

Prevalence and Characteristics of Consumption of Nutraceuticals: The Case Study of Undergraduate Students of Medellin- Colombia, 2013

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Abstract : The relationship between diet and chronic or degenerative diseases has led to the development of functional foods such as nutraceuticals. Objective: To determine the prevalence and characteristics of consumption of nutraceuticals in undergraduate students. Methodology: Cross-sectional study. It was a simple random sampling with the Statcalc EpiInfo software version 6.04. It was designed an instrument for collection of demographic data and consumption of nutraceuticals. Statistical analysis used the SPSS program. Results: 427 students, average age 20.8 years (SD 3.1), 56.1% were women. The life prevalence of nutraceuticals consumption was 66.3% and the annual 51.8%. The main reasons for consumption were as food complement 32.8% and prevent diseases 20.1%. Conclusion: The high prevalence of nutraceuticals observed is comparable to that reported in the literature, which suggests an increasing trend in the habit of consumption of dietary supplement which have a preventive or protective effect on health.

Keywords : dietary supplements, food, health, functional food, Colombia

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