

# Food quality and nutritional status in university students of eleven Chilean regions Calidad de la alimentación y estado nutricional en estudiantes universitarios de 11 regiones de Chile

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**Background:** The Chilean population has inadequate lifestyles and high prevalence of chronic diseases. **Aim:** To analyze eating behaviors, nutritional status and history of previous diseases, in students of higher education. **Material and Methods:** Cross-sectional study in students of 54 higher education centers across the country. They answered a survey about dietary habits, physical activity, smoking, previous diseases and opinion of their nutritional condition. Weight and height were measured under standardized conditions and nutritional status classified according to body mass index. **Results:** We studied 6,823 students aged 17 to 29 years. Forty seven percent did not have breakfast and 35% did not have lunch every day. A low proportion had a daily consumption of vegetables (51.2%), fruits (39.4%) and dairy products (57.5%). There was a high frequency of soft drinks, chips, cakes and sweets consumption. Seventy six percent were sedentary, 40.3% smokers and 27.4% overweight or obese. The I