Variation of Food Intake According to the Seasons and the Modifier Effects of Sex and Age among Adults in Southern Brazil.

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INTRODUCTION: Studies have shown variation on nutrient intake; however, further investigation on the interaction effect between demographic characteristics and the seasons was needed to assess changes in food intake in southern Brazil. We aimed to test the differences in food intake according to the seasons and the interaction effect between seasons and sex and age.

METHODS: This study included 273 individuals. The food intake was evaluated with 24-hour dietary recalls, and the reported food items were sorted into food groups. Differences in intake of the food groups throughout the seasons and the interaction effect were tested by the Generalized Estimate Equation (GEE).

RESULTS: The intake of fruits and natural fruit juices and sweetened beverages was lower, while that of grains and derivatives was higher, in the winter. The intake of leafy vegetables and fish and seafood was lower in the autumn; consumption of coffee and eggs was higher in the spring. The intake of chocolate powder and sugar, salt, and lean poultry was also higher in the winter. The variation in consumption of grains and derivatives, eggs, fatty poultry, and processed meat over the seasons was likely to be affected by the modifier effect of sex. Age interacted with the seasons for leafy vegetables, beans and lentils, lean beef, lean poultry, low fat milk and light yogurt, vegetable oil and unsalted margarine, chocolate powder and sugar, and processed meat.

CONCLUSION: In conclusion, this study has shown that food intake may change according to the seasons and its depends on sex and age.