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Titel des Beitrags: Quantity and Quality of Dietary Fat, Carbohydrate, and Fiber Intake in the German EPIC Cohorts

Abstract: Aim: This evaluation aims to describe the quantity and quality of dietary fat, carbohydrate and fiber intake in both German cohorts participating in the European Prospective Investigation into Cancer and Nutrition (EPIC). Methods: Estimates are based on standardized computer-guided 24-hour dietary recalls from 1,078 women and 1,013 men in Heidelberg and 898 women and 1,032 men in Potsdam. In a subsample, plasma phospholipid (PL) fatty acids were analyzed as well. Results: Adjusted mean dietary intake estimates demonstrated that the contribution of fat as well as n–6 and n–3 polyunsaturated fatty acids (PUFA) to the total daily energy intake was higher in both women and men of EPIC-Potsdam compared to EPIC-Heidelberg. Surprisingly, the dietary n–6/n–3 PUFA ratio was lower in the Potsdam cohort. These results were confirmed by means of the PL fatty acid pattern. Besides the higher contribution of polysaccharides to total energy intake in EPIC-Heidelberg, women of the Heidelberg cohort revealed a significantly lower contribution of mono- and disaccharides (sucrose) to total energy intake. Although total fiber intake data were similar in both cohorts, analysis by food groups showed differences in dietary fiber intake originating from the food groups cereals, fruits and potatoes. Conclusion: The results demonstrate distinct differences in the dietary fat, carbohydrate and fiber intake between both German EPIC cohorts,
which contribute to the exposure variation in the whole of EPIC.

Stichworte: European Prospective Investigation into Cancer and Nutrition; Nutrient intake; Dietary recall; 24-hour; Fatty acids; Carbohydrates; Dietary fiber

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