



Food and Agriculture  
Organization of the  
United Nations



World Health  
Organization



7 June 2023

World Food Safety Day

Food standards  
save lives



[#WorldFoodSafetyDay](https://twitter.com/WorldFoodSafetyDay)

[www.fao.org/world-food-safety-day](http://www.fao.org/world-food-safety-day) or  
[www.who.int/world-food-safety-day](http://www.who.int/world-food-safety-day)

# *Nacionalno istraživanje prehrambenih navika dojenčadi i male djece u RH*



Hrvatska agencija za  
poljoprivredu i hranu



SVEUČILIŠTE JOSIPA JURJA STROSSMAYERA U OSIJEU  
Prehrambeno-tehnološki  
fakultet Osijek



prehrambeno  
biotehnološki  
fakultet  
Sveučilište  
u Zagrebu



HZJZ

## Food consumption data

Published date: 15 December 2022

What and how much do Europeans eat and drink? Food consumption data are essential for assessing how exposed people are to potential risks in the food chain

Share:   

### Contents

The EFSA Comprehensive European Food Consumption Database

How to use the database

What's on the menu in Europe – The EU Menu

## Djeca (16 istraživanja)



## Odrasli (20 istraživanja)



EFSA  
EU Menu  
vodič

**NIPNAD 2017-22 (3 mjeseca – 9 godina)**

Razvoj aplikacije  
NutriCro i  
implementacija EU  
Menu metodologije

Pilot  
projekt

Terensko  
istraživanje

rezultati

2013 | 2014 | 2015 | 2016 | **2017** | 2018 | 2019 | 2020 | 2021 | 2022 | **2023**

Razvoj alata i  
baza podataka  
(priprema za prijavu  
projekta)

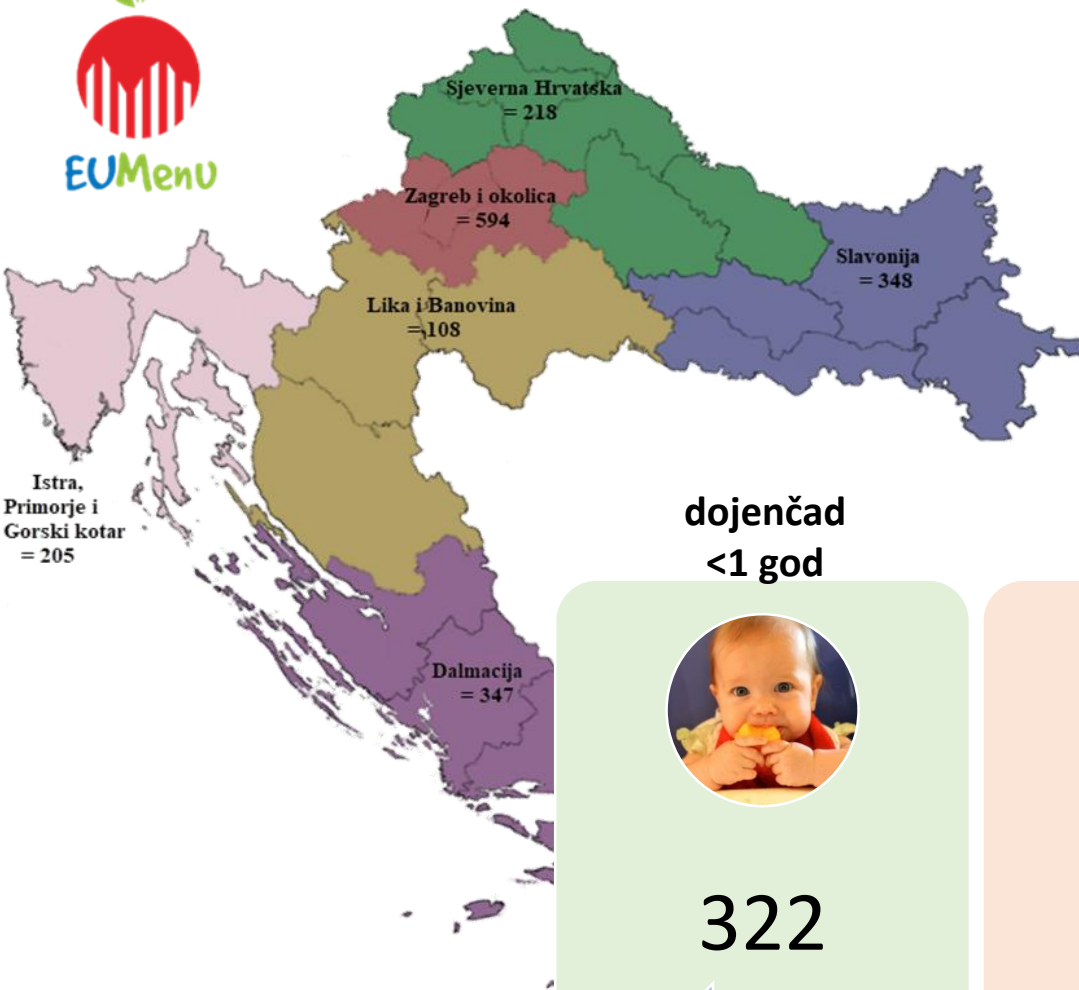
Razvoj aplikacije  
NutriCro i  
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Pilot  
projekt

Terensko  
istraživanje

**NIPNOD 2018 -23 (10 - 75+ godina)**

\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022



# Populacija

dojenčad  
<1 god



322

djeca  
1-2 god



535

ostala djeca  
3-9 god

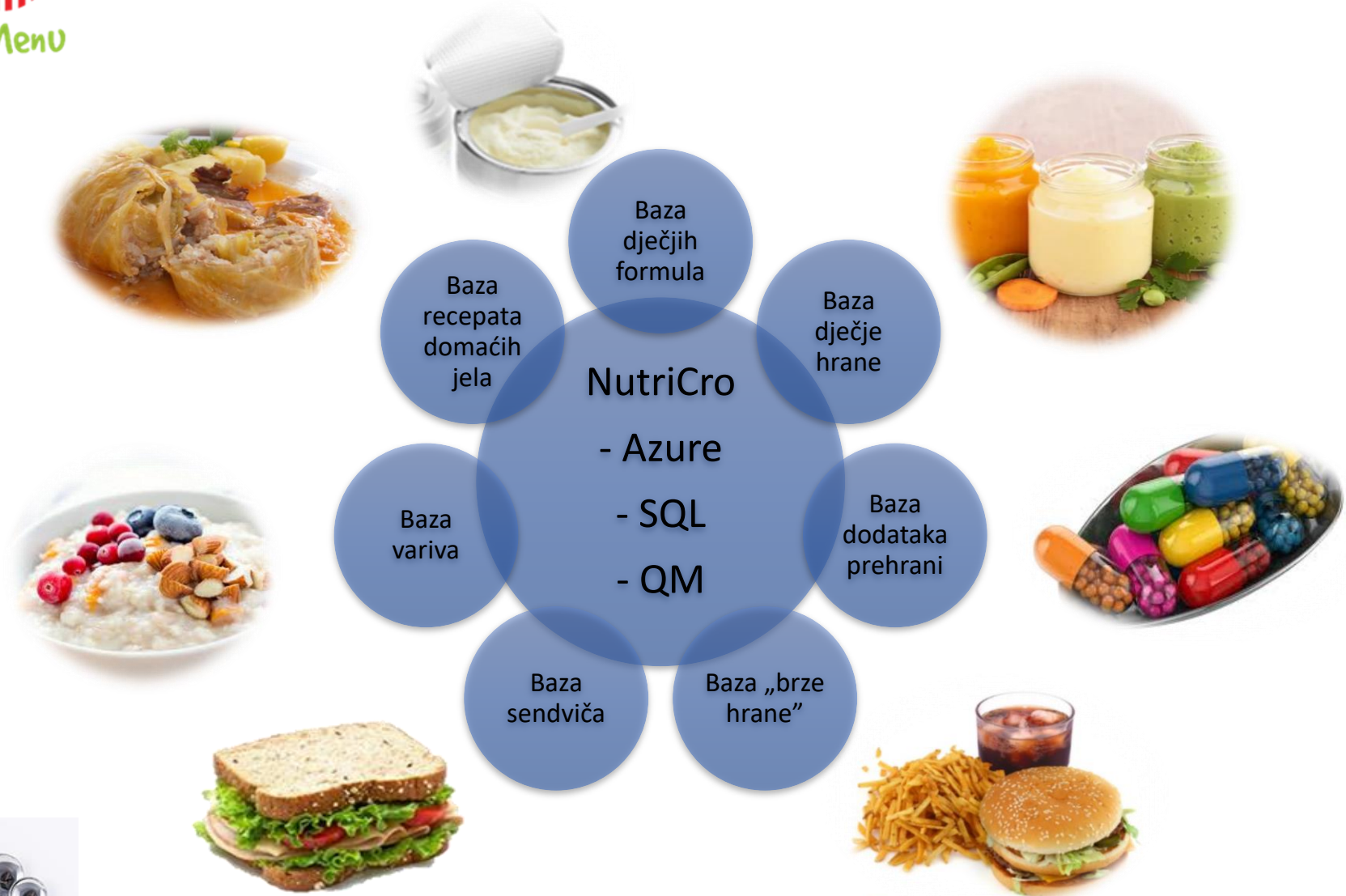


963

1820

\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022

# Digitalizacija podataka



# Tijek istraživanja



\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022

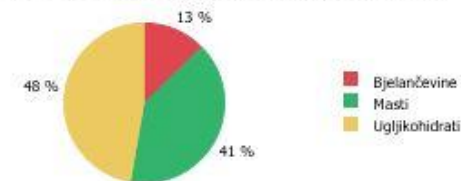


Vrijeme obroka	NAZIV JELA	Energija (kcal)	Ugljikohidrati	Bjelančevine	Masti
06:30	Dojenje *				
08:00 Doručak	Domaća kašika	184	37.59 g	1.75 g	1.50 g
	Voda iz slavine	0	0.00 g	0.00 g	0.00 g
	<b>SUM:</b>	<b>184</b>	<b>37.59 g</b>	<b>1.75 g</b>	<b>1.50 g</b>
11:30 Međubrok	Banana	54	11.33 g	0.65 g	0.18 g
	Dukatos grčki tip jogurta Dukat	188	8.55 g	5.70 g	14.55 g
	Voda iz slavine	0	0.00 g	0.00 g	0.00 g
	<b>SUM:</b>	<b>241</b>	<b>19.88 g</b>	<b>6.35 g</b>	<b>14.73 g</b>
14:30 Ručak	CVJETAČA KUHANJA	13	0.51 g	0.61 g	0.88 g
	TELETINA KUHANJA	53	0.00 g	6.31 g	3.07 g
	Voda iz slavine	0	0.00 g	0.00 g	0.00 g
	<b>SUM:</b>	<b>66</b>	<b>0.51 g</b>	<b>6.92 g</b>	<b>3.95 g</b>
18:00 Večera	BULGUR S POVRĆEM	30	4.12 g	0.67 g	0.98 g
	KUHANA CIKLA	22	3.02 g	0.86 g	0.00 g
	TIKVICE KUHANJE	64	3.04 g	1.68 g	4.51 g
	Voda iz slavine	0	0.00 g	0.00 g	0.00 g
	<b>SUM:</b>	<b>116</b>	<b>10.17 g</b>	<b>3.21 g</b>	<b>5.49 g</b>
20:30	Dojenje *				

\*podatak o učestalosti dojenja je informativnog karaktera, a energijski unos odnosi se isključivo na ostalu konzumiranu hranu u danu.



Udio makronutrijenata u dnevnom energijskom unosu



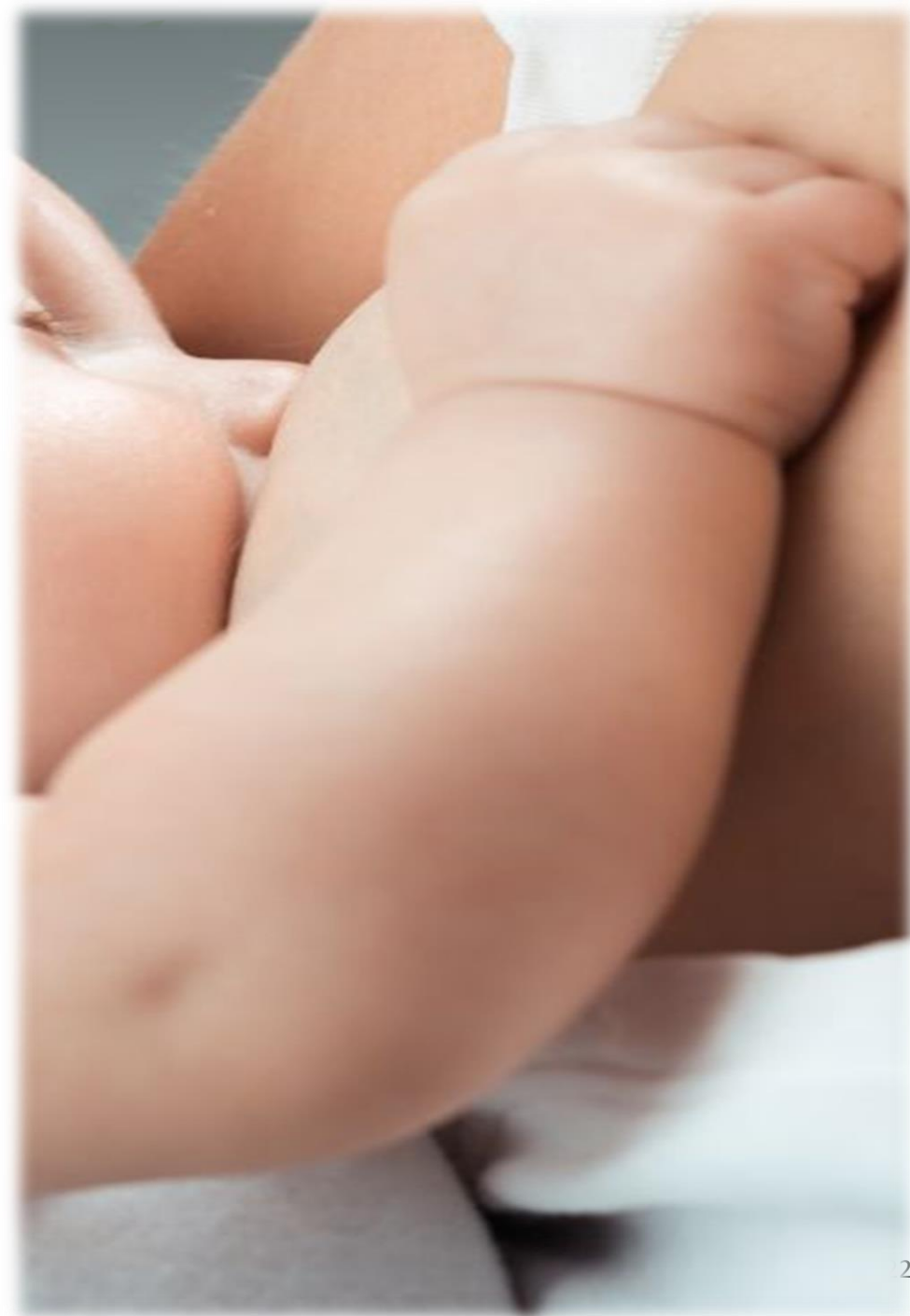
\*\* razlika vrijednosti do 100% je energijska vrijednost unesenih vlakana



# Što je na tanjuru?



dojenčad



79 % majki  
izjavilo je da je  
dojilo dijete

S dohranom se  
započinje kada  
dijete navrši 6  
mjeseci

12,5 % djece  
iznad godine  
dana dojeno je  
majčinim  
mlijekom



Kod uvođenja  
dohrane roditelji  
najčešće odabiru  
povrće

## 1. Tikvice



## 2. Batat



## 3. Jabuka



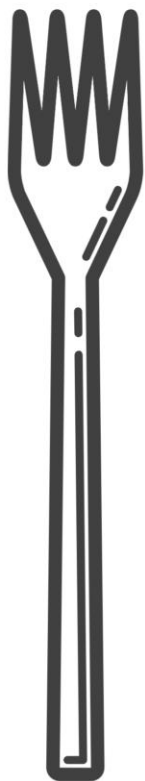
# Što je na tanjuru?



1 - 5 godina

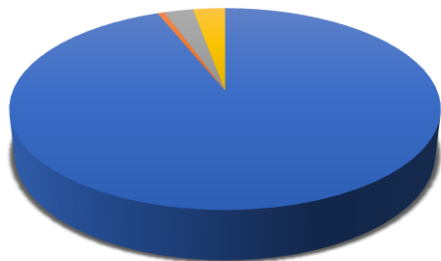
# Što je na tanjuru?

6 - 9 godina

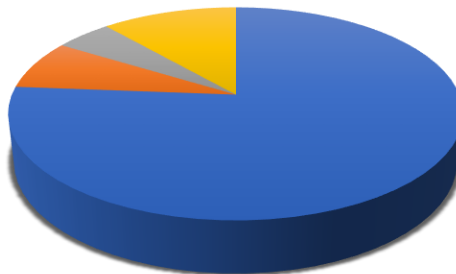


# Konzumacija pića po dobnim skupinama

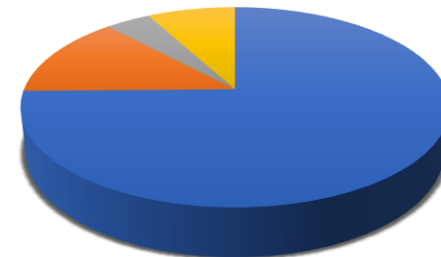
<1 god



1 - 5 god



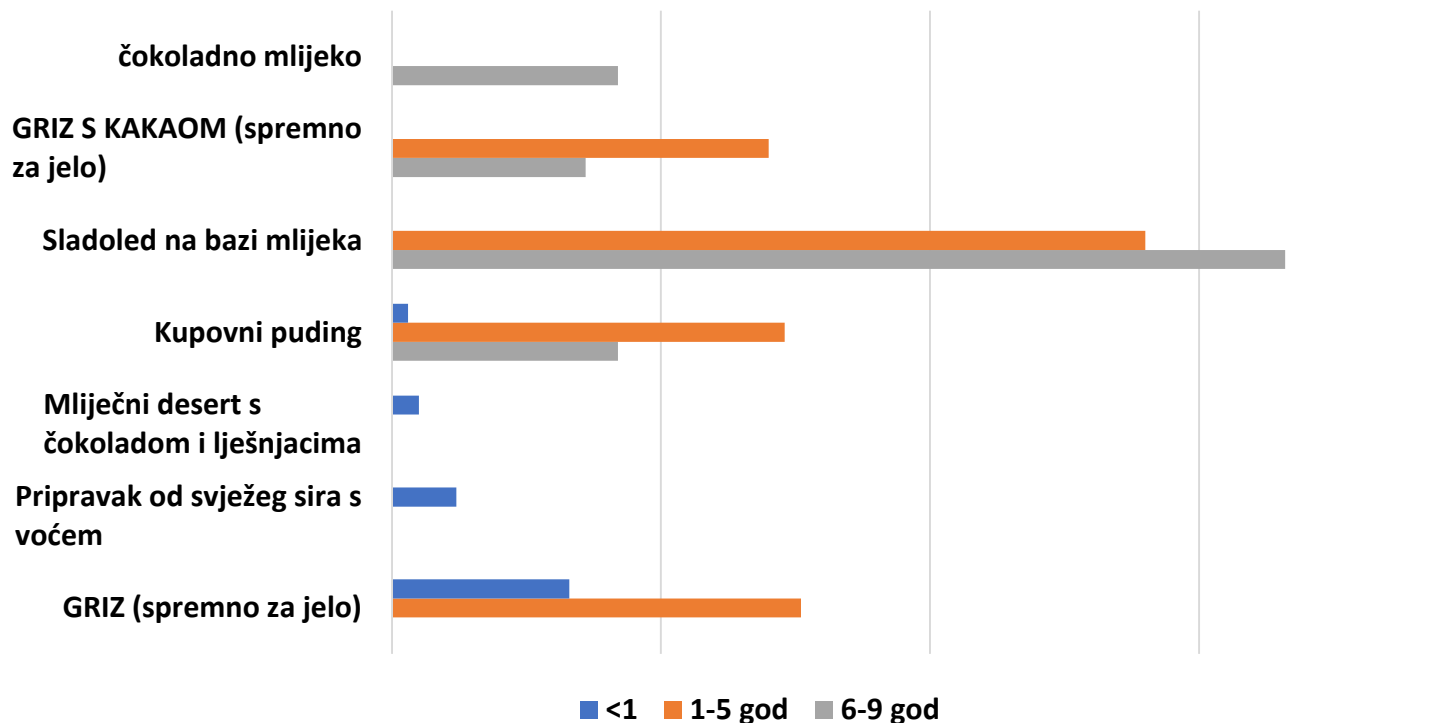
6 - 9 god



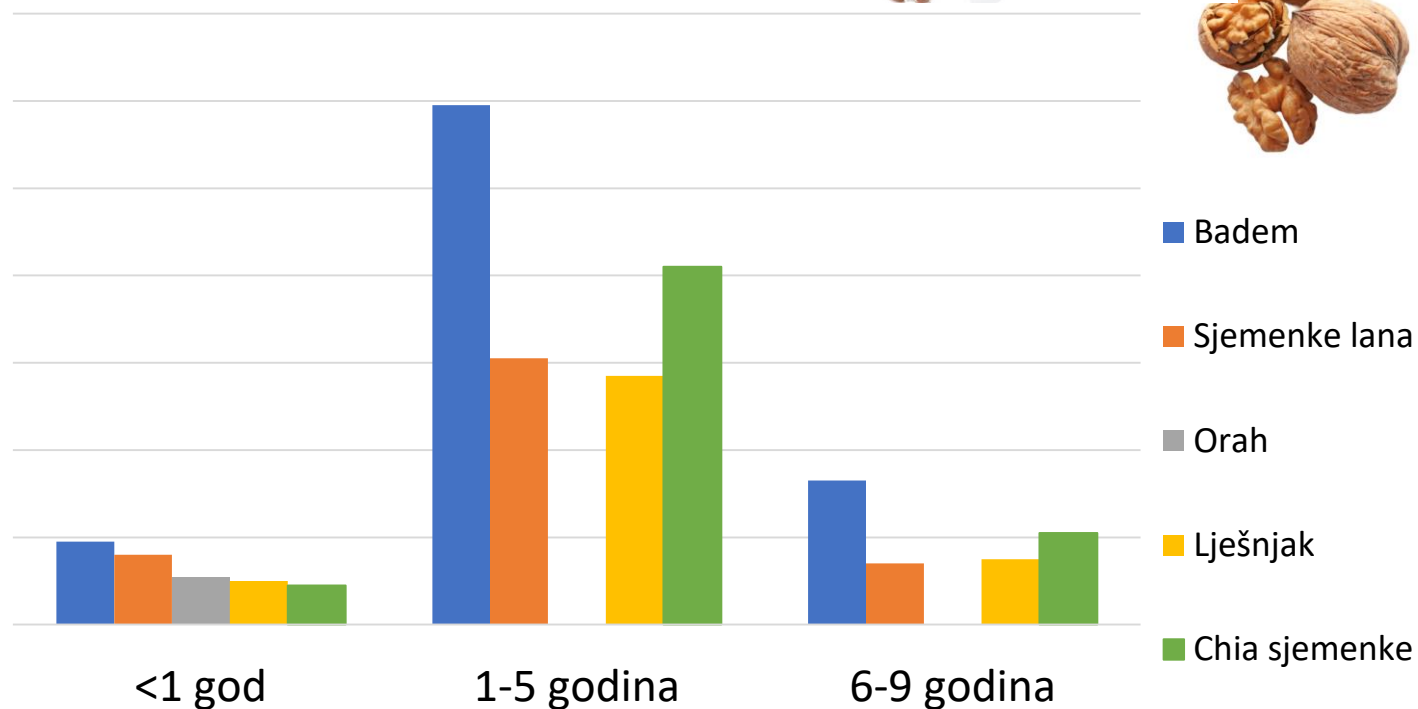
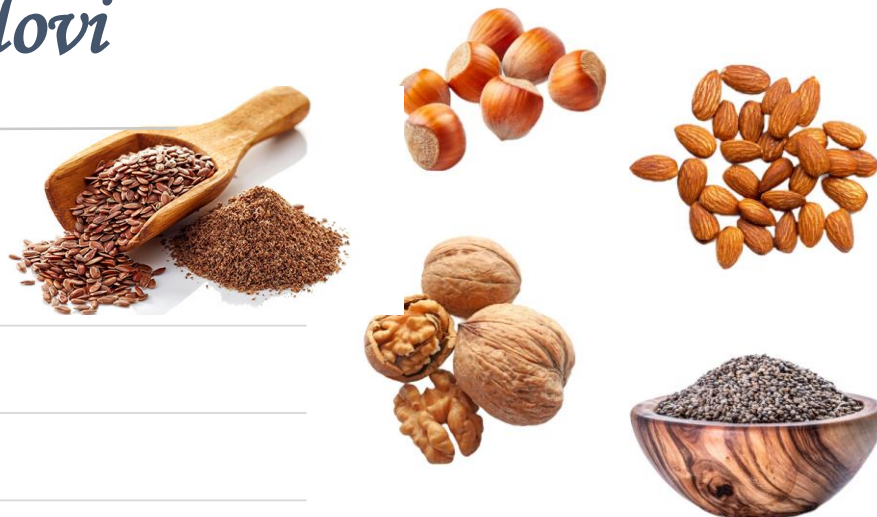
- Voda
- Bezalkoholna pića na bazi vode
- Voćni i povrtni sokovi i nektari (uključujući koncentrate)
- Kakao, čaj i ostale infuzije

S dobi učestalost konzumacije vode opada, dok bezalkoholnih pića na bazi vode raste!

# Najčešći mliječni deserti



# Najčešći orašasti plodovi



\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022



# Najčešće grickalice

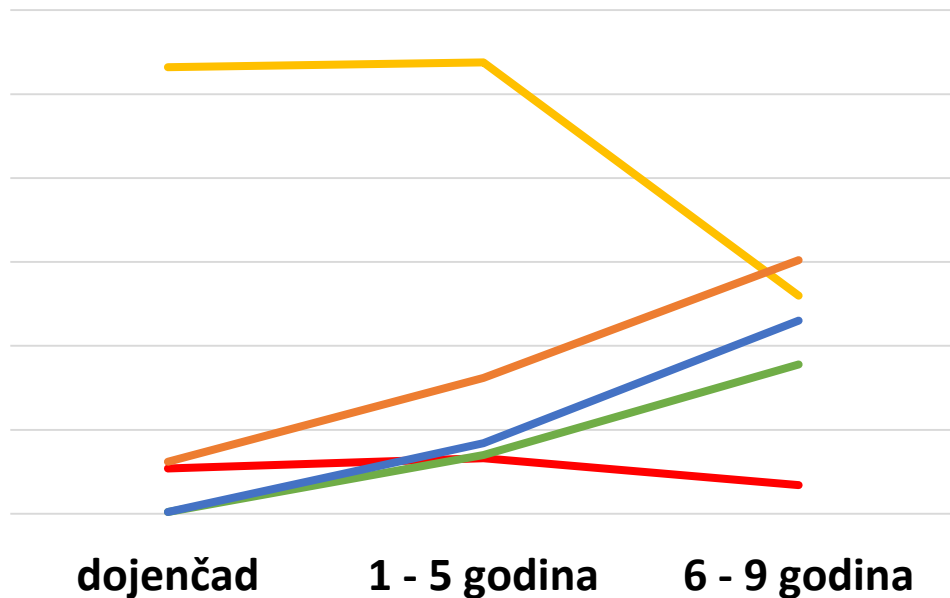
dojenčad	djeca 1-5 godina	ostala djeca 6-9 godina
1. Flips	1. Flips	1. Grickalice na bazi krumpira (čips)
2. Štapići, slani	2. Štapići, slani	2. Flips
3. /	3. Grickalice na bazi krumpira (čips)	3. Kukuruzne kokice



\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022

# Dodaci prehrani FPQ

9,2 % dodataka prehrani u obliku konditorskih proizvoda



— Željezo

— Vitamin C

— Multivitaminско-минeralni pripravci

— Vitamin D

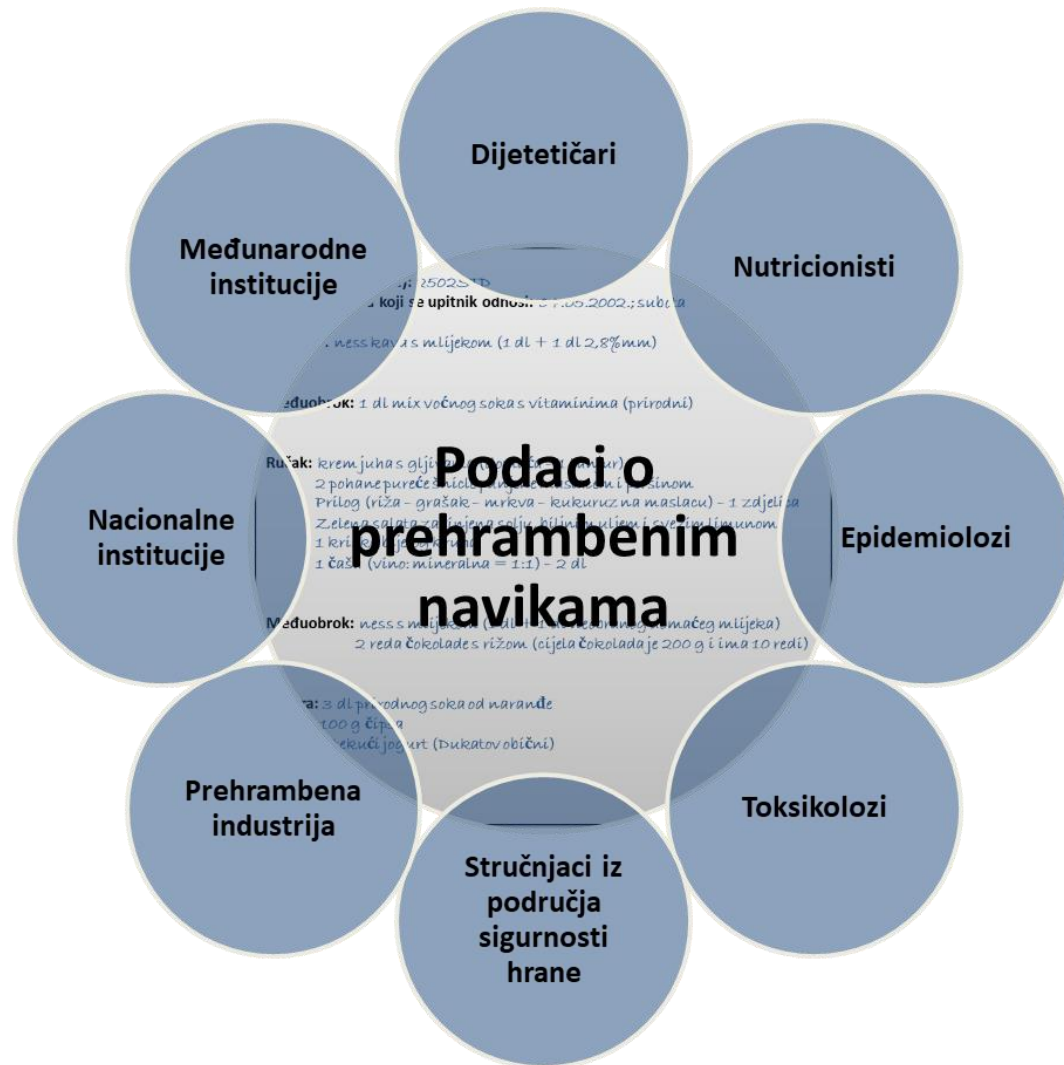
— Ostalo\*



\*probiotici, beta glukani i miješani dodaci prehrani

\*Rezultat istraživanja na reprezentativnom uzorku RH, NIPNAD 2017-2022

Potencijalni korisnici podataka o prehranbenim navikama





# Koji je potencijal podataka o prehranbenim navikama?



Podaci o prehranbenim navikama polazišna su točka u poduzimanju mjera za unaprjeđenje prehranbenog stanja, odnosno zdravlja pojedinca, populacije i naroda



Acute Food Consumption Grams (g) in a single day – Consuming days only																				
Survey's country	Survey start year	Survey	Population Group (L2)	Exposure hierarchy (L1)	Exposure hierarchy (L2)	Exposure hierarchy (L3)	Exposure hierarchy (L4)	Exposure hierarchy (L5)	Exposure hierarchy (L6)	Exposure hierarchy (L7)	Number of consuming days	Percentage of consuming days	Mean	Standard Deviation	5th percentile	10th percentile	Median	95th percentile	97.5th percentile	p
Croatia	2011	Croatian food consumption survey on adults	Adults	1 Alcoholic beverages	Beer and beer-like beverage	Beer	Lager beer	Beer, alcohol-free	Beer, light	Beer, light	3	0.1%	600.00	0.00	600.00	600.00	600.00	600.00	600.00	
								Beer, regular	Beer, regular	Beer, regular	168	2.8%	580.04	303.11	240.00	240.00	600.00	1200.00	1737.00	
								Cocktail drink	Cocktail drink	Cocktail drink	707	11.8%	931.19	678.43	240.00	300.00	600.00	2400.00	3682.00	
					Mixed alcoholic drinks	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	1	0.0%	750.00	0.00	750.00	750.00	750.00	750.00	750.00	
					Unsweetened spirits and liquors	Liquors	Fruit liquor	Fruit liquor	Fruit liquor	Fruit liquor	5	0.2%	59.44	34.37	20.40	32.80	58.00	116.00	116.00	
							Herb liquor	Herb liquor	Herb liquor	Herb liquor	39	0.7%	67.95	63.62	23.90	24.00	58.00	179.80	237.90	
							Liquors	Liquors	Liquors	Liquors	4	0.1%	36.00	0.00	26.40	28.80	40.00	40.00	40.00	
							Other liquors	Milk liquor	Milk liquor	Milk liquor	1	0.0%	36.00	0.00	36.00	36.00	36.00	36.00	36.00	
							Spirits from fruit	Spirits made from fruits other than stone fruits	Brandy	Brandy	4	0.1%	60.00	20.00	40.00	40.00	40.00	74.00	77.00	
							Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	101	1.7%	54.94	58.28	2.23	4.46	40.00	160.00	240.00	
Acute Food Consumption Grams (g) in a single day – All days																				
Survey's country	Survey start year	Survey	Population Group (L2)	Exposure hierarchy (L1)	Exposure hierarchy (L2)	Exposure hierarchy (L3)	Exposure hierarchy (L4)	Exposure hierarchy (L5)	Exposure hierarchy (L6)	Exposure hierarchy (L7)	Number of consuming days	Number of consuming days	Mean	Standard Deviation	5th percentile	10th percentile	Median	95th percentile	97.5th percentile	p
Croatia	2011	Croatian food consumption survey on adults	Adults	1 Alcoholic beverages	Beer and beer-like beverage	Beer	Lager beer	Beer, alcohol-free	Beer, light	Beer, light	3	0.30	16.55	5.37	0.00	0.00	0.00	0.00	0.00	
								Beer, regular	Beer, regular	Beer, regular	5,960	707	110.31	255.32	0.00	0.00	0.00	0.00	0.00	
					Mixed alcoholic drinks	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	5,960	1	0.13	0.13	0.00	0.00	0.00	0.00	0.00	
					Unsweetened spirits and liquors	Liquors	Fruit liquor	Fruit liquor	Fruit liquor	Fruit liquor	5,960	9	0.09	1.26	0.00	0.00	0.00	0.00	0.00	
							Herb liquor	Herb liquor	Herb liquor	Herb liquor	5,960	39	0.44	5.11	0.00	0.00	0.00	0.00	0.00	
							Liquors	Liquors	Liquors	Liquors	5,960	4	0.02	0.18	0.00	0.00	0.00	0.00	0.00	
							Other liquors	Milk liquor	Milk liquor	Milk liquor	5,960	1	0.01	0.01	0.00	0.00	0.00	0.00	0.00	
							Spirits from fruit	Spirits made from fruits other than stone fruits	Brandy	Brandy	5,960	4	0.03	0.45	0.00	0.00	0.00	0.00	0.00	
							Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	101	0.08	7.60	0.00	0.00	0.00	0.00	0.00	0.00	
Acute Food Consumption Grams per kilogram of body weight (g/kg bw) in a single day – Consuming days only																				
Survey's country	Survey start year	Survey	Population Group (L2)	Exposure hierarchy (L1)	Exposure hierarchy (L2)	Exposure hierarchy (L3)	Exposure hierarchy (L4)	Exposure hierarchy (L5)	Exposure hierarchy (L6)	Exposure hierarchy (L7)	Number of consuming days	Percentage of consuming days	Mean	Standard Deviation	5th percentile	10th percentile	Median	95th percentile	97.5th percentile	p
Croatia	2011	Croatian food consumption survey on adults	Adults	1 Alcoholic beverages	Beer and beer-like beverage	Beer	Lager beer	Beer, alcohol-free	Beer, light	Beer, light	3	0.1%	7.84	1.23	6.90	7.00	7.41	9.05	9.14	
								Beer, regular	Beer, regular	Beer, regular	168	2.8%	7.68	4.10	3.23	3.64	7.06	14.81	18.81	
								Cocktail drink	Cocktail drink	Cocktail drink	707	11.8%	11.32	8.29	3.29	4.00	8.00	29.92	34.29	
					Mixed alcoholic drinks	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	1	0.0%	11.90	0.00	11.90	11.90	11.90	11.90	11.90	
					Unsweetened spirits and liquors	Liquors	Fruit liquor	Fruit liquor	Fruit liquor	Fruit liquor	5	0.2%	0.06	0.11	0.32	0.32	0.64	2.07	2.07	
							Herb liquor	Herb liquor	Herb liquor	Herb liquor	39	0.7%	0.79	0.65	0.23	0.30	0.56	2.00	2.80	
							Liquors	Liquors	Liquors	Liquors	4	0.1%	0.68	0.16	0.50	0.54	0.76	0.77	0.77	
							Other liquors	Milk liquor	Milk liquor	Milk liquor	1	0.0%	0.60	0.00	0.60	0.60	0.60	0.60	0.60	
							Spirits from fruit	Spirits made from fruits other than stone fruits	Brandy	Brandy	4	0.1%	0.61	0.24	0.47	0.48	0.51	0.90	0.93	
Acute Food Consumption Grams per kilogram of body weight (g/kg bw) in a single day – All days																				
Survey's country	Survey start year	Survey	Population Group (L2)	Exposure hierarchy (L1)	Exposure hierarchy (L2)	Exposure hierarchy (L3)	Exposure hierarchy (L4)	Exposure hierarchy (L5)	Exposure hierarchy (L6)	Exposure hierarchy (L7)	Number of consuming days	Number of consuming days	Mean	Standard Deviation	5th percentile	10th percentile	Median	95th percentile	97.5th percentile	p
Croatia	2011	Croatian food consumption survey on adults	Adults	1 Alcoholic beverages	Beer and beer-like beverage	Beer	Lager beer	Beer, alcohol-free	Beer, light	Beer, light	5,960	3	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
								Beer, regular	Beer, regular	Beer, regular	5,960	168	0.22	0.72	0.00	0.00	0.00	0.00	0.00	
								Cocktail drink	Cocktail drink	Cocktail drink	5,960	707	1.34	1.19	0.00	0.00	0.00	0.00	0.00	
					Mixed alcoholic drinks	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	Cocktail drink	5,960	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
					Unsweetened spirits and liquors	Liquors	Fruit liquor	Fruit liquor	Fruit liquor	Fruit liquor	5,960	9	0.00	0.03	0.00	0.00	0.00	0.00	0.00	
							Herb liquor	Herb liquor	Herb liquor	Herb liquor	5,960	39	0.01	0.05	0.00	0.00	0.00	0.00	0.00	
							Liquors	Liquors	Liquors	Liquors	5,960	4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
							Other liquors	Milk liquor	Milk liquor	Milk liquor	5,960	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
							Spirits from fruit	Spirits made from fruits other than stone fruits	Brandy	Brandy	5,960	4	0.00	0.01	0.00	0.00	0.00	0.00	0.00	
							Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	Spirits made from stone fruits	5,960	101	0.01	0.08	0.00	0.00	0.00	0.00	0.00	

<https://www.efsa.europa.eu/en/food-consumption/comprehensive-database>

# HVALA svima koji su na bilo koji način pridonijeli realizaciji projekta

