Title

Self-Reported Nutritional Status and Breakfast Characterization in Latin American University Students

Abstract

Objective: To associate breakfast consumption frequency with self-reported nutritional status and dietary patterns of Latin American university students by human development. Material and methods: This was a cross-sectional, multicenter observational study. University students from 11 Latin American countries (Argentina, Chile, Colombia, Costa Rica, Ecuador, Guatemala, Mexico, Peru, Paraguay, Panama and Uruguay) were invited to participate by answering an online self-administered questionnaire on food consumption and sociodemographic indicators, associations were investigated using logistic regression. Results: The logistic regression analysis showed significant associations between breakfast consumption and the crude model, models 2 and 3 in countries with very high and upper-middle/high human development. However, after adjustment in the most comprehensive model, the association is no longer statistically significant. In the fully adjusted model of the variables, a significant relationship was observed between breakfast consumption and both healthy and unhealthy dietary patterns. Specifically, students who typically consume breakfast exhibit greater consumption of oatmeal and fruits, as well as healthier dinner choices. Conversely, they exhibit lower consumption of fast food, sugary drinks, and juices. In particular, in highly developed countries, along with the mentioned foods, consumption of dairy was linked to breakfast consumption in a positive way, while alcohol consumption was negatively associated. Conclusion: University students who eat breakfast on a regular basis maintain a healthier diet in comparison to those who do not, irrespective of their country's level of human development.

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Article; body mass; Chile; Costa Rica; cross-sectional study; dietary fiber; Ecuador; education; fast food; female; food intake; fruit; Guatemala; human; human development; major clinical study; male; meal; Mexico; multicenter study; normal weight obesity; nutritional status; obesity; observational study; occupation; Panama; Paraguay; Peru; physical activity; questionnaire; smoking; social network; sociodemographics; underweight; university student; Uruguay; whole grain; young adult; clinical trial; epidemiology; self report; South and Central America; student; university

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