



BAKERY PRODUCTS AS A SIGNIFICANT SOURCE OF HIDDEN SALT IN THE DIET OF SCHOOL CHILDREN

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AIM OF RESEARCH


To establish the frequency of daily consumption of various bakery products as a snack meal (children)

„HIDDEN SALT“



70%

WHY IS THIS IMPORTANT?

- Diet high in salt  one of the leading risks to **high blood pressure (HBP)** and **cardiovascular diseases** (adults, children)



POPULARITY:

SCHOOL CHILDREN
WHO CONSUME
VARIOUS BAKERY
PRODUCTS AS A



SNACK MEAL

TO EVALUATE THE
SIGNIFICANCE OF SUCH
SALT INTAKE



RESEARCH:

- The study was conducted during 2009.
- Specially designed questionnaire
- Children of younger school age (first to fourth grade of elementary school)
- Mean age $8,5 \pm 1,5$



QUESTIONNAIRE:

1200 children
participated

1077 response rate

545 girls
(50,6%)

532 boys
(49,4%)



MEASUREMENTS:

- The value of salt content in **42** bakery products
- from various bakery shops in Osijek area
- Analysis made in **the Institute of Public Health for the Osijek-Baranja County**



22 most frequently sold pastry
20 stuffed bakery products



RESULTS

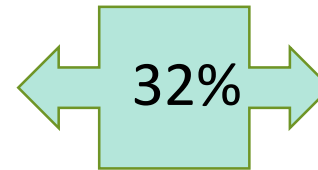
- 1077 children (younger school age)



345 consume some of the bakery products as a snack meal



28,3% girls
(154/545)



35,9% boys
(191/532)



Mean proportion of salt in all 42 bakery products



2,4% (+-0,9)

2,8% (+-1) pastry

1,9% (+-0,5) stuffed bakery products

WHAT DOES IT MEAN?

ONLY one salty pretzel
per day (70g)

2 g salt



WHO (World Health Org.) recommends:

children 7-10 year old

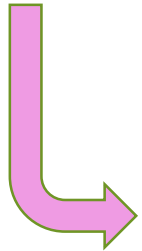
5 g salt/day



CONCLUSION



TASTE OF SALT IS INNATELY APPEALING TO HUMANS



The frequency of consumption of salty products late in life is directly connected with habits of their consumption acquired in childhood



almost one third of school children from Osijek area with only one snack meal consequently meet almost 50% of daily salt requirement



NECESSARY!

TO MAKE EXTRA EFFORTS AND TO START UP DIRECT PUBLIC HEALTH ACTIONS INTENDED TO REDUCE AN EXCESSIVE SALT INTAKE THROUGH DIET IN THE VULNERABLE POPULATION OF SCHOOL CHILDREN

HOW CAN WE DO THAT?

PRODUCT LABELING (DECLARATION)

TEACHING BAKERS, PRODUCERS AND
CONSUMERS ABOUT POTENCIAL RISKS

INTRODUCING SPECIAL MENUS IN
SCHOOLS – HEALTHIER WAY OF EATING





QUESTIONS?!?

THANK YOU FOR YOUR
ATTENTION!

