Abstract

Objective: To know the dietary habits of a population of women with overweight/obesity and their knowledge on the concept of proper feeding in order to design nutrition educational campaigns focused on this population. Materials and methods: A group of 67 women, aged 20 to 35 years with body mass index 24-35 kg/m² were asked about their frequency of food intake and what they thought to be correct to achieve a balanced diet. Results: Studied women more frequently consumed oils (4.3 ± 4.5 times/week) and sweets (2.5 ± 3.6 times/week) and less frequently water (-19.1 ± 22.7 times/week), vegetables (-4.3 ± 5.7 times/week), fruits (-3.7 ± 6.2 times/week), legumes (-1.3 ± 2.0 times/week) and fish (-2.2 ± 3.7 times/week) than what they thought they should consume. When comparing what they declare to consume to what has been established as minimal recommended intake for the different groups of foods it is observed that the intake of grains and legumes, fruits and vegetables, and slightly less that of fish and eggs, should be increased. Conclusions: given the incorrect dietary habits observed in a population of women with overweight/obesity, it should be convenient to carry out nutrition educational campaigns. This education could help improve the diet of all the population and the occurrence of overweight and obesity could be prevented in many cases. Besides, in those cases in which the pathology is already present, this could prevent following regimens that are harmful for the health and for weight management.

Keywords

Knowledge, Dietary habits, Women, Young, Overweight/obesity.