BACKGROUND: Recent studies show the negative impact that the use of television while having food has on the eating patterns.

MATERIAL AND METHODS: In 895 Spanish children and adolescents (47% male and 53% female), from 3 to 18 years old (10.25 ± 2.67), a validated food frequency and food consumption habits questionnaire (CFCA) is performed. 3 cluster eating patterns based on healthy eating recommendations are established. K-means analysis is performed by using SPSS19 statistical program.

RESULTS:

Each cluster consists:
1.- Dairy: fruit and vegetables, cereals and olive oil.
2.- Weekly: meat, eggs, fish and legumes.
3.-Sporadic: sugar, snacks sweet, salty snacks, soft drinks, processed foods, meats and fats.

CONCLUSIONS: No child or adolescent meets all daily, weekly and sporadic food consumption recommendations. Eating in front of television has a negative influence on dietary patterns, especially when consuming sporadic food. Cluster analysis is a good tool for establishing food strategies for intervention and prevention.

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