Aims: To determine the extent to which adiposity, as measured by the body mass index (BMI), tracks from adolescence to adulthood and whether this is a reflection of the tracking of food and nutrient intake.

Methods: Height (m), weight (kg), BMI (kg/m$^2$), food (% total food weight) and nutrient intake (g/d or mg/d) was measured in 202 men and women at 11-12 and 32-33 years. Tracking was assessed using Pearson Correlation analysis.

Results: Significant tracking was observed for BMI ($r=0.53$, $p<0.01$) and, in addition, 96% of those in the highest quartile of BMI at 11-12 years had become overweight or obese by 32-33 years. Of the 5 food groups from the Balance of Good Health plate model$^1$, 3 tracked significantly: fruit and vegetables ($r=0.25$, $p<0.01$), bread, other cereals and potatoes ($r=0.24$, $p<0.01$) and meat, fish and alternatives ($r=0.17$, $p<0.05$). Nutrient intake also tracked significantly, for example, with correlation coefficients of 0.16 ($p<0.05$) for fat, 0.25 ($p<0.01$) for total sugar and 0.29 ($p<0.01$) for vitamin C.

Conclusions: Relative BMI as an index of adiposity does track from adolescence to adulthood and this is reflected, in part, by significant tracking of food and nutrient intake.