

ANALYSIS OF LIQUIDS' QUALITY WITH RESPECT TO THE NUTRITION OF PRIMARY SCHOOL CHILDREN IN OLSZTYN

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Introduction. Incidence of obesity, the pandemic of the 21st century, continues to increase. According to NATPOL Plus 2002 trial, in total 15.7 million people suffer from overweight and obesity in Poland. Correcting eating patterns in children and young people is essential for preventing obesity and its complications. Findings from large studies indicate a positive correlation between the intake of sugar sweetened beverages (SSBs) and obesity in both children and adults. The American Heart Association, supported by the American Academy of Pediatrics, recommends limiting SSBs to 240–350 ml per day for children aged 7–18.

Aim. To analyze the intake of liquids in children attending one of the primary schools in Olsztyn.

Materials and methods. This research was based on a questionnaire form devised by the author and presented to parents of school children. The following data were collected: parents' ages, occupations, and number of household members. Parents' and children's preferences with respect to mineral water, flavored mineral water, cartoon fruit juice (e.g., apple juice, orange juice), pulped fruit and vegetable mix juice (e.g., Kubaś, Pysio), tea without/with sugar, and sparkling beverages like cola were evaluated. Moreover, parents specified how often their children drink these beverages.

Results, discussion and conclusions. In total, 239 questionnaires were collected. The study group comprised 114 girls and 125 boys aged 8–14. According to parents, their children's first preference is cartoon fruit juice. Only 24% indicate sugar-free beverages. Parents claim that their children drink mineral water most often. Almost half of researched parents (49.37%) indicate that their children drink mineral water every day. In addition, 58% of children drink SSBs every day.