

The Kitchen Detective: What is in your Kitchen?

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INTRODUCTION

Studies reveal that accessibility and availability of foods at home play a role in obesity status in children (Ludwig et al., 2001). Fewer studies have identified the impact of glycemic index of foods that are readily available for Hispanic and African American children. The targeted populations are of great concern because they are at an increased risk for obesity and obesity-related diseases (Odgen et al., 2016).

PURPOSE

To identify foods and corresponding glycemic index levels of those items available and accessible to Hispanic and African American children in their homes, specifically in the refrigerator, pantry, and kitchen cabinets/countertops.

METHOD

Table 1. Sample Characteristics

Ages (Years)	
Mean	10
Range	9-14
Gender (n)	
Boys	25
Girls	22

Table 2. Obesity Status

Category	n
Healthy	8
Overweight	7
Obese	30
Extremely Obese	2
	Mean
BMI	26.30

Measures:

- Kitchen Detective Survey - Children identified and categorized foods in their refrigerator, pantry, kitchen cabinets and countertops at home as either healthy or unhealthy.
- Demographic Instrument - Composed of six items that assessed age, place of birth, education, ethnicity, etc.

DISCUSSION

- Findings indicated that foods in the refrigerator section were more accurately categorized as “healthy” by the children when assessing for glycemic index level.
- In contrast, children reports of “healthy” foods in the pantry section actually had higher glycemic index levels.
- Cabinets and countertops results showed mostly high glycemic index level foods in both categories.
- Interventions targeting overweight Hispanic and African American youth should consider teaching what constitutes a “healthy” food according to glycemic index levels.

RESULTS

Refrigerator



“Healthy”	GI	“Unhealthy”	GI
Milk	32	Ice Cream	51
Cheese	0	Cake	60
Chicken	0	Burgers	61
Watermelon	76	Waffles	109
Carrots	47	Pizza	63

Pantry



“Healthy”	GI	“Unhealthy”	GI
Rice (white rice)	83	Cookies	71
Potato	85	Oreos	64
Bread (white bread)	75	Ramen	61
Canned fruit	67	Doughnuts	108
Cereal	81	Candy (E.g., Twix's)	62

Kitchen Cabinets and Countertops



“Healthy”	GI	“Unhealthy”	GI
Oatmeal	79	Lollipops	62
Bread (white bread)	75	cookies	71
Banana	51	Chips	53
Granola	63	Cupcakes	73
Popcorn	72	BBQ	89