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**Health education: an analysis of wine and carbonated beverage consumption in college students in Extremadura**


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**Introduction:** In our society, Mediterranean Diet (MD) eating habits are currently being lost. Promoting them and learning them is a competency that has to be developed in groups of young people, such as college students, especially correct hydration intake, whose benefits are not only physiological but cognitive as well. Furthermore, worthy of note is the importance of instruction, through Health Education (HE), of healthy eating habits in college students who will be teachers in the future, given their potential as public health agents.

**Objective:** To analyse the intake of benchmark MD drinks in college students.

**Method:** A cross-sector and descriptive survey in the healthy university population, with an average age of: 22.01 years and a BMI: 21.93 kg/m$^2$, on the Badajoz campus of the UEX (n=160). The analysis was based on the Predimed Survey, which records the consumption of carbonated and/or sweetened beverages (soft drinks, colas, tonic waters, bitter-flavoured drinks) per day and the consumption of wine per week.

**Results:** The most significant results showed that the daily consumption of carbonated and/or sweetened beverages stood at 58.8% in college students in general and at 67.5% for college students who will be teachers in the future. With respect to wine consumption, worthy of explanation is the fact that it was only quantified at 1.25% in college students who will be teachers in the future.

**Conclusions:** The moderate residual consumption of wine in the university population analysed and the high consumption of carbonated and/or sweetened beverages stands out. Hence, the promotion of healthy hydration through Health Education is recommendable.

**Key words:** HE, hydration, MD, college students, cognitive.

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**Liquid intake habits during competition in paddle players**

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**Introduction:** Athletes must maintain a good level of hydration during competition by taking an appropriate amount of water or sport drinks before, after and during exercise. Dehydration reduces performance capability and abilities.

**Objective:** Given the rise in the practice of paddle, we consider of great interest to study hydration habits of paddle players.

**Method:** The study involved 416 non-professional (amateur) paddle players (128 women, 288 men) aged from 9 to 66, from Almeria (Spain), with an average of 14.6 years of sports practice and 4.4 years playing paddle. Prior informed consent was assessed by a validated survey liquid intake. SPSS 20.0 was used.
Results: 63% of the studied players drink before, during and after the competition, whereas other 32% don not do it regularly. However, the amount of liquid ingested by 48% of subjects, does not exceed 800 ml, being an insufficient intake to reach the water needs of an athlete. According to this, in 46% of the players on a match lasting two hours, only 5.8% of players have the habit to always consume sport drinks to counter and delay the onset of fatigue, while the 44% remaining never do it. The most consumed beverage was Aquarius.

Conclusion: The study shows risky habits between population tested and therefore the need for adequate hydration habits.

Key words: paddle, drinking habits.

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Evolution of drinks availability in households from Spain in the last 50 years

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Introduction: There is a continuous need of updating food and beverage consumption and dietary patterns and trends in Spain.

Objective: to describe the evolution of Spanish household drinks availability from the 60’s to nowadays.

Method: This study is based on household food purchases evaluated by the National Statistics Institute (1964-1991) and Spanish Ministry of Agriculture, Food and Environment (2000-2014) in collaboration with the Spanish Nutrition Foundation (FEN).

Results: Many differences are observed regarding the consumption of beverages in Spain, between the 60’s and 2014. Consumption of alcoholic beverages has decreased (50% -1964: 145 g/person/day; 1991: 113 g/person/day; 2000: 78.4 g/person/day and 2014: 72.6 g/person/day) and consumption of non-alcoholic has increased (721% -1964: 46 g/person/day; 1991: 96 g/person/day; 2000: 240 g/person/day and 2014: 332 g/person/day).

In 2014, the most consumed alcoholic beverage was beer (41.3 g/day), followed by wine (23.0 g/day). Regarding non-alcoholic beverages the most consumed was water (144 g/day), followed by cola (ordinary: 30.7 g/day and diet: 20.5 g/day).

In 2014, alcoholic beverages contributed 2% of the available energy and sugars and non-alcoholic 3% of energy and 16% of sugars while in 2000 alcoholic beverages contributed 2% energy and 1% sugars and non-alcoholic 4% energy and 23 sugars.

Conclusion: In the last decades, there were significant changes in the patterns of intake of drinks, with a dramatic increase in non-alcoholic drinks consumption especially in some Spanish regions whereas a decline in alcoholic beverages consumption was observed.

Key words: non-alcoholic drinks, alcoholic drinks.

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Consumption trends of enriched/fortified beverages in Spain by the food consumption survey


Introduction: There is a wide availability of enriched/fortified products in our stores, and a need to know the patterns and trends of consumption in Spain.

Objective: To study the evolution of the availability of enriched/fortified drinks in Spanish households in the last 15 years.

Method: This study is based on household food purchases evaluated by Spanish Ministry of Agriculture, Food and Environment (2000-2014) in collaboration with the Spanish Nutrition Foundation (FEN).

Results: in a general way, an increase is observed in the availability of enriched beverages (2000 vs. 2014: 328%). More important in the group of juice drinks with milk (2000 vs. 2014: 535%). The availability of enriched juices showed an increase between 2000 and 2010, but in 2010 (9.6 g/person/day) began a decline in consumption, nevertheless consumption in 2014 (4.7 g/person/day) was higher than in 2000 (2.7 g/person/day). Enriched with vitamins juices are the most commonly purchased in all years studied (2000: 2.0 g/person/day; 2005: 6.5 g/person/day; 2010: 9.1 g/person/day; 2014: 4.3 g/person/day). The evolution in the consumption of juices drinks with milk showed a continuous increase (2000: 2.0 g/person/day; 2005: 6.5 g/person/day; 2010: 7.9 g/person/day and 2014: 10.7 g/person/day).

Conclusion: An increase in the availability of enriched beverages in households is observed, so it is important to continue studying consumption, because food fortification with vitamins and minerals is currently considered as one of the main approaches to improve vitamin and mineral intake in populations.

Key words: enriched/fortified beverages.

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