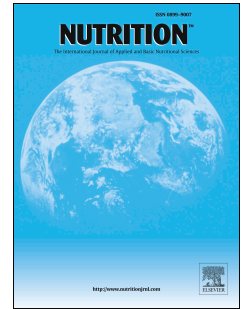


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Taste-related factors and food neophobia: Are they associated with nutritional status and teenagers' food choices?

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ABSTRACT

Objective: To evaluate the association of taste-related factors (craving for sweets, using food as a reward and pleasure) and food neophobia with nutritional status and food intake among teenagers.

Methods: Cross-sectional study with 132 teenagers aged 15–19 years old. Food behavior, anthropometrics, body composition and lifestyle measurements were obtained and analyzed.

Results: Craving for sweets was associated with overweight, adiposity, meal skipping, physical inactivity and sweets intake ($P < 0.05$). Reward was linked to adiposity, physical inactivity, lack of interest in information about food and sweets intake ($P < 0.05$). Pleasure was associated with physical inactivity, lack of interest in information about food, sweets and soft drink intake ($P < 0.05$). Females had a higher craving for sweets (22.88 ± 4.77) and pleasure scores (21.50 ± 3.82), body fat (25.33 ± 6.60), meal skipping (63.2%) and physical inactivity (64.7%) than males ($P < 0.05$). There was no association among food neophobia and nutritional status and food intake.

Conclusion: Our results indicate that, in contrast to food neophobia, taste-related factors can be associated with body fat and inadequate food choices in

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