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Content of fat and lipid profile of the menus served in school canteens

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Childhood obesity is one of the main public health concerns. In 2016, the WHO publishes a report that includes a set of recommendations to combat childhood obesity, but also calls on governments of member countries to promote policies to reduce the numbers of overweight and obesity. The school canteens play a fundamental role in the field of infant feeding due to its high number of users, which reached its peak in Spain in 2010-2011, with 1,675,681 users, corresponding to 40.8% of the total Students enrolled in primary and secondary education (Oficina de Estadística del Ministerio de Educación, Cultura y Deporte, 2014). The objective of the present work is to determine the quantity and quality of the fat of the menus served in school canteens. The study is carried out in the four schools (A1, A2, C and D), with a population of 1877 students and 582 regular diners. The management of the school dining service is carried out by 3 different catering companies. Of the four schools, two have autonomous kitchen (A1 and A2) and the other two refer catering service. The menus are collected in one week in each of the schools and the fat is determined using the modified method of Rose Gottlieb and the lipid profile by gas chromatography. The results are compared with those obtained using composition tables.

The fat content is 5.4±3.0, 5.1±2.1, 3.4±0.5 and 4.3±0.7 g / 100 g of the menu in school A1, A2, B and C, respectively. The fatty acid profile is shown in Table1. The results obtained show the importance of not only controlling the amount of fat added during the preparation of the dishes, but also the type of fat used (lipid profile).

Biography

Maria J Esteve is an expert in food analysis. She has studied the effect of non-conventional conservation treatments (electrotechnologies, high pressures and ultrasounds) on physicochemical characteristics, nutrients and bioactive compounds of foods of vegetal origin. In her last project she studies the valorization of residues of the food industry with the extraction by non-conventional techniques of bioactive compounds (phenolic compounds, ascorbic acid, carotenes) and colored compounds. She also studies the possible interactions between the compounds as well as their bio accessibility and the effect that different technologies can have. The effect on the health of the consumer is important but also the interest to reduce the environmental impact has increased, reason why it is looked for sustainable processes.

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