

Universidade de São Paulo
Faculdade de Saúde Pública
Departamento de Nutrição

Consumo Alimentar na População Brasileira

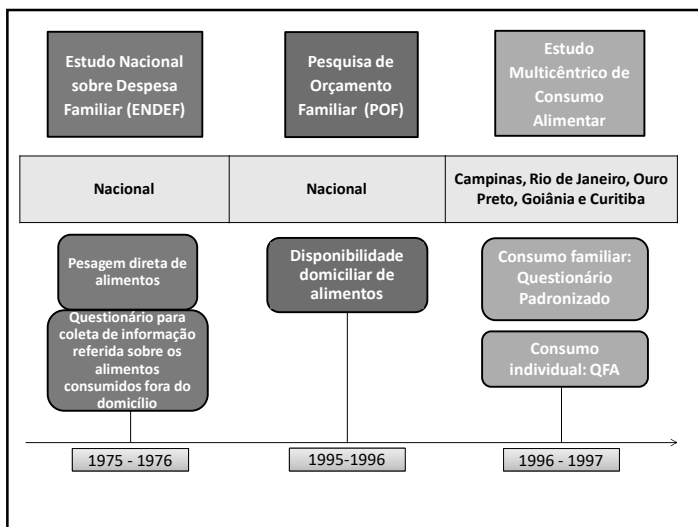
Profª Assoc. Regina Mara Fisberg

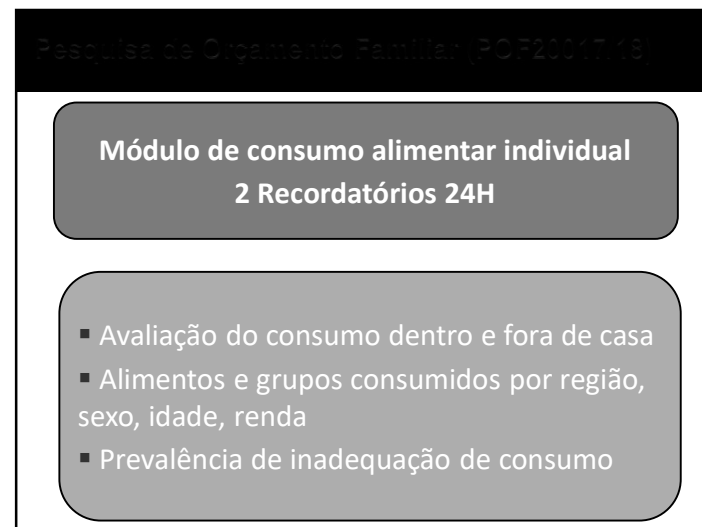
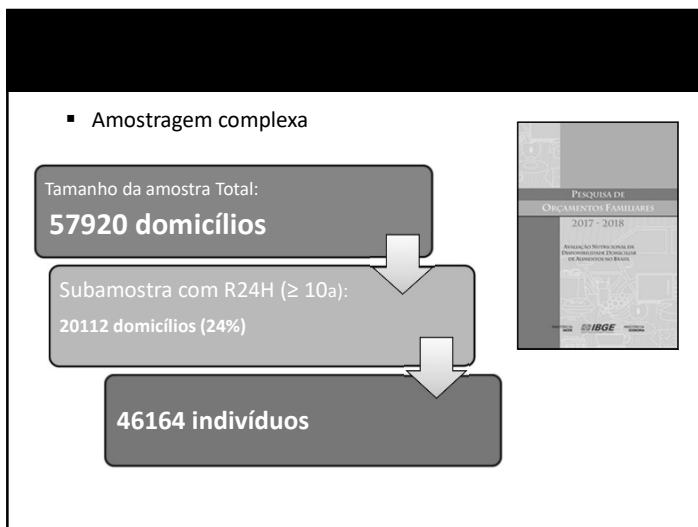
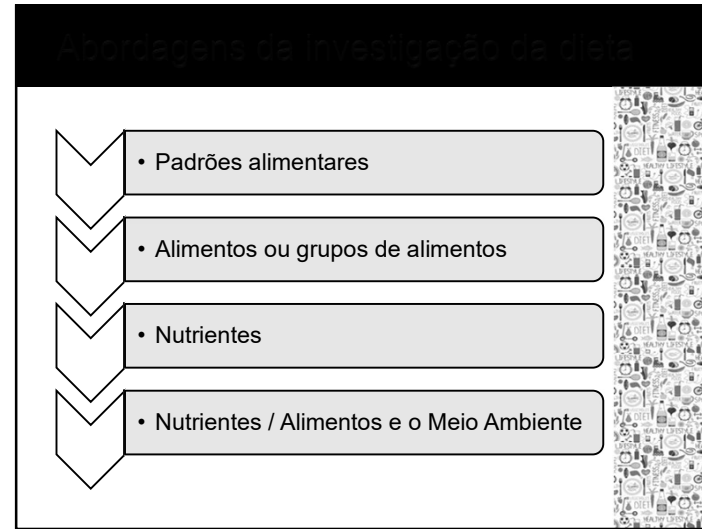
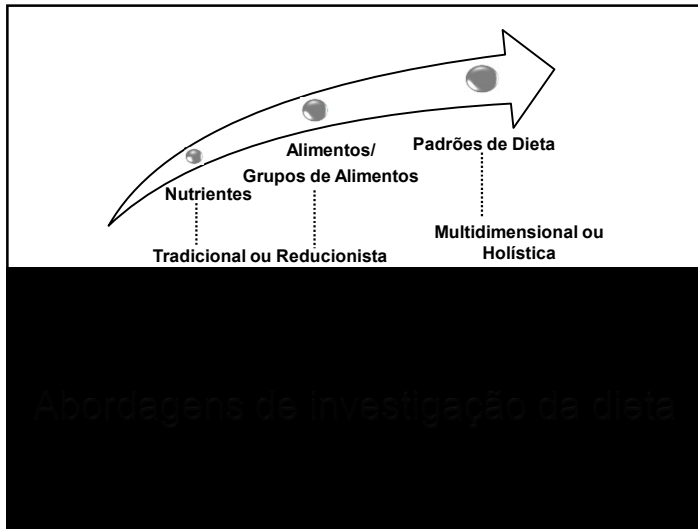
“Diets são exposições complexas com vários e por vezes mal caracterizados componentes, consumidos em quantidades e combinações diferentes”.

Variáveis dietéticas - toda a população está "exposta" à dieta em algum grau.

Dieta varia com o tempo, com hábitos alimentares individuais e composição dos alimentos.

Satija A. Adv Nutr, 2015





Inquérito de Saúde de São Paulo

The image shows a timeline of the ISA-Capital-SP surveys. It features three vertical panels representing the years 2003, 2008, and 2015. Each panel includes the ISA-Capital-SP logo and a small graphic of a family. Arrows indicate the progression from 2003 to 2008, and then to 2015.

ISA Capital-SP

2003 (n=3357) → 2008 (n=3271) → 2015 (n=4059)

Estudo transversal de base populacional com amostra probabilística

- Adolescentes (12-19 anos)
- Adultos (20 a 59 anos)
- Idosos (60 anos e mais)

DADOS AUTORREFERIDOS

- Condições de vida
- Estilo de vida
- Estado de saúde
- Uso de serviços de saúde

ISA Capital-SP

- ✓ Socioeconômicos
- ✓ Demográficos
- ✓ Estilo de vida
- ✓ Recordatório 24 horas (1ª medida)
- ✓ Recordatório 24 horas (2ª medida)
- ✓ Coleta de sangue
- ✓ Pressão arterial, peso, estatura, circunferência de cintura aferidos

Sample

- Sample size: 9218 cases
- Brazil: 2000 cases
- Representative sample of the urban household population of each country.
- Stratified by geographical location (only urban areas), gender, age and socioeconomic status:

Age group

- 15 – 19.9 years (adolescents)
- 20 – 34.9 years (young adults)
- 35 – 49.9 years (adults)
- 50 – 65 years (senior adults)

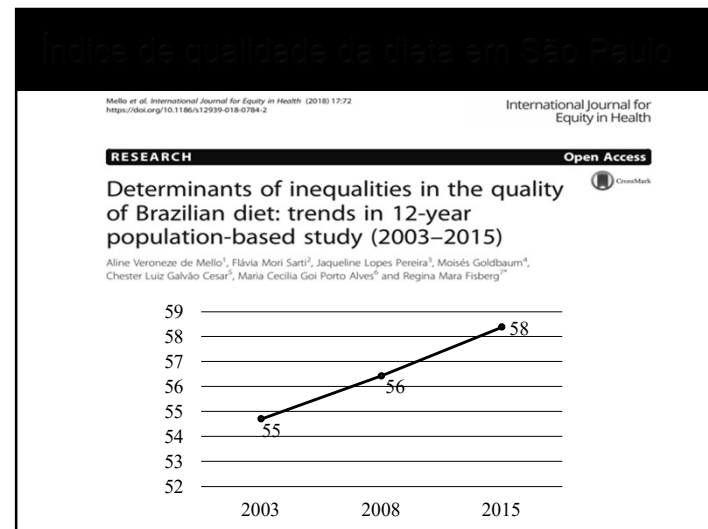
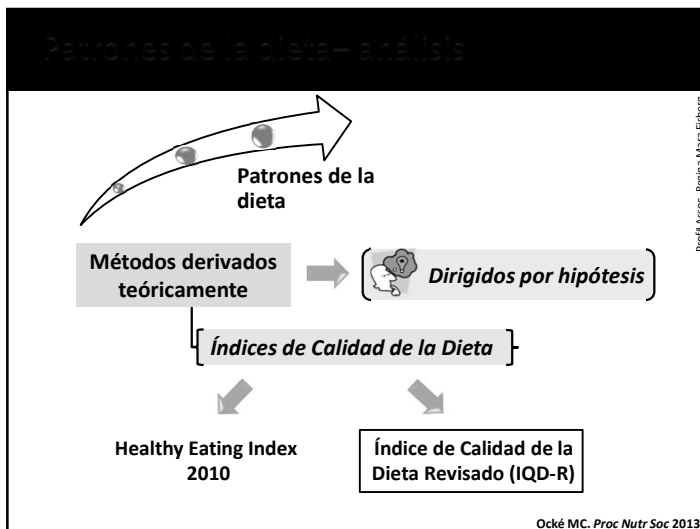
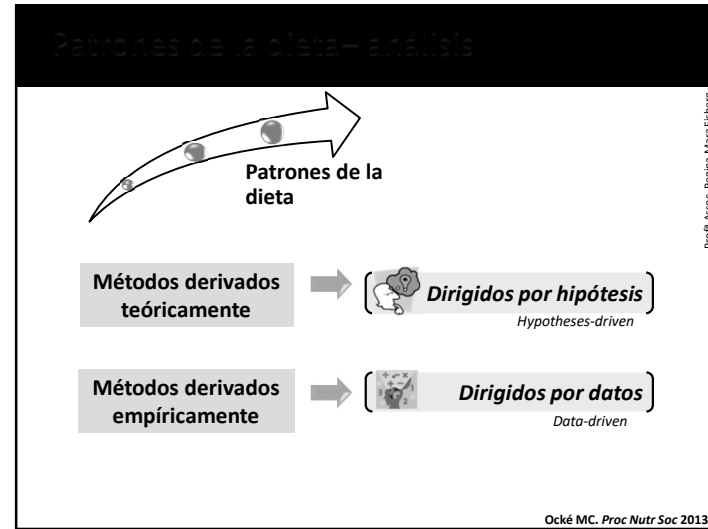
Socioeconomic level (SEL)

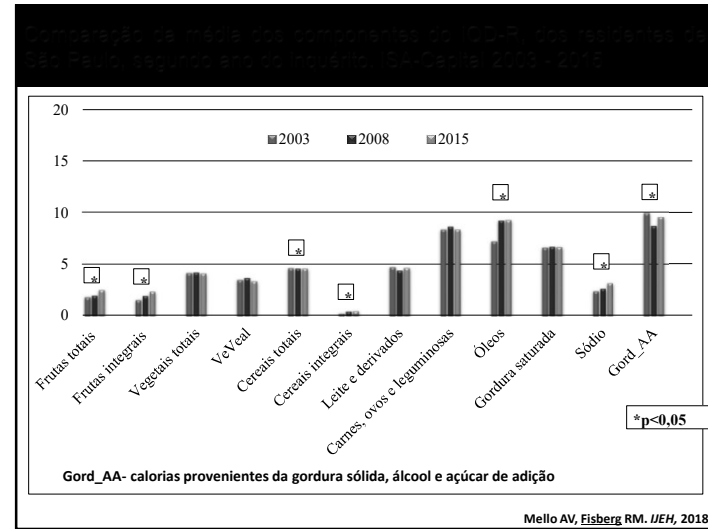
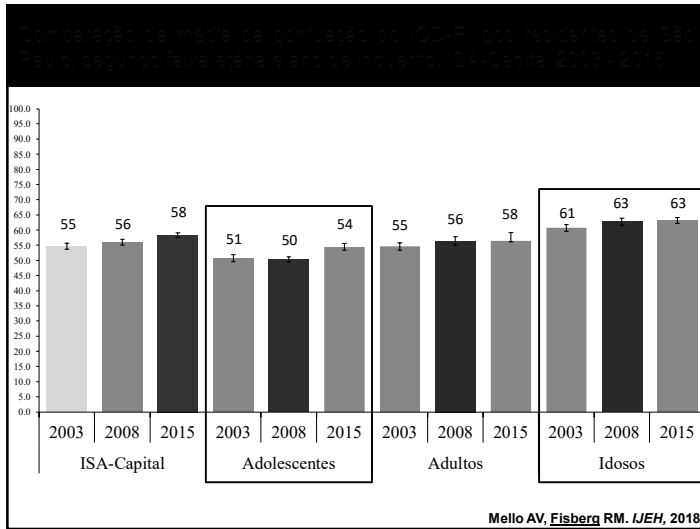
- High
- Medium
- Low



The map shows South America with Brazil highlighted in grey, indicating the study's geographical focus.



PADRÕES DA DIETA – ANÁLISE





Article

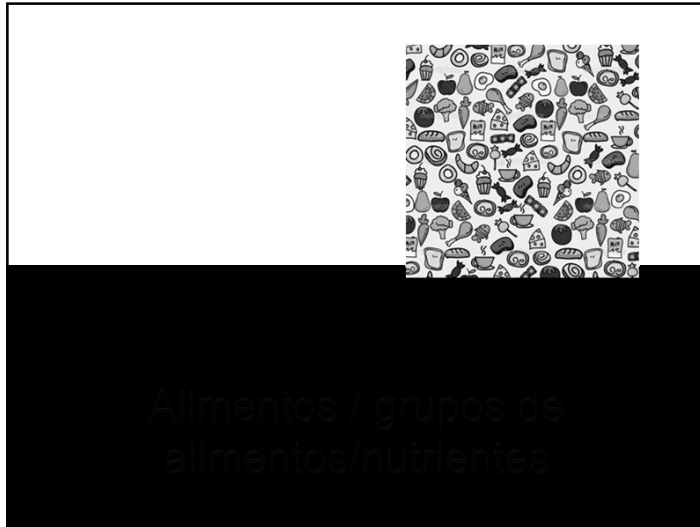
Diet Quality and Diet Diversity in Eight Latin American Countries: Results from the Latin American Study of Nutrition and Health (ELANS)

Georgina Gómez ^{1,*}, Regina Mara Fisberg ², Ágatha Nogueira Previdelli ³, Cristiane Hermes Sales ², Irina Kovalskys ^{4,5}, Mauro Fisberg ^{6,7}, Mariannella Herrera-Cuenca ⁸, Lilia Yadira Cortés Sanabria ⁹, Martha Cecilia Yépez García ¹⁰, Rossina Gabriella Pareja Torres ¹¹, Attilio Rigotti ¹², Viviana Guajardo ⁵, Ioná Zalcman Zimberg ¹³, Anne Chinnock ¹⁴, Ana Gabriela Murillo ¹, Juan Carlos Brenes ¹⁵ and on behalf of the ELANS Study Group [†]

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Variables	n (%)	Score Based on Greater Consumption of 10 Healthy Dietary Items Mean (SD)	Score Based on Lesser Consumption of Seven Unhealthy Items Mean (SD)	Score Based on 17 Dietary Items Mean (SD)
Total countries	9218 (100)	64.96 (13.61)	60.22 (13.62)	63.01 (9.29)
Sex				
Male	4409 (47.83)	64.91 (13.68)	60.23 (13.91)	62.98 (9.24)
Female	4809 (52.17)	65.00 (13.70)	60.22 (13.36)	63.03 (9.34)
Countries				
Argentina	1266 (13.73)	65.72 (13.36)	60.25 (13.26)	63.47 (9.57)
Brazil	2000 (21.70)	65.89 (13.67)	60.10 (13.37)	63.51 (9.16)
Chile	879 (9.54)	62.22 (15.17)	60.27 (12.86)	61.42 (10.33)
Colombia	1230 (13.34)	65.71 (12.89)	60.26 (13.04)	63.47 (9.04)
Costa Rica	798 (8.66)	65.67 (13.15)	60.30 (14.15)	63.46 (9.41)
Ecuador	800 (8.68)	65.62 (12.81)	60.35 (13.89)	63.45 (8.70)
Peru	1113 (12.07)	65.84 (14.24)	60.14 (14.38)	63.50 (9.23)
Venezuela	1132 (12.28)	61.92 (11.73)	60.25 (14.36)	61.23 (8.67)
Socio-economic level				
High	880 (9.55)	67.21 (13.95) +	58.52 (13.70) +	63.91 (9.24)
Middle	3542 (38.42)	65.84 (13.87) +	59.77 (13.39) +	63.04 (9.21)
Low	4796 (52.03)	63.80 (13.58) +	60.86 (13.74) +	62.66 (9.27) #

Gómez G. et al. *Nutrients*, 2019





Food/Nutrients	Argentina (n = 1266)	Brazil (n = 2000)	Chile (n = 879)	Colombia (n = 1230)
Healthy items ****				
Beans and legumes (g/d)	2.52 (7.79)	59.34 (34.28)	21.81 (29.28)	41.61 (24.13)
Vegetables (g/d)	100.83 (49.52)	88.69 (70.17)	171.68 (76.03)	89.57 (43.19)
Milk (g/d)	73.54 (80.59)	123.09 (120.26)	93.84 (114.39)	172.96 (108.55)
Fruits (g/d)	75.02 (77.20)	83.81 (86.85)	123.25 (89.66)	66.95 (70.25)
Food/Nutrients				
	Costa Rica (n = 798)	Ecuador (n = 800)	Peru (n = 1113)	Venezuela (n = 1132)
Healthy items ****				
Beans and legumes (g/d)	103.64 (56.40)	47.95 (28.81)	23.53 (17.79)	24.81 (23.04)
Vegetables (g/d)	146.88 (77.02)	163.12 (61.53)	107.76 (36.06)	96.68 (40.04)
Milk (g/d)	86.03 (94.37)	96.85 (67.73)	42.16 (31.26)	75.72 (68.52)
Fruits (g/d)	79.92 (86.93)	83.25 (76.25)	116.74 (85.40)	27.30 (51.43)

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Food/Nutrients	Argentina (n = 1266)	Brazil (n = 2000)	Chile (n = 879)	Colombia (n = 1230)
Unhealthy items ****				
Sodium (g/d)	2.60 (0.50)	2.96 (0.64)	2.93 (0.58)	1.95 (0.51)
Saturated fat (% energy)	11.70 (2.38)	9.77 (2.32)	10.80 (2.29)	10.62 (2.13)
Unprocessed red meats (g/d)	78.62 (34.26)	94.71 (43.48)	57.42 (29.23)	71.07 (29.29)
Sugar-sweetened beverages (g/d)	1092.90 (650.31)	611.65 (323.11)	331.73 (240.66)	482.99 (227.95)
Food/Nutrients				
	Costa Rica (n = 798)	Ecuador (n = 800)	Peru (n = 1113)	Venezuela (n = 1132)
Unhealthy items ****				
Sodium (g/d)	3.02 (0.56)	4.52 (0.77)	0.97 (0.24)	3.1 (0.52)
Saturated fat (% energy)	8.74 (2.09)	8.95 (1.93)	6.49 (1.46)	9.87 (2.02)
Unprocessed red meats (g/d)	49.39 (21.42)	62.17 (25.67)	29.30 (20.27)	67.72 (26.56)
Sugar-sweetened beverages (g/d)	702.40 (351.13)	677.22 (234.74)	920.17 (325.93)	597.92 (290.73)

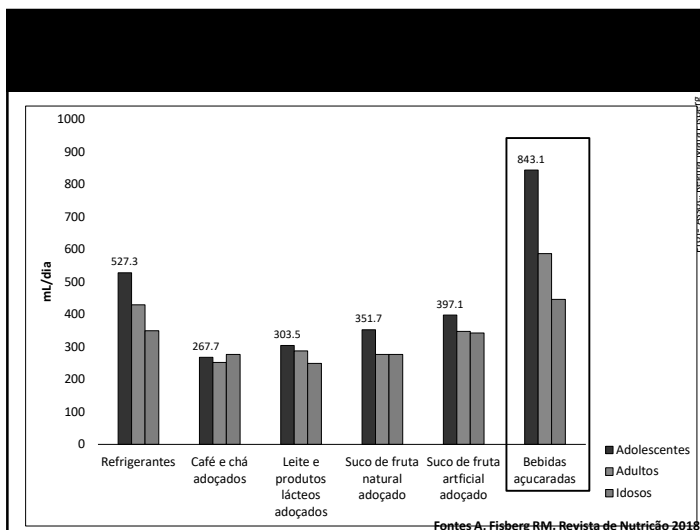
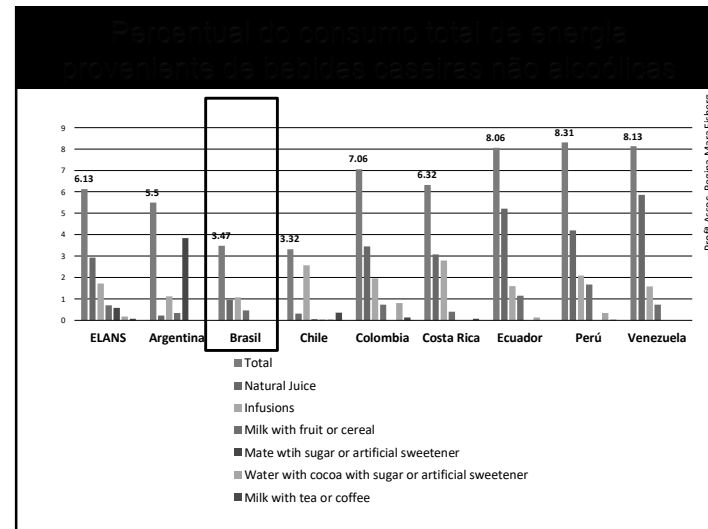
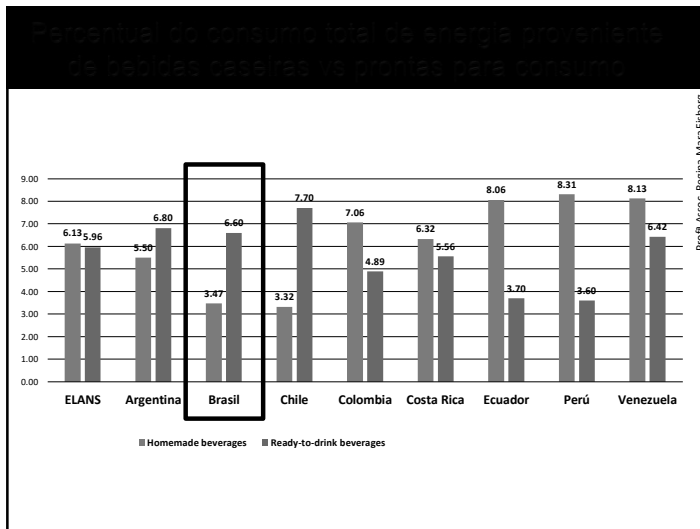
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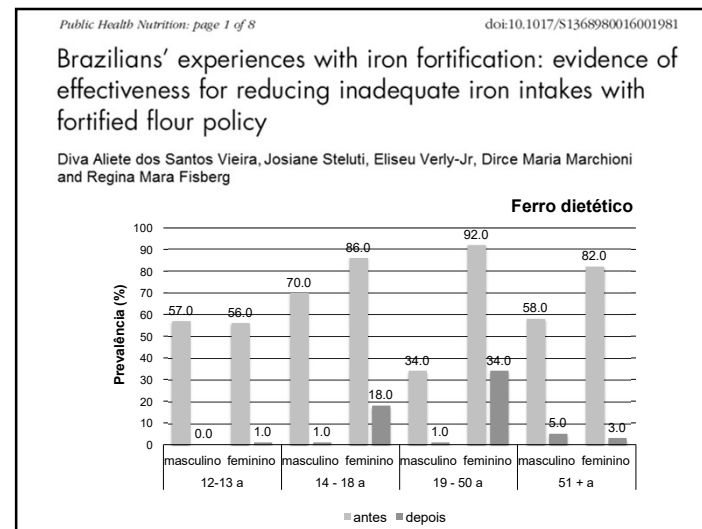
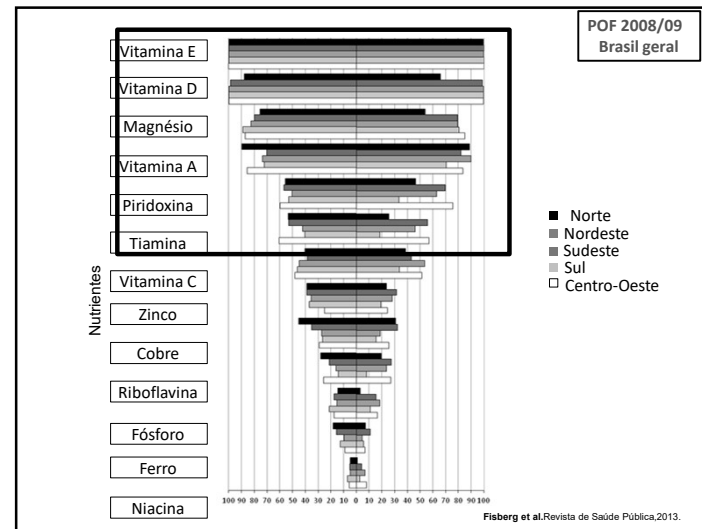
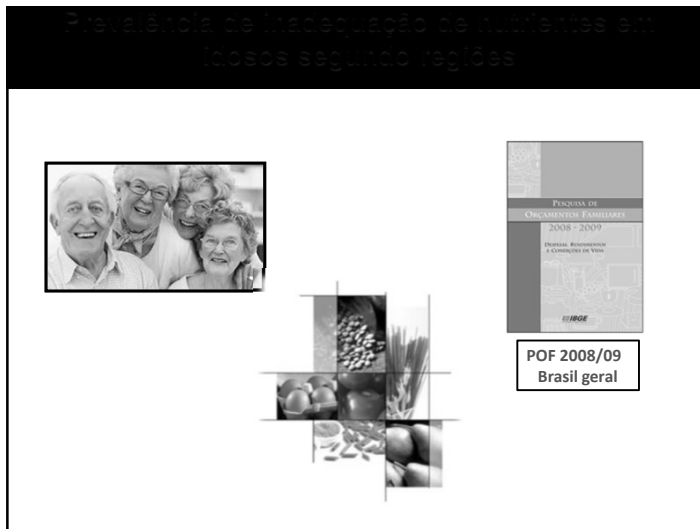



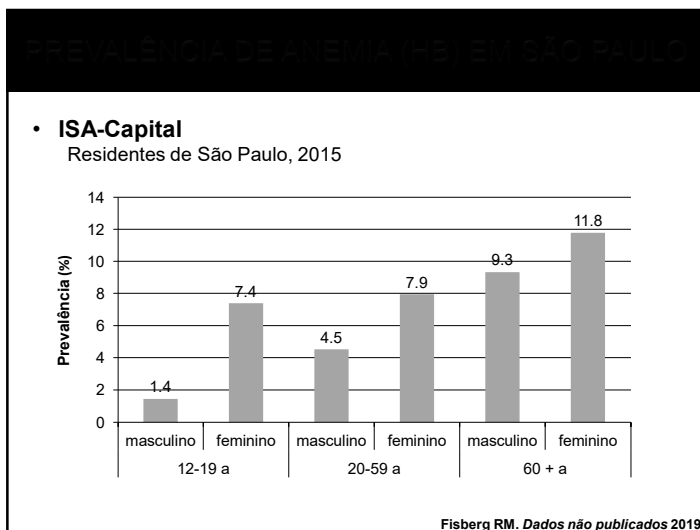
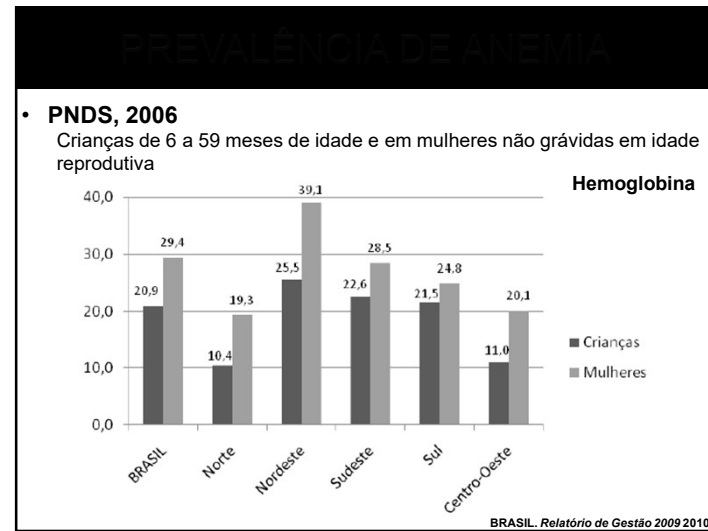
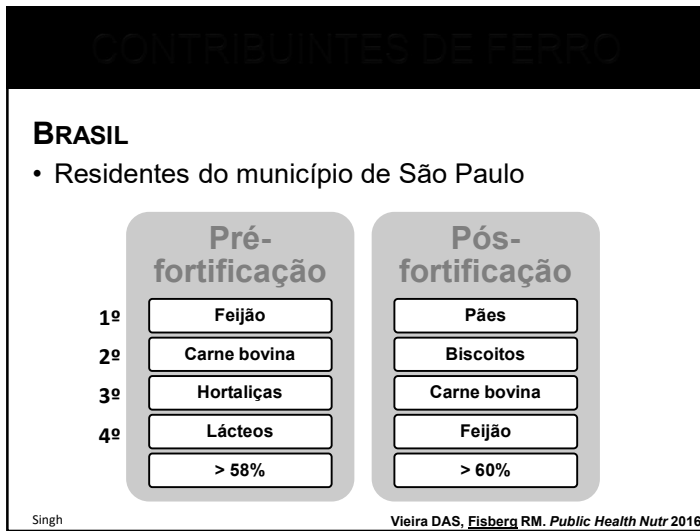
Article

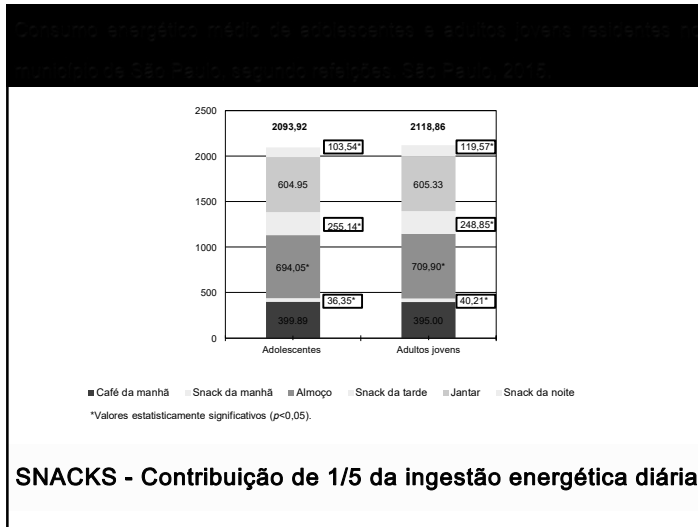
Total and Added Sugar Intake: Assessment in Eight Latin American Countries

Mauro Fisberg ^{1,2,*}, Irina Kovalskys ³, Georgina Gómez ⁴, Atilio Rigotti ⁵, Lilia Yadira Cortés Sanabria ⁶, Martha Cecilia Yépez García ⁷, Rossina Gabriella Pareja Torres ⁸, Marianella Herrera-Cuenca ⁹, Ioná Zalcmán Zimberg ¹⁰, Berthold Koletzko ¹¹, Michael Pratt ¹², Luis A. Moreno Aznar ¹³, Viviana Guajardo ³, Regina Mara Fisberg ¹⁴, Cristiane Hermes Sales ¹⁴, Ágatha Nogueira Previdelli ¹⁵ and on behalf of the ELANS Study Group [†]









Alimentos		% contrib*	Alimentos		% contrib*
ADOLESCENTES			ADULTOS JOVENS		
1	Biscoitos doces	14,98	Bebidas açucaradas	10,45	
2	Doces e sobremesas	10,85	Salgados fritos	9,01	
3	Pães	9,50	Biscoitos doces	8,43	
4	Bebidas açucaradas	8,45	Pães	8,29	
5	Salgadinhos	6,01	Doces e sobremesas	7,67	
6	Frutas	4,55	Biscoitos salgados	6,36	
7	Salgados fritos	4,49	Bolos	6,22	
8	Manteiga e margarina	4,43	Bebidas alcoólicas	5,21	
9	Biscoito salgado	4,40	Salgados assados	4,90	
10	Leite	4,22	Frutas	4,11	
11	Salgados assados	3,95	Leite	3,69	
12	Carnes não processadas	2,67	Carnes não processadas	2,93	
13	Bolos	2,41	Salgadinhos	2,88	
14	Queijos	1,72	Queijos	2,05	
15	Carnes processadas	1,69	Legumes	2,04	
16	Achocolatado	1,49	Manteiga e margarina	2,01	
17	Oleaginosas	1,44	Carnes processadas	1,53	
18	Legumes	1,41	Sanduíches	1,45	
19	Outras preparações	1,27	Açúcar de adição	1,29	
20	Arroz*	1,18	Massas	1,21	
		91,11		91,71	

*% de contrib: percentual de contribuição energética.



nutrients MDPI

Article
Association between Coffee Consumption and Its Polyphenols with Cardiovascular Risk Factors: A Population-Based Study


Andréia Machado Miranda *, Josiane Stefuti, Regina Mara Fisberg and Dirce Maria Marchioni
 Department of Nutrition, School of Public Health, University of São Paulo, São Paulo 07246-904, Brazil; jstefuti@gmail.com (J.M.); rfbisberg@usp.br (R.M.F.); marchionid@usp.br (D.M.M.)
 * Correspondence: andrea.m.miranda@gmail.com; Tel.: +55-11-3003-7066

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Abstract: Epidemiological studies have examined the effect of coffee intake on cardiovascular disease, but the benefits and risks for the cardiovascular system remain controversial. Our objective was to evaluate the association between coffee consumption and its polyphenols on cardiovascular risk factors. Data came from the “Health Survey of São Paulo (ISA-Capital)” among 557 individuals, in São Paulo, Brazil. Diet was assessed by two 24-h dietary recalls. Coffee consumption was categorized into <1, 1–3, and ≥3 cups/day. Polyphenol intake was calculated by matching food consumption data with the Phenol-Explorer database. Multiple logistic regression models were used to assess the associations between cardiovascular risk factors (blood pressure, total cholesterol, low-density lipoprotein cholesterol (LDL-c), high-density lipoprotein cholesterol (HDL-c), triglycerides, fasting glucose, and homocysteine) and usual coffee intake. The odds were lower among individuals who drank 1–3 cups of coffee/day to elevated systolic blood pressure (SBP) (Odds Ratio (OR) = 0.45; 95% Confidence Interval (95% CI): 0.26, 0.78), elevated diastolic blood pressure (DBP) (OR = 0.44; 95% CI: 0.20, 0.98), and hyperhomocysteinemia (OR = 0.32; 95% CI: 0.11, 0.93). Furthermore, significant inverse associations were also observed between moderate intake of coffee polyphenols and elevated SBP (OR = 0.46; 95% CI: 0.24, 0.87), elevated DBP (OR = 0.51; 95% CI: 0.26, 0.98), and hyperhomocysteinemia (OR = 0.29; 95% CI: 0.11, 0.78). In conclusion, coffee intake of 1–3 cups/day and its polyphenols were associated with lower odds of elevated SBP, DBP, and hyperhomocysteinemia. Thus, the moderate consumption of coffee, a polyphenol-rich beverage, could exert a protective effect against some cardiovascular risk factors.

Keywords: coffee consumption; coffee polyphenol intake; cardiovascular risk factors; representative sample.

1 a 3 xícaras por dia*




- Menor Pressão Sistólica (OR=0,45)
- Menor Pressão Diastólica (OR=0,44)
- Menor hiperhomocisteinemia (OR=0,32)

* Em relação àqueles com consumo <1 xícara por dia.
Não foram observados benefícios no consumo >3 xícaras por dia.

Miranda AM, et al. *Nutrients* 2017

101 a 337 mg/dia*



- Menor Pressão Sistólica (OR=0,46)
- Menor Pressão Diastólica (OR=0,51)
- Menor hiperhomocisteinemia (OR=0,29)

* Considerada uma quantidade moderada
Em relação àqueles com consumo <101 mg/d.
Não foram observados benefícios no consumo >337 mg/d.

Miranda AM, et al. *Nutrients* 2017



ALIMENTO E MEIO AMBIENTE

International Journal of
*Environmental Research
and Public Health*



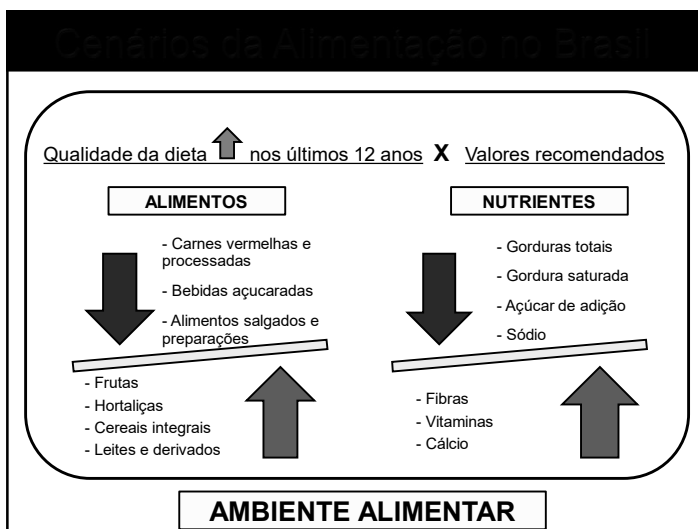
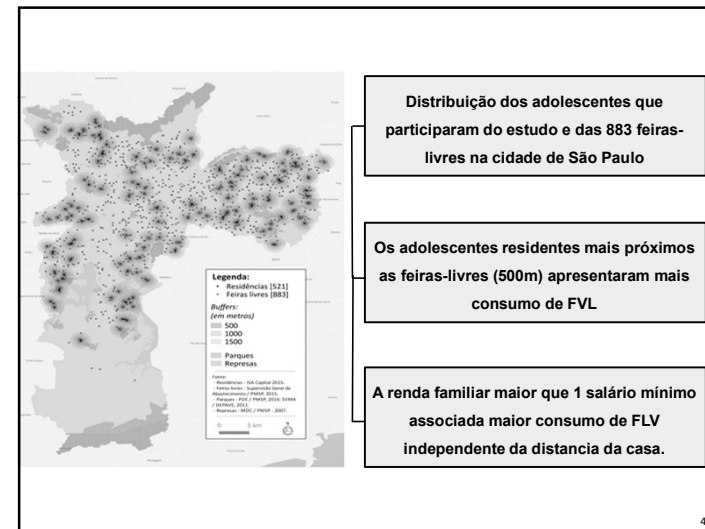
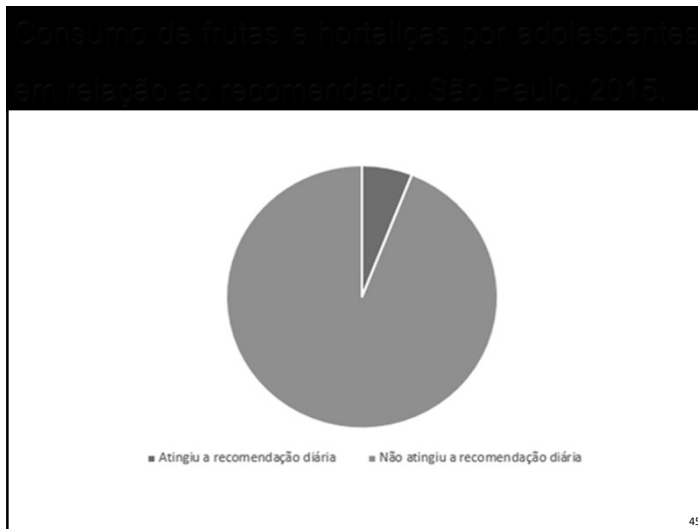
Article

Access to Street Markets and Consumption of Fruits and Vegetables by Adolescents Living in São Paulo, Brazil

Luana Romão Nogueira ¹, Mariane de Mello Fontanelli ¹, Breno Souza de Aguiar ², Marcelo Antunes Failla ², Alex Antonio Florindo ³, Lígia Vizeu Barrozo ⁴, Moisés Goldbaum ⁵, Chester Luiz Galvão Cesar ⁶, Maria Cecília Goi Porto Alves ⁷ and Regina Mara Fisberg ^{1,*}

OBJETIVO: Investigar associação entre densidade de feiras, renda e consumo de frutas e hortaliças em adolescentes

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Conclusões finais

Estudos epidemiológicos em Nutrição

- Fornecem subsídios para o diagnóstico descritivo e analítico do consumo alimentar da população brasileira
- Permitem a elaboração de ações de intervenção que envolvam:
 - Governo
 - Indústria de alimentos
 - Profissionais de saúde
 - Organizações sociais civis