunting prevalence was 10%. Children at lowest SES, indigenous and from rural communities showed the highest inadequacies for vitamin A, folate, zinc, and calcium. Overweight children and those highest SES had higher risk of excessive intakes. Conclusions. Coexistence of over and undernutrition reflects a polarized model of nutrition transition among Mexican children.

Keywords
Diet, micronutrients, malnutrition, nutrition surveys, children, Mexico.