CONTRIBUTION OF BEVERAGES TO THE TOTAL ENERGY INTAKE IN THE PHILIPPINES: COMPARISON OF TWO NATIONAL SURVEY DATA

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BACKGROUND
The increasing intake of beverages, majority of which are with added sugar, has played a role in the rising prevalence of obesity worldwide. Several studies have shown the association of beverages with added sugar with obesity and other lifestyle diseases among different population groups.

OBJECTIVES
This study estimated the energy contribution of beverages, majority of which are with added sugar, to the total energy intake of selected population groups in the Philippines from 2008 and 2013. It also compared energy from beverages to the daily recommended sugar and syrup intake of 160kcal (8 teaspoons per day) as a potential contributor to risk to obesity.

MATERIALS AND METHODS
Proportions, mean intakes and percentile distribution of beverage intakes were collected and completed among selected population groups namely preschool children (6months-5years old), 6-12 years old children, adolescents (13-18 years old), adults (19-59 years old) and pregnant women using 24-hour food recall from 2008 and 2013 National Nutrition Surveys by the Food and Nutrition Research Institute were computed. Statistical analyses were done using STATA12 software.

RESULTS
Mean energy intake of beverages increased from 2008 to 2013. Percentage contribution of energy from beverages if milk and products is excluded only ranged from 2.6–3.9% in 2008 and 3.4–4.7% in 2013. However, when all beverages were considered, the highest energy contribution came from milk and products among preschool children and pregnant women, chocolate-based beverages among school-age children, and carbonated drinks among adolescents and adults. High beverage drinkers, particularly those at the 90th percentile among adolescents, adults and pregnant women consuming at least one type of beverage exceeded 160kcal from beverage alone.

CONCLUSION AND RECOMMENDATIONS
Percentage contribution of beverages to total energy is relatively low, although a general increase was noted from 2008 to 2013. Nutrition education is needed among heavy consumers of beverages, especially those with added sugar to encourage reduction of intake.