NUTRIENT QUALITY OF MEALS AVAILABLE

AT A SELECTED UNIVERSITY OF PRETORIA FOOD OUTLET

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what's on the planes



INTRODUCTION

It is hypothesized that low food security is associated with obesity because of the high caloric, palatable food consumed by low food secure populations, which put them

at risk for non-communicable diseases. Food insecurity is increasing among university students. Students rely on food outlets located on university campuses for food purchases. Therefore, dietary intake of students depends highly on the nutritious quality of affordable meals available at these food outlets.



To determine the nutrient quality of meals available at a university food outlet.

OBJECTIVE





METHODS

- Cross sectional, descriptive study obtained the recipes of 3 lunch meals of a 16 day cycle.
- Recipes were analyzed using MCR FoodFinder Dietary Analysis Software program.
- The Hybrid nutrient density algorithm was used to calculate the nutrient density score for meals.

HNDS= (Sum of qualifying nutrients& food groups) -(Sum of disqualifying nutrients)

(Sulli of disqualifying nutrients)		
Qualifying		Dysqualifying
Protein Fiber Vitamin D Potassium Calcium Iron	Wholegrains Vegetables Fruit Dairy Nuts& seeds	Sodium Sugar SFA



A 16-day cycle menu with three lunch options were offered, including a vegetarian lunch option.



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The food groups, whole grains and nuts and seeds, were lacking from all menus. Vegetarian options had high levels of processed foods to mimic meat options.

> Meal prices were standardized at R34 making the nutritional value for money dependable on the nutrient density score.



CONCLUSION

Some meals available contained low levels of qualifying nutrients such as fiber and potassium and qualifying food groups such as whole grains, fruits, dairy products, nuts and

seeds, while disqualifying nutrients such as sodium and saturated fats contributed to relatively low hybrid nutrient density scores. Adjustment to the nutrient content of certain meals can be made to increase the nutrient density of these meals.

