

Riksmaten children 2003: dietary habits and nutrient intake in Swedish school children in grade 2 and 5

SND-ID: ext0096-2.

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Creator/Principal investigator(s)

National Food Agency

Research principal

[National Food Agency](#)

Description

A national food survey was carried out during 2003 on children 4 year old and school children in grade 2 and in grade 5. The method was an open and estimated food diary over four consecutive days. All days were evenly represented in the survey. The food diary was filled in by the children or with the help of parents or carer. Portion sizes and amounts of all food and drink eaten by the children were estimated with the help of a picture book. It was also noted when and where food was eaten as well as the fat content, mode of preparation, certain additives and brand name. Intake of supplements and level of physical activity was also recorded. In addition, an optically readable questionnaire contained questions about weight, height, parents' education and profession, ethnic background and regional residence.

Children 4 year old were randomly sampled from a stratified sample of municipalities representative of Sweden. School children were sampled on the basis of school classes. The survey took place during spring and autumn 2003. The sample size of children 4 year old was 924 of which 590 fulfilled the survey. 1 209 children in grade 2 were sampled of which 889 fulfilled the survey and 1 290 children in grade 5 were sampled of which 1 016 fulfilled the survey. Children 4 year old dropped out due to time constraints or that day-care institutions did not want to participate. School children dropped out because it was too difficult, they forgot or did not have time.

Purpose:

The main purpose was to increase the knowledge about what children in the studied ages are eating and drinking, examine meal patterns, energy and nutrient intake, and also identify possible associations between eating habits and background factors.

Data contains personal data

No

Unit of analysis

[Individual](#)

Population

The population was defined in three different ages: every child who turned 4 years in 2003, and all children in grades 2 and grades 5 during the spring and fall semester 2003.

Time Method

[Cross-section](#)

Sampling procedure

[Probability: Stratified](#)

Ett nationellt representativt urval av barn gjordes med hjälp av GfK:s Master Sample. Urvalsförfarandet utfördes genom att Sveriges kommuner grupperades i homogena delgrupper och ett urval av kommuner med hänsyn till regionala och sociala skillnader bildade ett "Miniatyr Sverige". Familjer med barn som fyller fyra år under 2003 rekryterades slumpmässigt från de utvalda kommunerna med hjälp av ett SPAR register. Från de utvalda kommunerna gjordes ett obundet slumpmässigt urval av skolor och därefter ett slumpmässigt urval av två klasser, en i årskurs 2 och en i årskurs 5. Sammanlagt tillfrågades 924 familjer med fyraåringar och 2 499 skolbarn.

Time period(s) investigated

2003 – 2003

Number of individuals/objects

1945

Response rate/participation rate

87%

Data format / data structure

[Numeric](#)

Data collection 1

- Mode of collection: Self-administered writings and/or diaries
- Time period(s) for data collection: 2003 – 2003
- Data collector: GfK Sverige AB
- Source of the data: Population group, Biological samples, Other

Data collection 2

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2003 – 2003
- Data collector: GfK Sverige AB
- Source of the data: Population group, Biological samples, Other

Research area

[Health sciences](#) (Standard för svensk indelning av forskningsämnen 2011)

[Nutrition and dietetics](#) (Standard för svensk indelning av forskningsämnen 2011)

[Health](#) (CESSDA Topic Classification)

[Diet and nutrition](#) (CESSDA Topic Classification)

Keywords

[Diet surveys](#), [Socioeconomic factors](#), [Diet](#), [Child](#), [Surveys and questionnaires](#), [Lipids](#), [Coffee](#), [Cholesterol](#), [Tobacco, smokeless](#), [Vitamins](#), [Food](#), [Schoolchildren](#), [Nutrition policy](#), [Recommended dietary allowances](#), [Proteins](#), [Energy intake](#), [Diet records](#), [Alcoholic beverages](#), [Candy](#), [Carbonated beverages](#), [Dairy products](#), [Dietary fiber](#), [Disaccharides](#), [Eggs](#), [Fatty acids](#), [Fatty acids, monounsaturated](#), [Feeding behavior](#), [Food](#), [Ice cream](#), [Meat](#), [Meat-packing industry](#), [Minerals](#), [Nuts](#), [Sucrose](#), [Tea](#), [Vegetables](#), [Fatty acids, omega-3](#), [Seafood](#), [Dietary sucrose](#), [Fatty acids, omega-6](#), [Trans fatty acids](#), [Fast foods](#), [Drinking water](#), [Tobacco use](#), [Diet and exercise](#), [Food consumption](#), [Nutrient intake](#), [Food groups](#)

Publications

Riksmaten - barn 2003. Livsmedels- och näringsintag bland barn i Sverige. Uppsala: Livsmedelsverket; 2006.

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ISBN: 9177141776

Becker W, Enghardt Barbieri H. Svenska barns matvanor 2003 - resultat från enkätfrågor. Livsmedelsverket; december 2004.

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Homepage

[National Food Agency, Open Data - Food habits](#)

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[Riksmaten adults 2010-2011](#)

[Riksmaten 1997-98](#)

[Riksmaten adults 2010-2011 - Survey](#)

[Riksmaten adults 2010-2011 - Sampling](#)

[Riksmaten children 2003](#)

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