

# Consumption of ready-to-eat cereal is inversely associated with body mass index in 6-13 years old chilean schoolchildren El consumo de cereales listos para comer está inversamente asociado con el índice de masa corporal en escolares chilenos de 6 a 13 año

Valenzuela, Oscar Castillo

Zúñiga, Jéssica Liberona

De Landa, Angélica Dominguez

Thielecke, Frank

Mondragón M, Mary

Narkunska, Jaime Rozowski

Muñoz, Sylvia Cruchet

© 2015, Grupo Aula Medica S.A. All rights reserved. Background and aims: childhood obesity in Chile is a serious problem with the prevalence continuing to increase over the last decade, despite all governmental efforts to diminish it. Studies indicate that the consumption of certain foods may help to control body weight. The objective of this study was to evaluate the relationship between ready-to-eat cereals (RTEC), body mass index and nutritional intake of macronutrients and micronutrients in school children from Santiago, Chile. Methods and results: the study included 1 477 children aged 6-13 years who were evaluated by trained nutritionists. Weight, height and waist circumference were measured and a 24-hour recall questionnaire was administered in which the hours spent watching TV were also recorded. Overall, 32% of boys and 28 % of girls were overweight but the difference between them was not significant. All children, regardless of sex, showed a significant inverse relationship b