



# El papel de la vitamina K: un estudio transversal de la ingesta de los menús ofertados en un centro geriátrico: El papel de la vitamina K en geriatría [

2022

text (article)

Analítica

**Introduction:** The aims of the present study were to estimate the vitamin K1 content of the menu offered in a nursing home and its adequacy to the recommendations, to determine its dietary sources and to classify the dishes on the menu. **Material and methods:** Cross-sectional descriptive study. The dietary intake of vitamin K1 from the dietary menu offered in a public nursing home (Valladolid, Spain) was studied. The dietary study was performed by estimating the theoretical dietary intake of the basal menu offered during 14 consecutive days consumed by 138 elderly individuals. Vitamin K1 intake was estimated using data from the food composition table of Ortega-Anta et al, 2010. **Results:** The mean vitamin K1 intake was 224 (standard deviation, 128 &#xB5;g/day) with a very similar amount between weeks and a great variation between days (97-586 &#xB5;g/day). The main source of this micronutrient was vegetables, especially green leafy vegetables (chard, cabbage, lettuce). The vitamin K1 content of the menu offered was more than three times higher (320%) than the adequate intake recommended by EFSA and more than double (249-280%) the AESAN dietary intakes. The food groups that contributed most vitamin K1 to the diet were vegetables (41.7%) and fruits (28.6%). Based on the Nutrition Care Manual classification, dishes were categorised into 4 free of vitamin K1, 23 with low, 13 with moderate and 4 with a high amount of this micronutrient. **Conclusions:** In the menu offered in this nursing home, the estimated dietary intake of vitamin K1 was between two and three times higher than recommended (AESAN and EFSA). In the long term, high intakes of vitamin K1 could have health benefits associated with age-related diseases

**Introduction:** The aims of the present study were to estimate the vitamin K1 content of the menu offered in a nursing home and its adequacy to the recommendations, to determine its dietary sources and to classify the dishes on the menu. **Material and methods:** Cross-sectional descriptive study. The dietary intake of vitamin K1 from the dietary menu offered in a public nursing home (Valladolid, Spain) was studied. The dietary study was performed by estimating the theoretical dietary intake of the basal menu offered during 14 consecutive days consumed by 138 elderly individuals. Vitamin K1 intake was estimated using data from the food composition table of Ortega-Anta et al, 2010. **Results:** The mean vitamin K1 intake was 224 (standard deviation, 128 &#xB5;g/day) with a very similar amount between weeks and a great variation between days (97-586 &#xB5;g/day). The main source of this micronutrient was vegetables, especially green leafy vegetables (chard, cabbage,

lettuce). The vitamin K1 content of the menu offered was more than three times higher (320%) than the adequate intake recommended by EFSA and more than double (249-280%) the AESAN dietary intakes. The food groups that contributed most vitamin K1 to the diet were vegetables (41.7%) and fruits (28.6%). Based on the Nutrition Care Manual classification, dishes were categorised into 4 free of vitamin K1, 23 with low, 13 with moderate and 4 with a high amount of this micronutrient. Conclusions: In the menu offered in this nursing home, the estimated dietary intake of vitamin K1 was between two and three times higher than recommended (AESAN and EFSA). In the long term, high intakes of vitamin K1 could have health benefits associated with age-related diseases

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlOGVlcmF0aW9uOmVzLmJhcmF0ei5yZW4vMzE0MjM4NjA>

---

**Título:** El papel de la vitamina K: un estudio transversal de la ingesta de los menús ofertados en un centro geriátrico: El papel de la vitamina K en geriatría electronic resource]

**Editorial:** 2022

**Tipo Audiovisual:** Anciano Casas de Salud Vitamina K Conducta Alimentaria Vitamin K Nursing Homes Aged Feeding Behavior

**Documento fuente:** Revista española de nutrición humana y dietética, ISSN 2173-1292, Vol. 26, Nº. 1, 2022, pags. 19-29

**Nota general:** application/pdf

**Restricciones de acceso:** Open access content. Open access content star

**Condiciones de uso y reproducción:** LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors. Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

**Lengua:** Spanish

**Enlace a fuente de información:** Revista española de nutrición humana y dietética, ISSN 2173-1292, Vol. 26, Nº. 1, 2022, pags. 19-29

---

## Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)