

Sweets becoming eating habits of children- survey **Related News**

May 23,2005-**Results from the National Children's Food Survey show that confectionery is becoming one of their main sources of energy.**

23/05/05 School children are consuming too much fat and sugar and are lacking in vitamins, iron, fibre and calcium, according to the first major study of their eating habits.

Preliminary results from the National Children's Food Survey show children are eating such quantities of sweets and biscuits that confectionery is becoming one of their main sources of energy. Vegetable and fruit intake is very low among those aged five to 12, with children eating, on average, only half a serving of vegetables every day.

The study, completed by the Irish Universities Nutrition Alliance at University College Cork and University College Dublin, also showed over-consumption of processed meats is leading to excessive salt intake.

It examined 600 boys and girls, aged five to 12, and measured their food and drink intake over a week, their weight, height, activity, television-viewing habits and their parents' diets.

Comparisons were made between obesity levels in children in 1990 and now. Obesity levels in girls, aged eight to 12, have risen by approximately 9% - which is nearly five times the rate of boys of the same age.

http://www.irishexaminer.com/pport/web/ireland/Full_Story/did-sgEa00q4dF8NosgTbBP-2fa91M.asp