

## **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 v6.04. 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

**Conference Title :** ICFAE 2014 : International Conference on Food and Agricultural Engineering

**Conference Location :** Miami, United States

**Conference Dates :** March 10-11, 2014