



Differences in Breakfast Consumption Among Schoolchildren from Four Geographical Regions in Croatia

Irena Colić Barić, Vesna Mihator and Zvonimir Šatalić

KEYWORDS Food. Frequency. Questionnaire. Nutritive Value. RDA

ABSTRACT The aim of the study was to determine and compare breakfast consumption among schoolchildren (n=1246) in four different regions of Croatia: the south (Adriatic coast), the capital (Zagreb), the central mountain region (Lika) and the eastern plane region (Slavonija). A Food Frequency Questionnaire was used. One point five percent of the children skip breakfast. Energy intake by breakfast was 26 - 31 % RDA except in the eastern region (14 % RDA). In the central region the highest percentage of subjects had energy intake by breakfast higher than 30 % RDA. Children from all four regions obtained more energy from carbohydrates than from other macronutrients ($p < 0.001$). Energy fraction of fat and protein was 24.4 - 27.7 % kJ and 16.5 - 20.5 % kJ respectively. Cholesterol and dietary fiber intake differed significantly according to living region ($p < 0.001$). The intakes of almost all examined micronutrients (% RDA, % DRI) were also different ($p < 0.001$) according to living region. Milk and dairy products as well as cereal products were major energy contributors in children's breakfasts in all four regions (32.7 - 45.6 % kJ from milk and dairy products and 35.9 - 45.4 % kJ from cereal products). Differences in nutritional quality with regard to region were established and children from the eastern region made the greatest exception from the average what can be explained as a consequence of the war, since that region was the most war affected.

Author's Address: Irena Colić Barić, Vesna Mihator and Zvonimir Šatalić, Faculty of Food Technology and Biotechnology, Laboratory for Food Chemistry and Nutrition, University of Zagreb, Pierottijeva 6, 10 000 Zagreb, CROATIA.
E-mail: icolic@pbf.hr