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P293/S5-P38 PATTERNS OF INVOLVEMENT IN MEAL PREPARATION AND THEIR ASSOCIATIONS WITH FOOD WASTED AT HOME

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Introduction: Food waste is a global problem. Halving food waste by 2030 is one of the UN Sustainable Development Goals. Objective: To identify patterns of involvement in meal preparation among people living in Brazil and test their associations with the percentage of food wasted at home. Methods: Cross-sectional study. Data were collected from people aged 18 or over, living in Brazil in April 2020, at the beginning of the Covid-19 pandemic. Participant`s meal preparation involvement (accessed by frequency of meal preparation, engagement in routine activities related to meal preparation, cooking mainly 'from scratch', and confidence in using diverse cooking techniques) and the percentage of food wasted at home (the amount of food bought and cooked that ended up being uneaten and thrown away) were identified using a questionnaire developed for data collection in a multi-country context. Principal Component Analysis was employed to identify patterns of involvement in meal preparation and linear regression models (crude and adjusted for sociodemographic variables) were used to test associations between the adherence to each pattern and percentage of food wasted at home. Results: Participants (n=503) were mainly adults (66% between 25 and 59 years old), men (55.9%), employed (67.8%), live in a house with more than one person (84.9%) and have a family income between US$ 246.01 and US$ 1230.00/month (46.5%). They estimated that, on average, 18.1% of the purchased foods, and 15.6% of the cooked foods are thrown away. Three patterns of meal involvement were identified: the first pattern 'Buy new foods, plan and cook meals in advance' was positively associated with 'purchased waste' (adjusted <= 3.7; p=0.001) and 'cooked waste' (adjusted <= 3.5; p=0.001); the second pattern 'Cook often, from scratch, enjoy it' was not associated with food waste; the third pattern 'Check foods and do list before shopping' was inversely associated with 'cooked waste' (adjusted <= -2.3; p=0.025). Conclusion: Our results suggest that meal preparation involvement can be a strategy to deal with food waste at home in the Brazilian reality. To this, waste-prevention behaviours, such as the involvement with planning food shopping and checking foods before shopping, should be encouraged.

Keywords: food wasted at home, patterns of involvement in meal preparation, Brazil.

P294/S5-P39 CHANGE IN GLUCOSE, INSULIN AND SERUM LIPIDS AND CONSUMPTION OF ULTRA-PROCESSED FOODS IN CHILDREN WITH OBESITY

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Background and objective: Although there is a consistent association between consumption of ultra-processed foods (UPF) and chronic noncommunicable diseases among adults, the association with metabolic markers of chronic diseases in children may depend on the percentage of energy intake from UPF. The aim of this study was to investigate the influence of reduction in UPF consumption on glucose, insulin and serum lipids in children with obesity. Methods: This study presents a secondary analysis from a randomized clinical trial conducted between August 2018 and February 2020 with children with obesity aged 7 to 12 years. For six months, the children and their guardians attended monthly individual consultations and educational activities to encourage a reduction in UPF consumption. Body weight, height, and 24-hour dietary recall were measured at all visits. Serum markers were collected at baseline, at the second and fifth-month follow-up. Linear mixed-effect models were used to assess the influence of change in UPF consumption on blood markers. Results: A total of 95 children were included in the analysis. There was a quadratic change in BMI, UPF consumption in grams and energy, and percentage of UPF in grams, with reduction in the first two months. Glucose showed a linear reduction during the follow-up. There was also a reduction in insulin, but the change was due to the reduction in BMI. Conclusions: There Was An Association Between UPF Consumption And The Reduction Of Blood Glucose Independently Of Weight Loss, But Insulin Variation Was Dependent On BMI.

Keywords: ultra-processed food, serum markers, children, obesity.