



IJUP

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## **BOOK OF ABSTRACTS**

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10<sup>TH</sup> MEETING OF YOUNG RESEARCHERS  
OF UNIVERSITY OF PORTO

**U. PORTO**

- **12425 | Evaluation of water intake in children of the 4<sup>th</sup> grade of the Municipality of Trofa**

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**Aim:** Assess water intake and the contribution, in percentage, of food and other beverages to the total water intake in a sample group of children attending the 1st cycle of study of the primary education in school establishments in the municipality of Trofa.

**Population and Methods:** Six schools were selected by convenience and all the 4th graders of the schools were included in the assessment. The water intake was assessed through dietary questionnaires relying on memory of the previous 24 hours. Later, food groups were created, to estimate the contribution to the water intake through these groups and the meals, as well as the differences between weekdays and weekend.

**Results:** The study involved 102 children, aged between 9 and 11. The water intake exclusively from drinking water was 572mL/day and 540mL/day, from beverages it was 735 mL/day and 831mL/day and from foods it was 1347 ml/day and 1302 mL/day for females and males respectively. A greater water intake was observed through the contribution of the main meals: breakfast, lunch and dinner. The groups pertaining to dairy products and fruit had a higher contribution during the weekdays for both genders.

**Conclusion:** When compared to the standard recommendations there is an insufficient water intake in both genders. The biggest contributors to the overall water intake were shown to be foods and beverages in both genders