Tavola rotonda

Aspetti pratici della dieta del bambino

Snack e merendine: fra luoghi comuni ed evidenze

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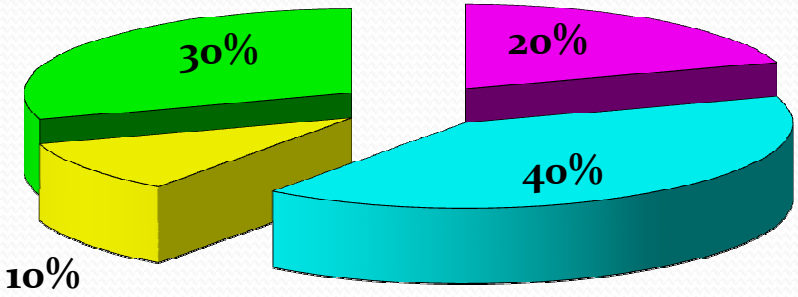
Educazione nutrizionale… strategie

- E' consigliabile suddividere l'assunzione giornaliera di alimenti in 4-5 pasti con la seguente ripartizione calorica:



La merenda non deve superare le 200 calorie

Colazione + spuntino | Pranzo | Merenda | Cena

Educazione nutrizionale…
dieta bilanciata normocalorica

- ***Apporto calorico***: pari a quello indicato dai LARN per sesso ed età staturale, suddiviso in 4-5 pasti
- ***Apporto proteico***: 10-15% dell'intak getico (rapporto 1:1 tra proteine animali e vegetali)

  15%
- ***Apporto glucidico***: 60-65% dell'i getico (con una quota di zuccheri ad alto indice glicemico < 10% delle c i)

  48-53%
- ***Apporto lipidico:*** nessuna restrizione fino a 2 anni. Dopo i 2 anni di vita riduzione progressiva dal i con apporto di grassi saturi < 10% dell'intake energetico

  32-38% (12% saturi)
- ***Apporto di fibre***: il quantitativo di grammi può essere calcolato in base alle seguenti formule: compreso tra età + 5 e età + 10 g
- ***Apporto di minerali e di vitamine***: pari alle indicazioni dei LARN

(Bellù et al, 1996; Turrini et al 2001; D'Amicis et al., 2002)

Educazione nutrizionale…

I principali errori nutrizionali riscontrati nei bambini sono rappresentati da:

- eccesso calorico rispetto alla spesa energetica
- *skipping breakfast o colazione insufficiente*

Controllo attento sia in calorie che in nutrienti

- scarso apporto di fibre e proteine vegetali (frutta, verdura, legumi, cereali integrali).
- scarso apporto di pesce
- lunghi periodi di digiuno con conseguente minor controllo sull'appetito e sulla qualità di quello che si mangia

(Allen et al., 2006; Sanchez et al., 2007; Schwarts et al., 2008)

Che cos'è uno snack?

A light quick meal eaten between or in place of main meals

C’è snack e snack…

Merenda ideale…

- Gruppo cereali
  - 1 Fetta di pane
  - 1 Pacchetto di crakers
  - 1 Schiacciatina
- Gruppo frutta (o latte)
  - 1 Frutto
  - 1 Mousse di frutta

MERENDA "A BASE DI LATTE"

1 Brick di latte +
_ Pacchetto di crakers
Oppure
1 Yogurt alla frutta con i cereali

MERENDA "DOLCE"

Panino con marmellata o
Barretta di cereali o
Merendina non farcita (tipo Plum Cake) o
Ciambella/Torta casalinga

+
Acqua o Thè deteinato

MERENDA "PER GOLOSI DEL SALATO"

Toast al prosciutto crudo/cotto magri o
Toast al formaggio o

1 Pacchetto di Crackers
+ 1 Bicchiere di succo di frutta senza zucchero o Spremuta d'arancia

C'era una volta…

In principio c'era la nonna…

Nel dopoguerra, durante la ripresa economica dell'Italia, l'industria dolciaria italiana trasforma il tradizionale "dolce della nonna" in un prodotto commerciale tipicamente italiano: la "merendina".

Il pregiudizio prende corpo verso la metà degli anni Ottanta…

… quando una serie di chiusure (anche psicologiche) e di rigidità finirono per trovare l'avallo e il pretesto di alcune campagne di educazione alimentare americane anti-snack che, in un diverso contesto sociale, individuavano il capro espiatorio di un problema, quello dell'obesità infantile, allora dilagante.

Predieri et al., Le merendine sono tutte uguali? Pediatria preventiva & sociale, 2/2008

A. **Flauti Mulino Bianco**
B. **Trancino Mulino Bianco**
C. **Saccottino marmellata Mulino Bianco**
D. **Saccottino crema Mulino Bianco**
E. **Brioche Mulino Bianco**
F. **Nastrine Mulino Bianco**
G. **Camille Mulino Bianco**
H. **Kinder Brioss albicocca e cereali**
I. **Kinder delice**
L. **Kinder colazione più**
M. **Kinder brioss**
N. **Kinder fetta al latte**
O. **Kinder paradiso**
P. **Kinder pinguì**
Q. **Croissant zuccherato**
R. **Treccine Casolini**
S. **Plumcake Mulino Bianco**
T. **Plumcake Coop**
U. **Pandispagna farcito al cacao Coop**
V. **Portafoglio alla marmellata Pègola**
W. **Buondì Motta**
X. **Trillo (senza marca)**
Y. **Crostatina Mulino Bianco**
Z. **Crostatina Coop**

Tabella 1 - Contenuto in macronutrienti e valore energetico di merendine industriali (gr/100 gr)

	Valore energetico kcal	Proteine	Carboidrati	Zuccheri semplici	Lipidi	Grassi saturi	Fibre
A	410	7,5	46,5	22,0	21,5	11,0	1,5
B	423	5,0	53,4	38,0	21,0	15,3	1,5
C	405	6,5	53,1	23,0	18,5	8,9	2,0
D	423	[illegible]	46,8	18,0	23,0	11,7	2,0
E	445	6.7%	43,7	15,0	26,5	13,8	2,0
F	471	7,0	46,6	20,0	28,5	15,7	2,0
G	396	6,8	47,2	28,5	28,5	8,6	6,0
H	361	6,0	63,0		9,4		
I	441	6,0	42,0		27,7		
L	413	11,0	47.5%		20,8		
M	418	10,5	[illegible]		21,7		
N	414	8,5	33,0		27,5		
O	422	5,9	48,9		22,6		
P	441	6,0	40,0	53.3%	28,5		
Q	429	5,9	49,4		23,1		
R	461	6,2	52,1		25,3		
S	414	6,5	50,2	30,6	45.8%	6,7	1,0
T	378	5,9	58,4	34,0	[illegible]	2,3	1,3
U	360	6,1	55,9	36,6	12,4	6,3	0,6
V	432	7,0	52,0		22,0		
W	382	8,4	57,7	23,9	13,1	46.3%	3,3
X	441	7,8	55,1		21,1		
Y	495	6,5	58,7	28,0	26,0	12,2	1,5
Z	493	6,9	60,2	31,9	25,0	10,7	3,2
Media	423,67	7,05	50,20	26,88	21,99	10,00	2,15
SDS	35,15	1,43	7,06	7,23	5,40	3,85	1,39

Predieri et al., Le merendine sono tutte uguali? Pediatria preventiva & sociale, 2/2008

153.4
7.6%

55.4%

Tabella 5 - Contenuto in macronutrienti e valore energetico di merendine industriali in base alla tipologia di prodotto ed al peso della singola porzione

		Peso porzione (gr)	Valore energetico (kcal)	Proteine (gr)	Carboidrati (gr)	Lipidi (gr)
Refrigerate	N	28	115,9	2,4	9,2	7,7
3	O	29	122,4	1,7	14,2	6,6
	P	31	136,7	1,9	12,4	8,8
Pandispagna	A	35	143,5	2,6	16,3	7,5
4	B	33	139,6	1,7	17,6	6,9
	G	38	150,5	2,6	17,9	10,8
	U	28	100,8	1,7	15,7	3,5
Frolla	Y	41	201,0	2,6	23,8	10,6
2	Z	42	205,7	2,9	25,1	10,4
Brioches	C	45	182,3	2,9	23,9	8,3
15	D	45	190,4	3,2	21,1	10,4
	E	40	178,0	3,2	17,5	10,6
	F	40	188,0	2,8	18,6	11,4
	H	28	101,1	1,7	17,6	2,6
	I	42	185,2	2,5	17,6	11,6
	L	30	123,9	3,3	13,7	6,2
	M	28	117,0	2,9	12,7	6,1
	Q	40	171,6	2,4	19,8	9,2
	R	42	193,6	2,6	21,9	10,6
	S	38	157,3	2,5	19,1	7,8
	T	33	124,7	1,9	19,3	4,4
	V	40	172,8	2,8	20,8	8,8
	W	34	128,4	2,8	19,4	4,4
	X	nd	nd	nd	nd	nd

Take-home messages

L'assunzione delle "merendine", data la diffusa abitudine di consumo, non deve essere rifiutata aprioristicamente: intese quali prodotti da forno monodose non costituiscono un problema se inserite in modo ragionevole nell'alimentazione globale delle 24 ore.

Per essere nutrizionalmente accettabile per ogni merendina:

- la quantità di degli acidi grassi saturi e trans deve essere <10% dell'intake calorico
- non deve contenere margarina, grassi vegetali idrogenati, o oli vegetali non specificati (questi lipidi sono grassi saturi tra i più pericolosi per il cuore)
- deve essere scelta tra le meno caloriche (meno di 400 kcal/100 g)
- la quantità di zuccheri aggiunti deve essere inferiore al 35% del peso della merendina

Educazione nutrizionale…

Non è sostenibile l'opinione che i prodotti da forno siano i soli responsabili di eccessi ponderali e/o squilibri nutrizionali

Journal of Pediatric Gastroenterology and Nutrition
46:429–437 © 2008 by European Society for Pediatric Gastroenterology, Hepatology, and Nutrition and North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition

Could the Savory Taste of Snacks Be a Further Risk Factor for Overweight in Children?

*C. Maffeis, *A. Grezzani, †L. Perrone, †E. Miraglia Del Giudice, ‡G. Saggese, and *L. Tatò

TABLE 4. *Number of snack servings per day, energy intake, and macronutrient composition of snack servings, boys and girls*

	Boys (n = 924)	Girls (n = 913)	*P*
No. of servings/day	3.9 (0.08)	3.8 (0.07)	0.27
Energy intake with servings, kJ/day	2603 (53.5)	2516 (53.1)	0.25
Protein, g/day	13 (0.3)	12.6 (0.3)	0.33
Protein, % total energy by snack/day	8.3 (0.1)	8.3 (0.1)	0.88
Carbohydrate, g/day	98.7 (2)	95.4 (2)	0.23
Carbohydrate, % total energy by snack/day	64 (0.28)	64 (0.28)	0.92
Fat, g/day	19.4 (0.4)	18.7 (0.4)	0.32
Fat, % total energy by snack/day	27.7 (0.25)	27.7 (0.25)	0.88
Food quotient	0.90 (0.02)	0.90 (0.02)	0.91
Energy density, kJ/g	6.4 (0.08)	6.5 (0.08)	0.3
Savory snacks, servings/wk	8.6 (0.2)	8.3 (0.2)	0.5
Sweet snacks, servings/wk	7.3 (0.2)	7.0 (0.2)	0.2

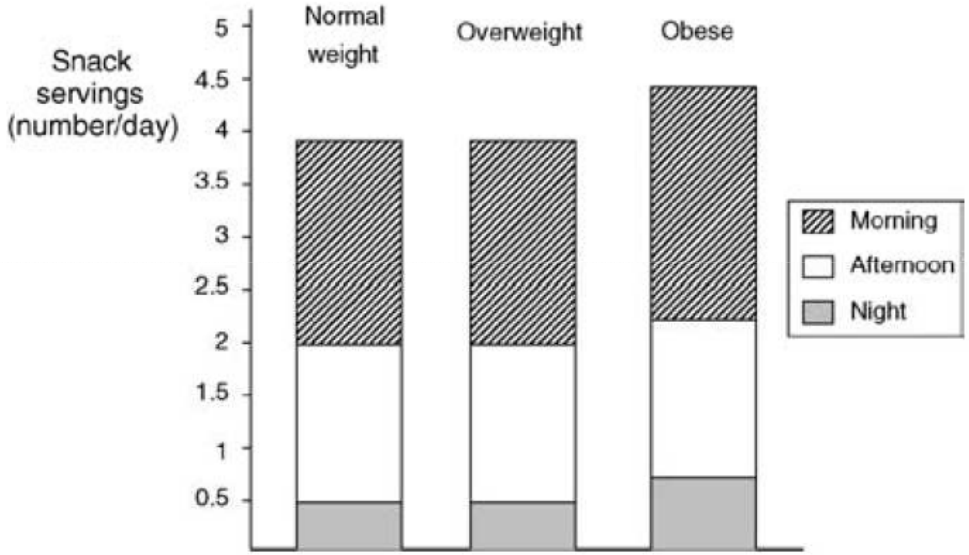


FIG. 1. Snack servings and distribution of servings per day for normal-weight, overweight, and obese children.

p = <0.001

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TABLE 5. *Number of snack servings per day, and nutritional characteristics of snack serving of children divided into normal weight, overweight, and obese*

	Normal weight (n = 1356)	Overweight (n = 387)	Obese (n = 93)	*P*
No. of servings/day	3.9 (0.06)	3.9 (0.13)	4.4 (0.3)	0.06
Energy intake with servings, kJ/day	2567 (43)	2589 (94)	2896 (189)	0.15
Protein, g/day	12.8 (0.2)	13 (05)	14.2 (1.1)	0.37
Protein, % total energy by snack/day	8.2 (0.06)	8.3 (0.1)	9.2 (0.3)	0.69
Carbohydrate, g/day	97.4 (1.6)	97.4 (3.5)	109 (7)	0.15
Carbohydrate, % total energy by snack/day	64 (0.23)	63 (0.46)	63 (0.87)	0.46
Fat, g/day	19.1 (0.36)	19.6 (0.7)	21.9 (1.5)	0.14
Fat, % total energy by snack/day	27.6 (0.2)	28.3 (0.41)	28.7 (0.2)	0.33
Food quotient	0.90 (0.01)	0.90 (0.01)	0.90 (0.02)	0.39
Energy density, kJ/g	6.3 (0.08)†	6.8 (0.16)†	6.8 (0.3)	**<0.05**
Savory snacks, servings/wk	8.3 (0.2)‡	9.1 (0.4)	10.8 (0.8)‡	**0.003**
Sweet snacks, servings/wk*	7.2 (0.15)	6.9 (0.32)	8.4 (0.7)	0.05

Snacking is associated with reduced risk of overweight and reduced abdominal obesity in adolescents: National Health and Nutrition Examination Survey (NHANES) 1999–2004[1–4]

Debra R Keast, Theresa A Nicklas, and Carol E O'Neil

Am J Clin Nutr 2010;92:428–35.

ABSTRACT

Background: Snacking is common in adolescents; however, it is unclear if there is an association between snacking and overweight or obesity within the context of the overall diet.

Objective: This study examined the associations of snacking with weight status and abdominal obesity in adolescents 12–18 y of age (n = 5811).

Design: We conducted secondary analyses of 24-h diet recalls and anthropometric data from the National Health and Nutrition Examination Survey (NHANES) 1999–2004. We classified adolescents by frequency of snack consumption (0, 1, 2, 3, and ≥4 snacks/d) and by the percentage of energy intake from snacks (0%, <10%, 10–19%, 20–29%, 30–39%, and ≥40%). We classified adolescents who had a body mass index (BMI) ≥85th percentile of BMI-for-age as overweight or obese. We defined abdominal obesity as a waist circumference ≥90th percentile. We determined covariate-adjusted prevalences of overweight or obesity and abdominal obesity and odds ratios with SUDAAN software (release 9.0.1; Research Triangle Institute, Research Triangle Park, NC).

Snacking is associated with reduced risk of overweight and reduced abdominal obesity in adolescents: National Health and Nutrition Examination Survey (NHANES) 1999–2004[1–4]

Debra R Keast, Theresa A Nicklas, and Carol E O'Nei Am J Clin Nutr 2010;92:428–35.

TABLE 3

Covariate-adjusted mean body weight and adiposity measures by snack consumption group (number of snacks consumed per day) in adolescents aged 12–18 y[1]

Body weight and adiposity measure	Ages 12–18 y (n = 5811)	No. of snacks consumed per day				
		0 (n = 1130)	1 (n = 1876)	2 (n = 1516)	3 (n = 815)	≥4 (n = 474)
Weight (kg)**	63.6 ± 0.4	66.8 ± 0.8	64.5 ± 0.6	62.4 ± 0.7	61.9 ± 0.8	59.4 ± 0.7
BMI (kg/m^2)**	23.0 ± 0.1	24.1 ± 0.3	23.4 ± 0.2	22.6 ± 0.2	22.3 ± 0.2	21.5 ± 0.2
BMI percentile (%)**	63.2 ± 0.7	68.7 ± 1.4	65.4 ± 1.1	60.4 ± 1.4	60.2 ± 1.5	55.2 ± 1.9
Overweight or obesity (%)[2]**	32.3 ± 1.1	39.4 ± 2.4	34.9 ± 2.0	29.8 ± 1.8	27.7 ± 2.1	21.8 ± 2.4
Waist circumference (cm)**	80.1 ± 0.3	82.9 ± 0.7	80.9 ± 0.6	79,0 ± 0.6	78.5 ± 0.6	76.7 ± 0.6
Abdominal obesity (%)[3]**	18.0 ± 0.7	24.4 ± 2.3	19.7 ± 1.4	16.6 ± 1.3	12.2 ± 1.4	10.8 ± 1.8

TABLE 4

Covariate-adjusted mean body weight and adiposity measures by snack consumption group (percentage of energy from snacks) in adolescents aged 12–18 y[1]

Body weight and adiposity measure	Percentage of daily energy intake from snacks					
	0 (n = 1130)	<10 (n = 925)	10–19 (n = 1092)	20–29 (n = 942)	30–39 (n = 694)	≥40 (n = 1028)
Weight (kg)**	66.8 ± 0.8	65.1 ± 0.8	64.3 ± 0.7	62.4 ± 0.8	60.2 ± 0.7	61.4 ± 0.7
BMI (kg/m^2)**	24.1 ± 0.3	23.6 ± 0.3	23.2 ± 0.2	22.7 ± 0.3	21.9 ± 0.2	22.3 ± 0.3
BMI percentile (%)**	68.7 ± 1.4	67.2 ± 1.5	63.1 ± 1.5	60.5 ± 1.6	56.0 ± 1.5	61.2 ± 1.7
Overweight or obesity (%)[2]**	39.4 ± 2.4	36.8 ± 2.7	34.7 ± 2.7	30.4 ± 2.2	24.5 ± 2.0	24.8 ± 2.4
Waist circumference (cm)**	82.9 ± 0.7	81.1 ± 0.7	80.4 ± 0.7	79.2 ± 0.7	77.2 ± 0.5	78.6 ± 0.6
Abdominal obesity (%)[3]**	24.4 ± 2.3	20.5 ± 2.0	21.1 ± 1.8	16.3 ± 1.6	11.2 ± 1.6	11.4 ± 1.6

Gregori *et al. Nutrition Journal* 2011, **10**:132
http://www.nutritionj.com/content/10/1/132

NUTRITION JOURNAL

RESEARCH Open Access

The "Snacking Child" and its social network: some insights from an italian survey

Dario Gregori[1*], Francesca Foltran[1], Marco Ghidina[2], Federica Zobec[2], Simonetta Ballali[3], Laura Franchin[2] and Paola Berchialla[4]

Abstract

Background: The hypothesis underlying this work is that the social network of a child might have an impact on the alimentary behaviors, in particular for what concerns snack consumption patterns.

Methods: 1215 Italian children 6-10 ys old were interviewed using a CATI facility in January 2010. 608 "snackers" and 607 "no-snackers" were identified. Information regarding family composition, child and relatives BMI, mother perception of child weight, child, father and mother physical activity, TV watching, social network, leisure time habits and dietary habits of peers, were collected. Association of variables with the status of snacker was investigated using a multivariable logistic regression model.

The "Snacking Child" and its social network: some insights from an italian survey

Table 4 Multivariable logistic model for the association with the status of Snacker of selected variables.

	Effect	*OR*	*CI*	*95%*
Age of the mother	33 vs. 28	0.79	0.67	0.93
Time (hours) of sport activities per week of the mother	2 vs. 0	0.55	0.38	0.79
Time (hours) of sport activities per week of the child	4 vs. 2	1.36	1.03	1.9
Number of meals/day of the child	5 vs. 2	3.22	1.49	6.98
Number of friends in the network	More than 3 vs. At most 3	1.28	1.01	1.71
Time (hours) of sport activities per week of the friends in the network	4 vs. 2	1.18	1.05	1.43
Is the friend eating snacks?	Yes vs. No	2.44	1.67	3.57

Hours of sport activities of the mother and of the child are showing a non-linear effect (respectively, $p = 0.002$ and $p = 0.0009$). Somer's Dxy equal to 0.65.

Table 5 Multivariable model for the BMI of the "snacker" child.

Variable	Value	Effect	S.E.	*CI*	*95%*
Mother's BMI	4 points increment	0.85	0.12	0.62	1.08
Age (Mother)	5 years increment	0.73	0.17	0.41	1.06
Time studying per day (hours)	6 hrs increment	0.83	0.15	0.53	1.13
Time in sport activities per day (hours)	3 hrs increment	-0.43	0.18	-0.77	-0.08
Time in front of TV per day	≤ 1 h vs. 1-2 hrs	-2.09	0.36	-2.8	-1.38
	>2 hrs vs. 1-2 hrs	-0.26	0.29	-0.83	0.3
Municipality income (low vs. high)		1.82	0.28	1.26	2.37

Linear model for snackers only. The column "value" refers to the interquartile difference for continuous variables or for specific reference categories for categorical variables.

Educazione o “riabilitazione” alimentare?

Public Health Nutrition: page 1 of 5 doi:10.1017/S1368980012001218

Short Communication

Involvement in home meal preparation is associated with food preference and self-efficacy among Canadian children

Yen Li Chu[1,*], Anna Farmer[2], Christina Fung[1], Stefan Kuhle[1], Kate E Storey[1] and Paul J Veugelers[1]
[1]Department of Public Health Sciences, School of Public Health, University of Alberta, 6-50 University Terrace, 8303 112 Street, Edmonton, Alberta, Canada, T6G 2T4: [2]Centre for Health Promotion Studies and Department of Agricultural, Food and Nutritional Science, University of Alberta, Edmonton, Alberta, Canada

Submitted 28 September 2011: Final revision received 8 March 2012: Accepted 15 March 2012

ORIGINAL ARTICLE

Eating in larger groups increases food consumption

Julie C Lumeng, Katherine H Hillman

Arch Dis Child 2007;**92**:384–387. doi: 10.1136/adc.2006.103259

ARTICLE

Arch Pediatr Adolesc Med. 2006;160:436-442

When Children Eat What They Watch

Impact of Television Viewing on Dietary Intake in Youth

Jean L. Wiecha, PhD; Karen E. Peterson, ScD, RD; David S. Ludwig, MD, PhD; Juhee Kim, ScD; Arthur Sobol, MA; Steven L. Gortmaker, PhD

eat right. American Dietetic Association

J Am Diet Assoc. 2010;110:1532-1536.

RESEARCH

Research and Professional Briefs

The Impact of the Availability of School Vending Machines on Eating Behavior during Lunch: The Youth Physical Activity and Nutrition Survey

SOHYUN PARK, PhD, MS; WILLIAM M. SAPPENFIELD, MD, MPH; YOUJIE HUANG, MD, DrPh; BETTYLOU SHERRY, PhD, RD; DIANA M. BENSYL, PhD, MA

Appetite 59 (2012) 140–147

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Appetite

journal homepage: www.elsevier.com/locate/appet

Research report

Eating behaviour, insulin resistance and cluster of metabolic risk factors in European adolescents. The HELENA Study ☆,☆☆

Maria A. Sesé [a,1], David Jiménez-Pavón [a,*,1], Chantal C. Gilbert [b], Marcela González-Gross [c], Frédéric Gottrand [d], Stefaan de Henauw [e], Christina Breidenassel [c,f], Julia Wärnberg [g], Kurt Widhalm [h], Dénes Molnar [i], Yannis Manios [j], Magdalena Cuenca-García [k], Anthony Kafatos [l], Luis A. Moreno [a]

The present study examined the associations of food behaviours and preferences with markers of insulin resistance and clustered metabolic risk factors score after controlling for potential confounders, including body fat in European adolescents. A cross-sectional study "Healthy Lifestyle in Europe by Nutrition in Adolescence Cross-Sectional Study" of 3546 European adolescents aged 12.5–17.5 years was conducted, using a complete dataset on at least glucose, insulin and "Food Choice Questionnaire". Results indicated skipping breakfast, as well as the preference of some foods such as nuts, chocolate, burgers and pizzas, soft drinks or juices, explain part of homeostasis model assessment index variance. In addition, snacking regularly during school day is associated with higher metabolic risk score in females. In conclusion, the present findings suggest that intervention studies aimed to prevent insulin resistance and metabolic risk factors in youth should focus not only in influencing food and drink preferences, but also to ensure healthy food behaviour in adolescents. The harmful consequences in the choice of certain foods or drinks and food habits can be countered with proper planning and intervention programs to prevent insulin resistance and metabolic risk factors.

Conclusioni

- Non tutti gli snack sono uguali: vi sono differenze tra i vari prodotti dovute alla composizione di nutrienti ed alla densità calorica. Occorre tenere conto di queste differenze ed è preferibile variare le scelte anche fra i vari tipi in commercio
- È importante uno sforzo delle industrie a promuovere prodotti di elevate qualità organolettiche, nutrizionalmente equilibrati e con un apporto calorico non superiore al 5-8% delle calorie totali raccomandate dai LARN

Conclusioni

- Riportare sulla confezione la composizione del prodotto rendendo il consumatore più informato sulle proprie scelte. Esistono margini di miglioramento della qualità nutrizionale degli snack industriali attraverso una attenta selezione degli ingredienti da utilizzare con particolare riguardo a quello della componente lipidica
- … Controllare l'etichetta e nel caso di informazioni nutrizionali non adeguate o chiare riflettere e valutare se è bene fermarsi davanti allo scaffale e riempire il carrello in modo automatico ovvero proseguire verso il reparto del pane, delle verdure e della frutta

Healthy food options should be promoted for snacking

Role of Dietary Factors and Food Habits in the Development of Childhood Obesity: A Commentary by the ESPGHAN Committee on Nutrition *(JPGN 2011;52: 662–669)*