ICCN Poster Presentations

Food and the child

The relationship between dietary carotenoids and prostate cancer risk in Southeast Chinese men

CW Binns*[1] , L Jian[1,2] and AH Lee[1]
[1]*School of Public Health, Curtin University of Technology, Perth, 6845 WA, Australia*
[2]*Zhejiang University School of Medicine, 310006 Hangzhou, China*

To investigate whether dietary intake of lycopene and other carotenoids has an aetiological association with prostate cancer, a case-control study was conducted in Hangzhou, southeast China during 2001-2002. The cases were 130 incident patients with histologically confirmed adenocarcinoma of the prostate. The controls were 274 hospital inpatients without prostate cancer or any other malignant diseases, who were matched to the age of cases. Information on usual food consumption, including all vegetables and fruits, was collected by face-to-face interview using a structured food frequency questionnaire. The risk of prostate cancer for the intake of carotenoids and selected vegetables and fruits rich in carotenoids was assessed using multivariate logistic regression, adjusting for age, locality, education, income, body mass index, marital status, number of children, family history of prostate cancer, tea drinking, total fat and caloric intake. The prostate cancer risk declined with increasing consumption of lycopene, α-carotene, β-carotene, α-cryptoxanthin, lutein and zeaxanthin. Tomatoes, pumpkin, spinach, watermelon and citrus intake were also inversely related to the risk of prostate cancer. The adjusted odds ratio for the highest quartiles compared with the lowest were 0.18 (95% CI: 0.08-0.41) for lycopene, 0.43 (95% CI: 0.21-0.85) for α-carotene, 0.34 (95% CI: 0.17-0.69) for β-carotene, 0.15 (95% CI: 0.06-0.34) for α-cryptoxanthin and 0.02 (95% CI: 0.01-0.10) for lutein and zeaxanthin. The dose response relationships were also significant, suggesting that intake of lycopene and other carotenoid rich vegetables and fruits may associate with a reduced risk of prostate cancer.

Nutritional profile of preschool children of Gurgaon district of Haryana (India)

P Bishnoi*, S Sehgal [1] and A Kwatra [2]
** Ph.D student, Dept of foods and nutrition, CCS HAU Hisar, Haryana (India)-125004*
[1]*Professor, Dept of foods and nutrition, CCS HAU Hisar, Haryana (India)-125004*
[2]*Associate Prefessor,Dept. of foods and nutrition, CCS HAU Hisar, Haryana (India)-125004*

The present study was conducted to assess the nutritional status of pre-schoolers. Three hundred pre-school children (150 male, 150 female), aged 4-5 years were selected from six villages of Gurgaon district, Haryana. Intake of cereals, pulses, other vegetables and roots and tubers, fruits, GLV, fats and oils and sugar and jaggery was significantly ($P<0.05$) lower than RDA. Intake of foodstuffs was non significantly different among boys and girls. Daily mean intake of energy, protein, niacin, vitamin B12, calcium and vitamin A was significantly higher in boys than girls and was below RDA except fat, which was higher than RDA. Mean intake of thiamin, folic acid, ascorbic acid and iron was almost similar in boys and girls and was significantly lower than RDA. Poverty was also found to be important contributing factors in creating imbalance in diets. Hence mothers of pre-school children should be guided to include all food groups in proper amount in the diets of their children for improving their nutritional status.