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Perfil nutricional e alimentar de pré-escolares e escolares atendidos em um projeto de Extensão em uma unidade de ensino privada- RJ.

Several studies have shown that Brazil, like other developing countries, live with the nutrition transition. While that is a steady decrease in cases of malnutrition are seen growing prevalence of overweight, contributing to the increase in chronic diseases. To these are associated with the most common causes of death today. The lack of knowledge by their teachers in relation to food, carries some contexts, where children eat frequent and excessive caloric offerings and / or low in some nutrient. Thus, the objective was to study the nutritional profile of food and pre-school children, and a unit of private education, and intervention through a program of food and nutrition education. We conducted a cross-sectional study with 45 children ranging from 12 to 72 months of age service users to day care and preschool in a private unit, RJ, and data were collected: age, sex, body mass, height, to calculate the indexes $MC / H / H / MC / E$. Survey data on food consumption was achieved by applying three methods, widely described in literature that were the direct weighing of food consumed during the period in which the child was in daycare, the recall 24 hours with parents about meals made at home and the frequency questionnaire Food Consumption. Thus, the objective was to study the nutritional profile of food and pre-school children, and a unit of private education, and intervention through a program of food and nutrition education. We conducted a cross-sectional study with 45 children ranging from 12 to 72 months of age service users to day care and preschool in a private unit in RJ, We collected data such as age, sex, body mass, height to calculate indices of $MC / H / H / MC / E$. Survey data on food consumption was achieved by applying three methods, widely described in literature that were the direct weighing of food consumed during the period in which the child was in daycare, the recall 24 hours with parents about meals made at home and Questionnaire food frequency. According to the results, 46.7% (n = 21) are male and 53.3% (n = 24) were female. According to the index MC / I the prevalence of overweight, and 6 children (13%) was higher than that of low birth weight, two children (4%). Since the prevalence of obesity had 8 children (18%), and the girls showed a larger number, five cases. After the intervention, we observed a reduction

of 22.2% for anemia, decreased 8.9% to 4.5% for constipation and cholesterol. We confirm the nutrition transition phenomenon in this population, in addition, we observed the increased intake of foods in familiar surroundings. Thus, actions to stimulate the adoption of healthy eating habits should be extended to the technical-administrative staff of child care, beyond the direct participation of parents / guardians.