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Cartas científicas

Assessment of actual food portions sizes in a sample of adolescents from Cochabamba (Bolivia)

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Recent studies in Bolivia described increasing levels of overweight in women of childbearing age, adolescents¹ and university students,² while under nutrition remained highly prevalent in some regions.³ Such epidemiological picture can be partially due to socio-economic disparities in food availability at household level.⁴

In 2004, a semi-quantitative food-frequency-questionnaire (SFFQ) was developed for estimating food intake of Bolivian school attending adolescents and compared with a three-days record. Since some overestimations were identified, probably due to the use of adult portion sizes, a further calibration of the instrument by measuring actual adolescents' portion sizes was necessary. Hence, this study's purpose was to assess and report on the actual portion sizes, in weight (g) and household utensil as measurement units, of foods consumed by a sample of Bolivian adolescents

The study lasted for 21 days during which the food intake of six participants from each age and gender (population: 12-18 yrs; half girls) was measured daily. In total 126 adolescents from Cochabamba's "Rivera De Guzman" primary and "Gonzalo Sanchez de Lozada" secondary schools were asked to participate, but only 88 returned complete and useful forms: 46 boys (mean age 13.9, SD 1.68) and 42 girls (mean age 14.6, SD 1.85). The age difference between genders was not significant (P > 0.05). The majority of participants (62.5%) fell in the lower ages (12 to 14 yr). Gender was almost evenly distributed in the sample (48% girls). Informed written consent was obtained from each participant/guardian after the purpose, significance and the pro-

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Recibido: 29-XI-2010. 1.ª Revisión: 10-III-2011. Aceptado: 14-III-2011. tocol of the study were fully explained. Each participant received detailed instructions on how to accurately weigh the food and beverages consumed in grams using an electronic digital scale (Tristar KW-2430 and Tristar KW-2431) and how to record the weights measured in the diary. The Ethical Committee of Universidad Técnica Privada Cosmos-Cochabamba approved the research protocol. Data analyses were performed with SPSS v. 17 software and a P-value below 0.05 was considered as statistically significant.

Participants weighed the amount of food served using the common portion as defined in the dietary weighed record sheet. The total food served weight; the number of portions served and the household utensil used to estimate the portion were recorded. Any left-over of food after eating was weighed and recorded. Leftovers were subtracted from total weight of food served to obtain the actual quantity of food eaten. Portion size was calculated by dividing the actual quantity of food eaten by the total number of portions served. Table I shows the actual food portion sizes (using household utensils) of food items that are commonly consumed by adolescents in the city of Cochabamba by gender.

Some of the mean portion sizes differ substantially (P < 0.05) between boys and girls. Boys reported bigger portion sizes for chicken, papaya, apple, watermelon, carrot, spinach, and ice cream. Girls reported bigger portion sizes than boys for fried pies, cheese, yoghurt, pineapple and tomatoes. These variations were probably due to different cooking methods applied, e.g. spinach salad vs. cooked spinach. Such variability supports our view of using average values for estimation of food intake based on the SFFQ.

This study succeeded to assess and report actual portion sizes consumed by adolescents from the Bolivian city of Cochabamba. It provides the most recent reference and recommendation of portion sizes to be used in the estimation of food intake based on questionnaires or recalls. The overestimation reported by previously published studies on Bolivian adolescents was refined and corrected.

 Table I

 Actual mean portion sizes (g) of food items commonly consumed by adolescents in the Bolivian city of Cochabamba by gender*

em Portion Mean SD Mean SD Food tism Portion Mean 1 Unit 46 4 36 5 40 5 Macramelon 1 Slice 114 1 Big spoon 12 4 6 5 7 4 63 5 40 5 Macramelon 1 Slice 114 60 11 7 114 7 114 7 114 7 114 6 7 14 7 14 17 14 17 14 <td< th=""><th></th><th></th><th>M</th><th>Male</th><th>Fen</th><th>Female</th><th>Total</th><th>al</th><th></th><th></th><th>Male</th><th>le</th><th>Female</th><th>ale</th><th>Total</th><th>l l</th></td<>			M	Male	Fen	Female	Total	al			Male	le	Female	ale	Total	l l
Hürit 46 4 36 5 40 5 Watermelon ISite Bigspoon 12 7 9 7 11 7 Furiquee 1 Site Ispoon 15 0 15 0 1 10 Tomatoes 1 Site Ispoon 11 0 11 0 11 0 1 Lottee 1 Spoon Ispoon 18 0 18 0 18 0 1 Big spoon Huit 62 23 62 22 Carrot 1 Big spoon 1 Unit 62 23 62 22 Carrot 1 Big spoon 1 Unit 62 23 62 22 Carrot 1 Big spoon 1 Unit 62 23 62 22 Carrot 1 Big spoon 1 Unit 62 23 62 22 Carrot 1 Big spoon 1 Unit 62 23 62 23 62 22	Fooditem	Portion	Mean	SD	Mean	SD	Mean	SD	Fooditem	Portion	Mean	SD	Mean	SD	Mean	SD
IBig spoon 69 6 57 4 63 5 Phreapple ISlice ISpoon 12 7 9 7 11 7 Hutjuice ICup ISpoon 15 0 15 0 15 0 10 10 ISpoon 18 0 18 0 18 0 Shade 18g spoon 18g spoon IBg spoon 76 40 52 8 64 30 Soap 18g spoon 18g spoon 18g spoon 18g spoon 18g spoon 18g spoon 10m 10 11 0 11m 0	Bread	1 Unit	46	4	36	5	94	S	Watermelon	1 Slice	114	0	27	0	70	16
I Spoon 12 7 9 7 11 7 Fruit juice 1 Cup I Big spoon 15 0 15 0 15 0 16 16 17 0 18 0 0 0 0 0 0 0 0 0 10 0 10 0 11 0 11 0 11 0 11 0 11 0 11 0 11 0	Rice	1 Big spoon	69	9	57	4	63	S	Pineapple	1 Slice	09	0	9/	0	09	32
IBigspoon 15 0 15 0 ISP Tomatoes Slice ISpoon 11 0 11 0 11 0 ISP 18 0 Salad ISpoon I Spoon 18 0 52 8 64 30 Souph 18g spoon	Oat	1 Spoon	12	7	6	7	11	7	Fruit juice	1Cup	127	59	82	15	106	31
I Spoon 11 0 11 0 Lettuce 1 Spoon I Spoon 18 0 18 0 Salad Big-spoon I Unit 64 0 18 0 18 0 Big-spoon I Unit 62 23 62 23 62 22 Carrot Big-spoon I Unit 62 23 62 22 Carrot Big-spoon I Unit 75 0 57 0 66 3 Spinach Big-spoon I Unit 84 0 120 0 102 6 Avocado 18ig-spoon I Piece 126 0 102 6 Avocado 18ig-spoon I Piece 126 0 112 7 Broad bears 18ig-spoon I Piece 10 0 10 112 7 Broad bears 18ig-spoon I Piece 10 0 10 10 112	Maize	1 Big spoon	15	0	15	0	15	0	Tomatoes	1 Slice	11	2	~	7	10	7
1 Spoon 18 0 18 0 Salad 1Big spoon 1 Big spoon 1 6 40 52 8 64 30 Soup 1Big spoon 1 Unit 62 23 62 22 Carrot 1Big spoon 1 Unit 75 0 57 66 3 Spinach 1Big spoon 1 Unit 75 9 72 8 75 8 Pass 1Big spoon 1 Piece 126 0 100 0 112 7 Road Peans 1Big spoon 1 Piece 126 0 10 0 112 8 18 French beans 1Big spoon 1 Piece 10 0 10 0 112 7 Road beans 1Big spoon 1 Piece 10 0 20 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 <td>Wheat</td> <td>1 Spoon</td> <td>11</td> <td>0</td> <td>11</td> <td>0</td> <td>11</td> <td>0</td> <td>Lettuce</td> <td>1 Spoon</td> <td>∞</td> <td>9</td> <td>33</td> <td>7</td> <td>9</td> <td>2</td>	Wheat	1 Spoon	11	0	11	0	11	0	Lettuce	1 Spoon	∞	9	33	7	9	2
I Big spoon 76 40 52 8 64 30 Souph I Big spoon I Unit 16 1 10 3 13 4 Onion I Big spoon I Unit 75 0 57 0 66 3 Spinach I Big spoon I Unit 84 0 10 102 6 Avocado 1 Big spoon I Piece 75 9 72 8 75 8 Peas Big spoon I Piece 106 0 112 7 Broad beans 1 Big spoon I Piece 108 18 66 11 8 18 French beans 1 Big spoon I Piece 109 0 11 7 Broad beans 1 Big spoon I Piece 10 0 10 0 11 1 Big spoon I Piece 10 0 10 10 1 Big spoon 1 Big spoon I Piece 10	Chinoa	1 Spoon	18	0	18	0	18	0	Salad	1 Big spoon	13	0	20	2	15	4
Unit 16 1 3 13 4 Onion ISlice 1 Unit 62 23 62 23 62 22 Carrot Big spoon 1 Unit 84 0 57 0 66 3 Spinach Big spoon 1 Unit 84 120 0 102 6 4 Novado 1 Slice 1 Piece 15 9 72 8 75 8 Peas Big spoon 1 Piece 106 0 112 7 Broadbeans 1 Big spoon 1 Silice 0 20 0 20 0 1 Lentils 1 Big spoon 1 Silice 10 1 15 1 1 Spoon 1 Big spoon 1 Flexe 40 0 30 0 35 5 Mayomase 1 Big spoon 1 Flexe 40 0 20 0 25 0 1 Curb 1 Unit 1 Big spoo	Pasta	1 Big spoon	9/	40	52	∞	Z	30	Soup	1 Big spoon	99	16	35	13	20	10
Unit 62 23 62 23 62 25 Carrot IBig spoon Unit 75 0 57 0 66 3 Spinach 1Big spoon Unit 84 0 120 0 112 6 Avocado IBig spoon I Piece 126 0 100 0 112 7 Broad beans 1Big spoon I Piece 126 0 20 0 20 1Big spoon 1Big spoon I Piece 10 0 20 0 1Big spoon 1Big spoon I Piece 10 0 15 0 15 1 Ketchup 1Big spoon I Piece 40 0 25 5 Mayomaise 1Spoon I Piece 40 0 25 5 Mayomaise 1Spoon I Big spoon 1 25 5 Mayomaise 1Unit I Big spoon 1 25 3 <td>Cookies</td> <td>1 Unit</td> <td>16</td> <td>_</td> <td>10</td> <td>en</td> <td>13</td> <td>4</td> <td>Onion</td> <td>1 Slice</td> <td>18</td> <td>32</td> <td>13</td> <td>2</td> <td>15</td> <td>S</td>	Cookies	1 Unit	16	_	10	en	13	4	Onion	1 Slice	18	32	13	2	15	S
Unit 75 6 57 66 3 Spinach 1Big spoon 1 Unit 84 0 120 0 102 6 Avocado Slice 1 Piece 126 0 100 0 112 7 Broad beans 1Big spoon 1 Piece 126 0 10 0 112 7 Broad beans 1Big spoon 1 Piece 10 0 20 0 20 0 Lentils 1Big spoon 1 Piece 10 15 0 15 0 Ohtervegetables 1Big spoon 1 Piece 40 0 30 0 36 0 Ohtervegetables 1Big spoon 1 Piece 40 0 15 0 15 0 1Big spoon 1 Piece 40 0 20 0 25 5 Mayomaise 1Spoon 1 Big spoon 1 Big spoon 1 25 5 Mayomaise <	Cakes	1 Unit	62	23	62	23	79	22	Carrot	1 Big spoon	37	33	18	15	27	27
Unit 84 0 120 0 102 6 Avocado 1Sirce 1 Piece 75 9 72 8 75 8 Peas 1Big spoon 1 Piece 126 0 100 0 112 7 Broad beans 1Big spoon 1 Piece 108 18 66 11 88 18 French beans 1Big spoon 1 Slice 20 0 20 0 16 16 18 66 18 French beans 1Big spoon 1 Unit 30 0 20 0 20 0 Other vegetables 1Big spoon 1 Piece 30 0 15 0 15 1 Ketchup 1Spoon 1 Piece 30 0 20 0 25 5 Mayoumaise 1Spoon 1 Big spoon 1 Big spoon 1 25 3 A brato 1 Unit 1 Big spoon 25 0	Oven pies	1 Unit	75	0	57	0	99	en	Spinach	1 Big spoon	40	0	4	ec	22	19
1 Piece 75 9 72 8 75 8 Peas 1 Big spoon 1 Piece 126 0 100 0 112 7 Broad beans 1 Big spoon 1 Piece 108 18 66 11 88 18 French beans 1 Big spoon 1 Slice 20 0 20 0 1 Lentils 1 Big spoon 1 Unit 30 0 30 0 1 Big spoon 1 Big spoon 1 Piece 40 0 20 0 25 5 Mayomaise 1 Big spoon 1 Big spoon 20 0 25 5 Mayomaise 1 Spoon 1 Big spoon 20 0 25 5 Mayomaise 1 Spoon 1 Big spoon 6 37 40 0 25 5 Mayomaise 1 Unit 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Unit 1 Big spoon 1 Unit 1 Cup </td <td>Fried pies</td> <td>1 Unit</td> <td>84</td> <td>0</td> <td>120</td> <td>0</td> <td>102</td> <td>9</td> <td>Avocado</td> <td>1 Slice</td> <td>136</td> <td>0</td> <td>136</td> <td>0</td> <td>136</td> <td>0</td>	Fried pies	1 Unit	84	0	120	0	102	9	Avocado	1 Slice	136	0	136	0	136	0
1 Piece 126 0 100 0 112 7 Broad beans 1 Big spoon 1 Piece 108 18 66 11 88 18 French beans 1 Big spoon 1 Slice 20 0 20 0 20 0 1 Big spoon 1 Unit 30 0 30 0 15 1 Ketchup 1 Big spoon 1 Piece 40 0 15 0 25 5 Mayomaise 1 Spoon 1 Piece 40 0 25 5 Mayomaise 1 Spoon 1 Big spoon 20 0 25 5 Mayomaise 1 Spoon 1 Big spoon 5 2 0 23 3 Dypato 1 Unit 1 Big spoon 6 37 40 0 20 34 Dypotato 1 Unit 1 Big spoon 15 2 36 27 Sweet potato 1 Unit 1 Cup	Beef	1 Piece	75	6	72	∞	75	∞	Peas	1 Big spoon	35	37	35	37	35	36
1 Piece 108 18 66 11 88 18 French beams 1 Big spoon 1 Slice 20 0 20 0 Lentils 1 Big spoon 1 Unit 30 0 30 0 36 1 Big spoon 1 Fiece 10 0 15 0 25 5 Mayomaise 1 Big spoon 1 Fiece 30 0 25 5 Mayomaise 1 Spoon 1 Fiece 30 0 25 5 Mayomaise 1 Spoon 1 Fiece 30 0 25 5 Mayomaise 1 Spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Dry potato 1 Unit 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Big spoon 1 Cup 4 23	Pork	1 Piece	126	0	100	0	112	7	Broad beans	1 Big spoon	39	15	19	2	29	15
I Slice 20 0 20 0 Lentils 1 Big spoon 1 Unit 30 0 30 0 0 Other vegetables 1 Big spoon 1 Unit 10 15 0 15 1 Ketchup 1 Big spoon 1 Piece 40 0 30 0 25 5 Mayomaise 1 Spoon 1 Big spoon 20 0 25 5 5 Mayomaise 1 Spoon 1 Big spoon 20 0 25 5 5 Mayomaise 1 Spoon 1 Big spoon 1 25 3 4 1 Unit 1 Unit 1 Big spoon 1 4 1 4 1 Lisa 1 Big spoon 1 Big spoon 1 4 1 4 1 Lia 1 Unit 1 Cup 4 4 1 2 3 4 1 Unit 1 Cup 4 4 1 4 1 1 1 1<	Chicken	1 Piece	108	18	99	11	88	18	French beans	1 Big spoon	28	0	40	0	34	9
1 Unit 30 0 30 0 Other vegetables 1 Big spoon 1 Piece 10 0 15 1 Ketchup 1 Spoon 1 Piece 40 0 30 0 25 5 Mustard 1 Spoon 1 Piece 30 0 20 23 0 23 3 Potato 1 Unit 1 Big spoon 66 37 40 0 23 0 19 4 Lisa 1 Big spoon 1 Big spoon 15 0 23 0 19 4 Lisa 1 Big spoon 1 Big spoon 15 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 4 4 124 11 Cassava 1 Piece 1 Silice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 1 25 1 4 Honey 1 Spoon <td< td=""><td>Ham</td><td>1 Slice</td><td>20</td><td>0</td><td>20</td><td>0</td><td>70</td><td>0</td><td>Lentils</td><td>1 Big spoon</td><td>30</td><td>0</td><td>30</td><td>0</td><td>30</td><td>0</td></td<>	Ham	1 Slice	20	0	20	0	70	0	Lentils	1 Big spoon	30	0	30	0	30	0
IPiece 10 0 15 0 15 1 Ketchup 1 Spoon IPiece 40 0 30 0 25 5 Mustard 1 Spoon I Big spoon 20 2 23 3 Potato 1 Unit I Big spoon 66 37 40 0 50 34 Dry potato 1 Unit I Big spoon 15 0 23 0 19 4 Lisa 1 Big spoon I Big spoon 18 4 5 3 Apotato 1 Unit I Cup 45 36 56 27 Sweet potato 1 Unit I Cup 4 4 124 11 Cassava 1 Piece I Silice 9 4 27 14 20 14 Oca tuber 1 Unit I Cup 1 2 1 3 4 Honey 1 Spoon I Spoon 1 2 2	Sausages	1 Unit	30	0	30	0	30	0	Other vegetables	1 Big spoon	95	15	09	10	80	15
I Piece 40 0 30 35 5 Mayomaise I Spoon I Piece 30 0 20 0 25 5 Mustard I Spoon I Big spoon 66 37 40 0 23 34 Dry potato I Unit I Big spoon 15 0 23 0 19 4 Lisa I Big spoon I Big spoon 15 0 45 36 56 27 Sweet potato I Unit I Cup 132 28 116 14 124 11 Cassava I Piece I Cup 4 27 14 20 14 Oca tuber I Unit I Cup 4 27 14 20 14 Oca tuber I Unit I Cup 5 2 5 4 Honey I Spoon I Unit 60 1 26 1 5 4 Honey I Spoon	Bacon	1 Piece	10	0	15	0	15	1	Ketchup	1 Spoon	15	4	15	2	15	ŝ
1 Piece 30 0 20 0 25 5 Mustard 1 Spoon 1 Big spoon 66 37 40 6 34 Dry potato 1 Unit 1 Big spoon 15 0 23 0 19 4 Lisa 1 Big spoon 1 Big spoon 15 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 132 28 116 14 124 11 Cassava 1 Piece 1 Slice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 149 16 211 131 180 91 Sugar 1 Fas Spoon 1 Spoon 8 0 5 2 4 Honey 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Unit 17 0 10 28 2 1 Am	Liver	1 Piece	40	0	30	0	32	S	Mayonnaise	1 Spoon	9	11	17	∞	15	П
1 Big spoon 20 0 25 0 23 3 Potato 1 Unit 1 Big spoon 66 37 40 6 34 Dry potato 1 Unit 1 Big spoon 15 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 132 28 116 14 124 11 Cassava 1 Piece 1 Slice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 149 16 211 131 180 91 Sugar 1 Tea Spoon 1 Spoon 8 0 5 2 5 4 Honey 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Unit 17 0 10 28 2	Organ meats	1 Piece	30	0	20	0	23	2	Mustard	1 Spoon	18	6	14	7	15	0
1 Big spoon 66 37 40 6 34 Dry potato 1 Unit 1 Big spoon 15 0 23 0 19 4 Lisa 1 Big spoon 1 Big spoon 67 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 132 28 116 14 124 11 Cassava 1 Piece 1 Slice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 149 16 211 131 180 91 Sugar 1 Tea Spoon 1 Spoon 8 0 5 2 4 Honey 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon 1 Unit 17 0 105 0 111	Tuna	1 Big spoon	20	0	25	0	23	¢0	Potato	1 Unit	20	10	9/	56	9	24
1 Big spoon 15 0 23 0 19 4 Lisa 1 Big spoon 1 Big spoon 67 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 132 28 116 14 124 11 Cassava 1 Piece 1 Slice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 149 16 211 131 180 91 Sugar 1 Tea Spoon 1 Spoon 8 0 5 2 4 Honey 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon 1 Unit 117 0 105 0 111 2 Soft drinks 1 Cup 1 Unit 156 12 14 Water	Sardine	1 Big spoon	99	37	40	0	20	34	Dry potato	1 Unit	74	8	48	24	09	
1 Big spoon 67 0 45 36 56 27 Sweet potato 1 Unit 1 Cup 132 28 116 14 124 11 Cassava 1 Piece 1 Slice 9 4 27 14 20 14 Oca tuber 1 Unit 1 Cup 149 16 211 131 180 91 Sugar 1 Trea Spoon 1 Spoon 8 0 5 2 4 Honey 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon 1 Unit 117 0 105 0 111 2 Soft drinks 1 Cup 1 Unit 156 12 12 14 Water 1 Cup	Pejerrey	1 Big spoon	15	0	23	0	19	4	Lisa	1 Big spoon	35	0	35	0	35	0
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Slice 9 4 27 14 20 14 Oca tuber Unit Cup 149 16 211 131 180 91 Sugar Trea Spoon Spoon 8 0 5 2 5 4 Honey 1Spoon Unit 60 1 26 1 55 1 Marmalade 1Spoon Unit 72 4 92 7 80 6 Milk marmalade 1Spoon Slice 36 0 20 0 28 2 Ice cream 1Spoon Slice 117 0 105 0 111 2 Soft drinks 1Glass Unit 156 12 129 12 123 17 Nater I Cup	Milk	1 Cup	132	28	116	14	124	11	Cassava	1 Piece	28	12	32	0	46	00
1Cup 149 16 211 131 180 91 Sugar 1 Tea Spoon 1 Spoon 8 0 5 2 5 4 Honey 1 Spoon 1 Unit 60 1 26 1 55 1 Marmalade 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon 1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Unit 156 12 12 12 12 17 Water I Cup	Cheese	1 Slice	6	4	27	14	70	14	Oca tuber	1 Unit	24	0	16	0	70	7
1 Spoon 8 0 5 2 5 4 Honey 1 Spoon 1 Unit 60 1 26 1 55 1 Marmalade 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon is 1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Unit 156 12 12 12 12 12 17	Yoghurt	1 Cup	149	16	211	131	180	91	Sugar	1 Tea Spoon	23	13	15	25	19	20
1 Unit 60 1 26 1 55 1 Marmalade 1 Spoon 1 Unit 72 4 92 7 80 6 Milk marmalade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon is 1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Unit 156 12 12 12 12 12 17	Butter	1 Spoon	∞	0	S	7	w	4	Honey	1 Spoon	15	0	15	0	15	0
1 Unit 72 4 92 7 80 6 Milk manualade 1 Spoon 1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon its 1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Slice 129 0 48 0 87 14 Water I Cup 1 Unit 156 12 12 12 12 17 17	Eggs	1 Unit	09	1	56	П	156	1	Marmalade	1 Spoon	S	0	S	0	w	0
1 Slice 36 0 20 0 28 2 Ice cream 1 Spoon 1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Slice 129 0 48 0 87 14 Water I Cup 1 Unit 156 12 129 12 123 17	Banana	1 Unit	72	4	92	7	98	9	Milk marmalade	1 Spoon	S	0	5	0	lio.	4
1 Unit 117 0 105 0 111 2 Soft drinks 1 Glass 1 Slice 129 0 48 0 87 14 Water I Cup 1 Unit 156 12 129 12 123 17	Plantain	1 Slice	36	0	20	0	28	7	Ice cream	1 Spoon	33	17	14	10	77	16
1 Slice 129 0 48 0 87 14 Water I Cup 1 Unit 156 12 129 12 123 17	Citrus fruits	1 Unit	117	0	105	0	111	7	Soft drinks	1 Glass	102	7	101	6	102	9
1 Unit 156 12 129 12 123 17	Papaya	1 Slice	129	0	48	0	87	14	Water	ICup	250	0	250	0	250	0
	Apple	1 Unit	156	12	129	12	123	17								

*Descriptive Statistics - Statistical Package for Social Sciences (SPSS) - Version 17.

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