

Menus offered in early childhood education centers of Seville: Adaptation to the nutritional criteria and dietary recommendations [Menús ofertados en centros de educación infantil de Sevilla: Adecuación a criterios nutricionales y a las recomendaciones dietéticas]

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Introduction: Today there is a lack in the evaluation of canteens aimed at children under 3 years although there have been numerous interventions in school canteens in order to achieve a safe and adequate food. Objective: To perform a nutritional assessment of menus offered in early childhood education centres of Seville. Material and methods: The frequency, variety, rotation of food, cooking methods and information of 6-childhood centre's menus from Seville were evaluated. Energy and nutrient intakes were assessed by Dietowin® program and weighing method. Results: Fruits and vegetables were deficient in most menus, and meat, potatoes, pasta and rice were excessive. A poor variety of recipes by food group was observed and the menu gave no comprehensive information. However, the variety of culinary processes and food rotation were adequate. Although energy and carbohydrate intake (~55%) complied with the requirements, an excessive protein intake (~19%) and low lipid intake (< 30%), especially unsaturated fats, was observed. Regarding micronutrients, only calcium, vitamin C and E were below recommended. Conclusions: The early childhood centres are making a great effort to meet the nutritional recommendations, but they still should reduce the protein intake and increase unsaturated fats in the diet. They should also encourage the offer of fruit and vegetables, expand the variety of recipes, provide more information and decrease meat food intake. © 2016, Grupo Aula Medica S.A. All rights reserved.

Energy intake

Infant nutrition sciences

Menu planning

Nutrients

Nutrition assessment