

學齡前兒童零食攝取現況與體位狀況之探討

摘要

研究目的：零食經常出現在學齡前兒童的飲食中，零食可能會增加熱量攝取，因而增加肥胖的發生。本研究欲瞭解學齡前兒童攝取零食的現況，以及攝取零食習慣與體位狀況之關係。**研究方法：**以隨機抽樣五所幼托機構 3~6 歲學齡前兒童為研究對象，由主要照顧者填寫問卷，測量受測者體位狀況，收集 24 小時飲食紀錄。**研究結果：**共有 165 位學齡前兒童參與本研究，89% 的學齡前兒童平日有攝取零食的習慣。有攝取零食習慣之學齡前兒童的鈉攝取量顯著高於無攝取零食習慣的學齡前兒童。受測者體重過重與肥胖的比例分別為 13% 和 12%；學齡前兒童攝取零食習慣與體位狀況無統計顯著相關。**結論：**學齡前兒童普遍有攝取零食習慣，家長平日應以新鮮、天然的食物取代高糖、高鹽、高油脂、高熱量、低營養價值的食物，並建立學齡前兒童良好飲食習慣，維護學齡前兒童健康發展。

關鍵字：肥胖、零食、學齡前兒童、體位狀況

The study of Preschool Children Snack Intake and Anthropometric Status

Abstract

Objectives: Snacks have become dietary choice for many people in Taiwan. Snack intake increases caloric consumption and increases the probability of obesity. The aim of this study was to understand the current snack intake of preschool children and the relationship between snack intake habits and anthropometric status among preschool children in Taiwan. **Methods:** In this study, preschool children (aged 3~6 years) from 5 child care centers in the Taichung area were randomly selected. Questionnaires were completed by the children's parents and caregivers. We measured the anthropometric status and collected the 24-hour recall of the preschool children. **Results:** A total of 165 preschool children participated in this study. Among them, 89 % exhibited snack intake habits. The sodium intake of the preschool children who exhibited snack intake habits was significantly higher than those who exhibited no snack intake habits. The prevalence of being overweight and obesity was 13% and 12% respectively in participating children. However, the snack intake habits had no statistically significant correlation with anthropometric status. **Conclusions:** The results indicated that the preschool children generally exhibited snack intake habits. Parents and caregivers should provide children with fresh and natural foods instead of high-sugar, high-salt, high-calorie, and low-nutritional value foods. Parents and caregivers should establish more favorable eating habits in preschool children to maintain healthy development.

Keywords: anthropometric status, obesity, preschool children, snacks