

u d

d a a du d - a a ad ad ad a d

d ad d^{2,5}, u a u d u u d ad d

a ad d u¹³.

- u a d a u d d dd , d a a a u u

d , a ad d d a a d

d ad d a ud d⁶. a a a d , u ad d .

Al a u a d ad u - a u a .

u a d ad a^{7,8}. ad a a ad u d

u a d a a a - ad du^{14,15}. u , a u ad a u -

a , d a a a a - d a a , dd a

u a a a d a⁹. d - , u d a u d ad d -

u a d a a ad a a a a d , a , a d .

a a u - - A d u d a a u

u a d a¹⁰. du - u - a a a d d d a

a d a a d d ad d u d ad ad du . u a

a du d ad a du d . d ad a , a d d , ad

d d a ad d u , a u a u a a u d a d a

a a d d ad d ud d a a u a^{16,17} ad a ud a

d d a ad / -¹⁸. u a d a ud u ,

ad a a. du a S (u a d u S

d d ud . u , d) a d u ad 24 u

a ud a u a a ad a a a 10 a ad¹⁹.

u a , a u d a a d a a

a d u u a u a u a d

a d a u d d u¹¹. u a d ad d . A Sid

d H a L u d a d ad a a d a a d

Al (A), d 1 a a a a ad a u a d ,

2005 (a u : -2005-007034) a a d a a a u - a d ad a a

ud €4.99 d d u a - d a a 24 u a , a a

. a , u - ud A A ad ad d . u , a

(A a Va a d d u ad a d A A (u Al ' u A

Al a) ad d 1999 a u)²⁰ a d a d a d

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d¹². ud a d d u u ad d a d

A Sid , a u d d a a a u a a a

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A ud d ad . (u a d a a u ;

a a d u a d a .) u a ad ad d .

a a a a a d a a;

a a ; ad d

a a A a u a

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Food and nutrient intake

d a d a a u a d ad d -

a a d u d a - a a a a u u a ,

¹³. a , a u d a a ad a u a d ad u

u d ad a a u - d a a a u a d ad a

u d a . , a d u a .

Cognitive determinants of eating habits

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d ad d a a u²¹. S a

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ad u a a a a u a ,

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a a u a u ad a

A Sid d a d ad - V
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 a ad a u a a ad a a ad a
 a u a d u a au a a d a ; 0.88 (1985
 a a ad a ad ad d ad 1995) 2.33% a (1995 2000 2002) a
 au . ad , ad a ad a ud ad 0.5 (1985 1995) 1.83% a (1995
 a a ad a u d 2000 2002) a ⁴⁹. d d a
 A Sid a u d d . a , a a d u a ad a
 a a a u a a a d d a u ⁵⁰.
 a a ad a u a u , u S d d
 ad a ud a ad a ad a , H a ,
 a a ad d a ad u a a - a -
 au ad d ⁴². u a ud ud a a u

A Sid d a d ad - V
 a a d a a u a a ad a , a S a d (A Sid) a
 a ad a u a a ad a a ad a
 a u a d u a au a a d a ; 0.88 (1985
 a a ad a ad ad d ad 1995) 2.33% a (1995 2000 2002) a
 au . ad , ad a ad a ud ad 0.5 (1985 1995) 1.83% a (1995
 a a ad a u d 2000 2002) a ⁴⁹. d d a
 A Sid a u d d . a , a a d u a ad a
 a a a u a a a d d a u ⁵⁰.
 a a ad a u a u , u S d d
 ad a ud a ad a ad a , H a ,
 a a ad d a ad u a a - a -
 au ad d ⁴². u a ud ud a a u

Body composition, obesity and related risk factors in adolescents

a ad a u ad a ad d a a
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 du d ⁴³. A a 50%
 d a d a d a a 95
 du ⁴³. a
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 d ad a a a ,
 u d d u d .
 H , a a a u u a a a
 d a a a a u -
 a d , d a d d
 ad - au ⁴⁵.
 , L ad u ⁴⁶ d a
 a a d ad d
 a u u a d 20 u
 d a a a u ad a
 a a d . d d a a
 d . a a -
 u a ad a u
 u d a d
 du d ad a a
 1990 . d d a a
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 u , a u d a B .
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 , a a A a Sid
 a a a ⁴⁷.
 a , a a , -
 a d u 1997 1998 a u d d a d a a
 d , L u *et al.* ⁴⁸ a d
 a 13- ad 15- a - d d
 13 u a u , a ad SA.
 a a u d SA ad
 L u a a . a u d
 ad , ad u a .

Micronutrient status in adolescents

d d u , u a ud d a
a ad a au a a a -
d ad u a a a ad a
a a u a u u d
u , d u u
a ⁵⁶. S a u a d a
, a d a a a a
u u . dd , a
au d d
a a a a a a d a a u
d u , a du au a u d .
S a a a d a -
u au u a d ^{13,57}.
d ud d d d ,
a u ^{14,15,56}, a ^{61,62} ad ⁶³ a u ^{57 60},
a d u a
u .
A a a d d ud
d . A B *et al.*⁶⁴ a d S d
d , d au
ad u a ad
a u a d u a .
, d d a
d d a ad au , a
ad d a a ⁶⁵. S a ud
a a au a a u ad ^{57,66}.
a a ad a ad a a
d . H a a ad
a a d a d a
du d , u a ad a u ad a add a,
ad a d a a a ^{66,67}.
a d , a u a a a d a a d a
a a ad a u a ⁶⁸
ad a d u u d a a a
u au . Su ad u a
a a , ad d a
ud d a S d ad a a
17 a ad a d a d -
a a 15. u d a u
17- a - d a ad
d , u a u a .
a a a d a a u
d ad u a a
a u a a u d
au S d d a u ⁶⁹.
a d a au ud

du d u (a u a a d) a
a - a a (. . u
u u) a a ⁶⁵. A u a u
a d , a u a , a a d d a
du du a d a a ,
a d a d a d du a a a -
a d u ⁷⁰. u a , a
u a d a 20 μ d d
a . ⁶ u
u a a a 20
a ²u a d a a u
25- d a . B d a u -
a 20 a ² ad u
u u d d
a a au ^{61,62}. u a -
a a a a a a -
u a a , a u a a u a .
a u a a
ud d d u a d u a a
au ^{61,62}. A a a d a
a u / u a ad a a
a (- a d 1 a) a
d . a a a u a
a a u a , a a a a
du u . A d a
u d d d a a
d a ⁷¹. a d u a 25- d -
a u a d d u a a d
a a d u a . ad a
d a a a d a u 25%
a a a d u a ⁵⁹.
ad a u d a a
d au . a a d d
u u a a u
ud , a a a a a d u -
. u u ud ud d -
a d a a a u a . H ,
d a d d d ad a
u a a a , a u a
u a a a u d ⁷², a
d .
a d a d ad u a d a a a

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A), au ad u - u a au u a d .
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Immunological characteristics related to nutritional status

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ad du a u . au u
a a a u u u -
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A d d a a a
a a a a a
d a u a a d a , d a , -
, a , a , a ad u a d a .
a a a a ud d du
d ad u , u d a a d
d a , u a a a -
d A Sid , a a u d du
a a u u a a a
d a .
ud d 75, A Sid d a -
a ad du a a -
a u , a a a a
a u - d a a 55,76 .
a a d a a u a
a a a ad a d u ,
d u a u a ad a -
a ad , a d a a a du a
a a a d a a u a
a a 78,79 , a a a a ad 80 ,
u a a ud d a u a a
a a a u a d d a
a a a a a .
a d u u a a d d -
d u u , a a u d ad
d a a u a a a
d a a u au ad u a
du ad u a ad
d , a a u u
u u a . A Sid d
u a a a u u -
a a a u u a u a
au u a d . A a a a -
a d , A Sid d a a u a a

Nucleotide polymorphisms and phenotype heterogeneity

u a a ad a a
u a a d ad
d . a 100 add a
a a ad 81. S a ud
u a a d d -
ad a u d du d
a a a a a
d d ad d . u au
d a d d d du d
d d a a a a a
- a au . S a ad u
a - ud ad d d a
d a d 1, 5, 7, 12, 13 ad
18. add a d a
a d d a
7 11.1 82.
S d du a a a a
d a , a a u
a . d a a a
a a a a d d
a . a a a a a
d : ud d d -
u a a
a a (- a d , a
a , .); a u
; ad a d
u d du a d
- d a ad
a a 430
a a d d u a ad
d . a d
d u (u a u u) , d -
ad u a (u a -
a , a -a ad -
-γ, β-d 2ad 3ad u u
a -α) ad d a (u a) a a
a ad .
a ud a
d d u a
d - d a ad d a ,
d a a, ad a a d -
a). a
ad a a u
u a a d a d du a
d a d a ad
d a a d a
a . ud a
d ad a a
a a u a a

u d ad a a a a u
 d - u a d a , a
 ad a u ad a .
 a a a a d
 d d , a a a .
 a , a d
 , a a a -
 u a u a ad a u d
 d a a .
 A Sid d d a a a -
 a a a ad a -
 a a a ad a a d .
 a d d .
 ad ad -u d ,
 , u a ad d a , a
 d a a a a d a
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 u d d a a
 d ad u a , ad d u -
 u a ad d , u a a
 ad a u a a ad a -
 d d .

Food preferences and development of new healthy foods

a a u u d d d
 a u , ud a u ad
 a , ad a d a a ,
 u a ad a ^{15,83,84} . a ad
 u a a a a d -
 ad a a ^{85,86} a ad a
 u ⁸⁷ .
 A u a d d a a a
 ad d u ad a a , d
 a a d d u u a -
^{84,86,88,89} .
 A a u d ad a u u a
 d a a d a a
 du a a u a , -
 ad ad a d du a ⁹⁰ . S a -
 ad du - d a a a
 du ad d a ad
 a a u
 du , ad u .
 , a d u d ad u
 u ad , ad d a a ,
 a ad -u a d u a , -
 a d .
 a a u ud a a u
 d d ad . a
 a ud a a a , , ,

u , a , u ad a -
^{87 89} . H , a d -
 a d d ' d .
 a , a u a , a a a d
 . a a , d ' a a
^{84,86 88} .
 A Sid u u d ad
 a ad a d d
 ad , ad u a
 ud d a d du .
 a u a , a d a d
 a , a d a d
 a d d d du .
 dd u d ad ad
 d , a u d a a
 a d a
 a dd u u d
 u ad d a u u d
 A u a d a
 d , a a a ad a a d -
 . d a - a , -
 u .
 a d a d au u u -
 a , d a - a -
 d ad d a ⁹¹ . a a
 ud u ad a a d a
 d d a ad a d ²
 d a ad ad a u a d a ⁹² . S d
 u a a - a - d d a a
 a a , a ad a a . d -
 , a *ad libitum*, du d - a -
 d d a a d a a -
 d , du d - a d ; a 12 , d a
 d ad a a d a d - a -
 d d a d du d - ad . *post hoc*
 a a , a d a a a d
 a a u , a d a
 a a ⁹³ .
 L - a - d d u d ad
 d u d d a
 a . a - ud , Au *et al.*⁹⁴ a d
 a - a - d , - d d a
 a , - a - d d d a -
 u ad d a
 d u d d 10.5% d -
 a d 4.6% a d .

Interventions on eating habits and physical activity

ud d a u a u ad a
 a a a d a ud a
 u a ad a
 a a a d d ^{95,96} .

u d

S - a d a ad u du a -

ud řu ad SA a d d

u a a a 97,98.

a a a du d SA, ad

a d u a a a d

ad řu a a a⁹⁹.

ad d a d -

d d d u

u a ad d d d . A -

au u d . H a u d

d a u d du a u .

A d a d u u a d d a ,

a a d a d , ad a u d ad

u a - au¹⁰⁰ u - a d

u ad a a du a a a ,

ad - a a .

a a d a ad a a a .

d d d du a d d a a u

d a a u ad a a . a a a

d d a a u - a d du a

a a u a a a a

a a u a ad a a du a -

¹⁰¹ u - a d u -

a a u d a a a

u a u u a a a u ad -

a a . a a a d a du .

d ad au a a - a d

a u u a a ad a

a a d . A u -

ad u - a d a

; u a a

du a . u u

a a a . d a a a ,

u d u u - a d ,

a a d du a d d

u u a a a d . d a ,

u a řu .

Conclusions

a a d u -

a au u a řu a d a : a

a d ad a a d a a d a ; a

u d ad ad a a a ud , d

ad d ; a a d ad

a a d a a a a ad a ;

a a a d a a a u a ad

d ; ad a a a d a a u

u au . a - d -

, řu A řid u a d

u a au d řu , ad

a - a d u a a

a a du a a ad d

a d a a řu a d .

Acknowledgements

Sources of funding: řu A řid a a

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2005-007034).

u , ad řu a u a

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.B. u d S (: 109/ B31/03 ad

13/ B20/04) ad -S a řdu a

(: A -2004-2745) a .

Conflict of interest declaration: .

Authorship responsibilities: A au

u u d a a ad

d a ,d a a

a u a , ad a d a

u d .

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a . *Public Health Nutrition* 2000; **4**: 27 33.

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d , ad d .
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a ad a u a a a
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a d d a a a : a a a -
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ad d a 14- 15- a- d ad . *European
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Ad LB. ad a u a u d
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d , a , ad a a d a
d : ad u H a .
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a a A. A a a ad
a a du d ad ad a u a
a u du d : ad
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d ad a u ad a u du -
d . a u ad ud . A - a
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du d d ad a u a a
du d : u a Sid . *International
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ad a a d d d -
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ad d a J3 S d ad
d , 1999 2000. *JAMA: Journal of the American
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 u a a u 25(H) a
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 A, V a J3 a ad a a a

a u a : a 3- ud .
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Appendix – HELENA Study Group

Co-ordinator: ũ A .

Core Group members: ũ A d - ad , S aa d H u , a a a - , a a .

Steering Committee: A a a (d), ũ A , a L a, S aa d H u , J3a , d ad , a d , a S , a a a a - , J3 a a , a a , u a Ha , L a a , ũ a S a .

Project Manager: a d .

Universidad de Zaragoza (Spain): ũ A , J3u a, J3 A a u , ad d u , a , a a a a , a V - d u , Al a V a a, a A a, J3 a a, La J3 a ad , a B ,

A a La a , a B , J3 a L , J3u a a - a , au B .

Consejo Superior de Investigaciones Científicas (Spain): A a J3 a a a , S a a a L a a , J3a .

Université de Lille 2 (France): Lu B , - a L a, d ad .

Research Institute of Child Nutrition Dortmund, Rheinische Friedrich-Wilhelms-Universität Bonn (Germany): a d , a S -H ,

Pécsi Tudományegyetem (University of Pécs) (Hungary): a a ad , a a u , a a , S a B , . A , a , a a , J3d a .

University of Crete School of Medicine (Greece): A a a , a d , A a a - d a , a a d a , a a S u u a a , a a Sa ,

ß a a ad a, Ha , a L ad a ,
a Val a a, B a a ,A aV d u u .

Institut für Ernährungs- und Lebensmittelwissenschaften – Humanernährung, Rheinische Friedrich Wilhelms Universität (Germany):

S ,
u , a a a - , a B -
d a , Ad S , J a A - a a , a
S a , B a , a Ba ,
A d S u , a .

University of Granada (Spain):

au J a
a ,A u Sa J a a u u , a
B a a u a a A , a a
a ,Va a a , a Sa u .

Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione (Italy):

ad A a, a a a a ,
Lu a , a a a a , a a a , a L
, a L , u a a a , u
a a , a a a , A a , a a a S d a ,
a a .

University of Napoli 'Federico II', Department of Food Science (Italy):

u a S a .
Ghent University (Belgium): d Bu d ud u ,
S a ad H u , d a , d V d ,
L a a , a , a a a , a
V .

Medical University of Vienna (Austria):

u d -
a , a a a , Sa .
Harokopio University (Greece): a a , a
a a a , Bu u a , a Lu a , S a
u u a a a ,
a a , a u , Sa a u u , a
, a a a , a B u , S a a a a ,
a a a a , a A u u , a a
d a , Sa a u a a , a a .

Institut Pasteur de Lille (France):

J a a ,
A a .

Karolinska Institutet (Sweden): a S ,
a B a , a a Ha , L a Ha ,
a Ha , J a a , L d a
B a , A a - H , La ud .

Asociación de Investigación de la Industria Agroalimentaria (Spain):

J a Sa - ,
a a a , Ba a V d , J a u
a , a , a Sa u a , a a L ,
a a J a Sa .

Campden & Chorleywood Food Research Association (UK):

a a , Sa a a ,
B .

SIK – Institutet foer Livsmedel och Bioteknik (Sweden):

A a A , u a Ha .

Meurice Recherche & Development asbl (Belgium):

A a , a L u , a a B a a ,
a , Lu a .

Campden & Chorleywood Food Development Institute (Hungary):

Ad a S , u d u , A
H .

Productos Aditivos SA (Spain):

a ad d ,
A a L .

Cárnicas Serrano SL (Spain):

Va .

Cederroth International AB (Sweden):

H
, a a L a Ha .

Cerealia R&D AB (Sweden):

a La , H a
d , V a A a , a , a
B .

European Food Information Council (Belgium):

Lu a ad .

Universidad Politécnica de Madrid (Spain):

a a
a - , Au d , ad J a -
a , J a a V au a , a a a a , A ad a -
u , A , au d .