

kg•bw/day (8.89% of PTWI(Provisional Tolerable Weekly Intake)). 94.6% of subjects had intake less than 25% of PTWI. 0.15% of male and 0.24% of female consumed more than PTWI. High consumers above 95th percentile had larger total intake; 3.7 times higher in fish and shellfish & seaweed. Among food groups, inorganic arsenic intake was attributed to fish and shellfish (59.6%), grain (17.9%), seaweed (11.7%), and vegetables (6.2%).

Conclusions: This DB would be useful in identifying high risk group of inorganic arsenic exposure in environmental epidemiology studies or monitoring, whose results can be applied to developing policy or intervention program for controlling exposures. (Acknowledgements: This work was supported by the Brain Korea 21 Project in 2011 and National Institute of Environmental Research.)

Key Words: inorganic arsenic DB, dietary exposure

27/360. Nutrition and Healthy Lifestyle

Adherence to a Mediterranean dietary pattern in healthy pregnant women of the Canary Islands

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Introduction: Nutritional status during pregnancy affects outcomes for both mother and infant. Pregnant women must consume enough calories and nutrients to provide sustenance for both themselves and the developing fetus. Adequate nutrition during pregnancy is important for the development of the placenta, for a healthy delivery and for future lactation.

Objectives: To describe the adherence to a Mediterranean diet during pregnancy.

Method/Design: Cross-sectional study based on 103 women aged 18-40 years, who gave birth at the University Hospital Materno-Infantil of Gran Canaria. Food consumption and macro and micronutrient intake were estimated using a food frequency questionnaire used in the Canary Island Nutrition Survey (ENCA). The total Mediterranean-diet score ranged from 0 (minimal adherence to the traditional Mediterranean diet) to 8 (maximal adherence). Ethanol consumption was not considered to build the pattern. The score was divided into three levels: low (0-3), medium (4-5), high (6-8). Appropriate institutional ethics committee clearance and participants' informed consent were obtained.

Results: The average age for women in the study was 29 ± 4.4 years (mean ± SD), and the average of weeks of gestation 40 ± 1.3 weeks. The average increase in weight during pregnancy was 13.1kg. A low index of adherence (0-3) was found for 34.0% of the sample, 49.5% had intermediate values (4-5) and 16.5% a high index of adherence to the traditional Mediterranean diet (6-8). A significant number of pregnant women did not reach the 50% of the recommendations for

iron, folate and vitamin D intake (36.9, 26.2 and 38.8% respectively).

Conclusions: Dietary advice for improving the adherence to the traditional Mediterranean diet during pregnancy and the supplementation of mainly iron and folate are necessary.

Key Words: Pregnant women. Mediterranean dietary pattern. Pregnancy. Nutrition

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Socio-economic status and food consumption frequencies in European children: IDEFICS Study

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Introduction: Increasing rates of overweight and obesity prevalence in European children have been associated to food consumption, with socio-economic indicators of wealth involved as mediators.

Objectives: To examine the effect of socio-economic status (SES), defined by parentally reported education and occupation, on the frequency of consumption of foods assessed by a food frequency questionnaire.

Method/Design: Participants were 14.426 children (49.1% boys) aged 2 to 9 years, from 8 European countries (Belgium, Cyprus, Estonia, Germany, Hungary, Italy, Spain, Sweden), participating in the IDEFICS (Identification and prevention of Dietary –and lifestyle-induced health Effects In Children and infantS) study. ANCOVA adjusted models were applied to detect differences on food frequency consumption by SES categories (high, medium and low). Adjusted logistic regression models for fruit, vegetable, water and soft drinks