

Food habits of an immigrant group from Spain

with particular attention to the consumption of vegetables and fruits

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Introduction: Spanish society, like others European Union countries (EU), is undergoing a major transformation with the percentage of immigrant population. This phenomenon has not led to a parallel knowledge about food habits and diet patterns of this population.

Objective: The aim of this paper is to study the feeding habits of the immigrant population, with particular attention to the consumption of vegetables and fruits, and if necessary develop strategies to improve these habits.

Methodology: Data for this study come from a work of the Ministry of Environment, Rural and Marine Affairs and the Spanish Nutrition Foundation (2009) on the dietary pattern of the immigrant population, resident in Spain, from Eastern Europe, Africa, Central and South America and Asia. Eating fruits and vegetables has been compared with the recommendations of the Spanish Nutrition Foundation.

Table 1. Sample distribution

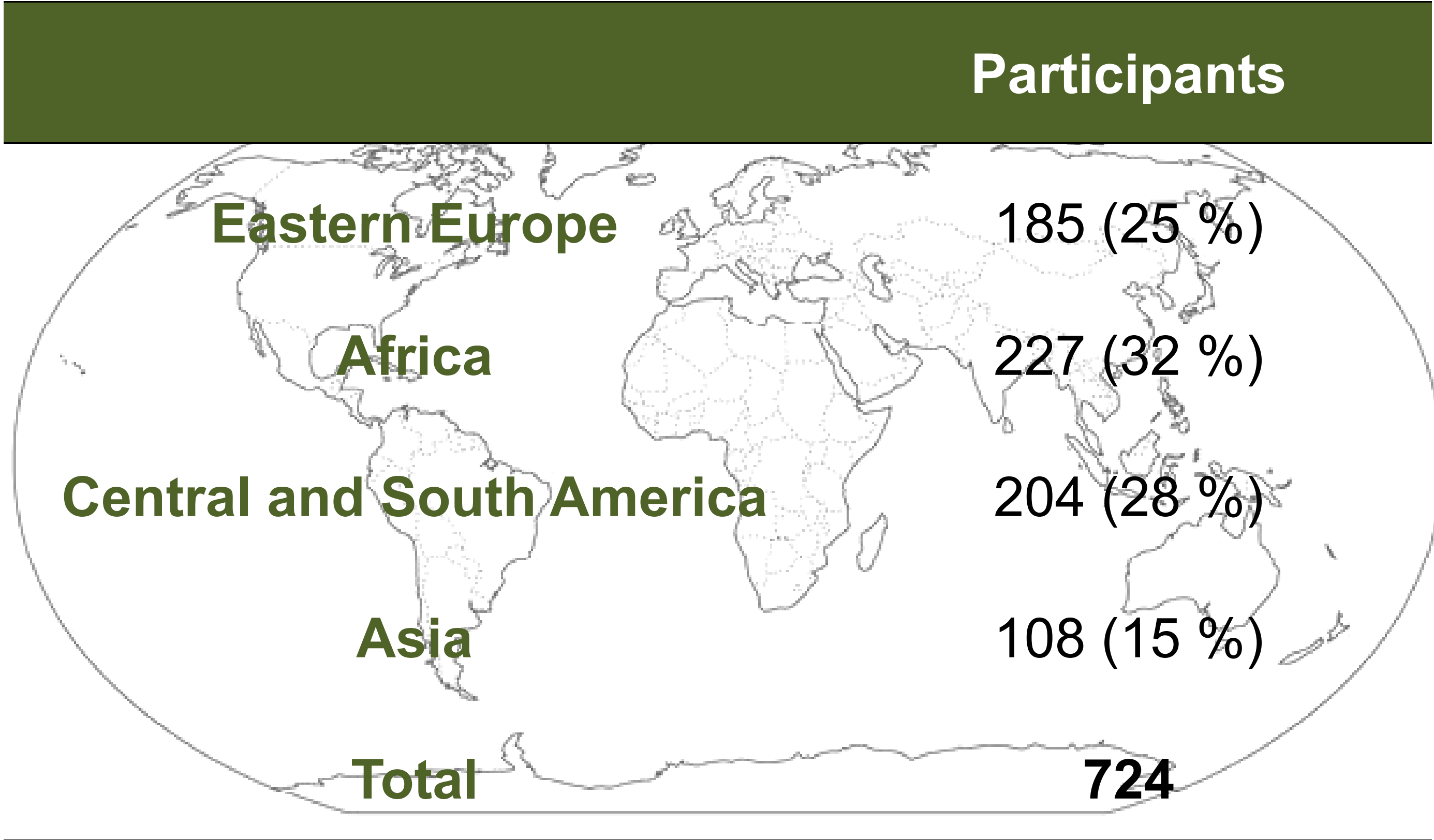
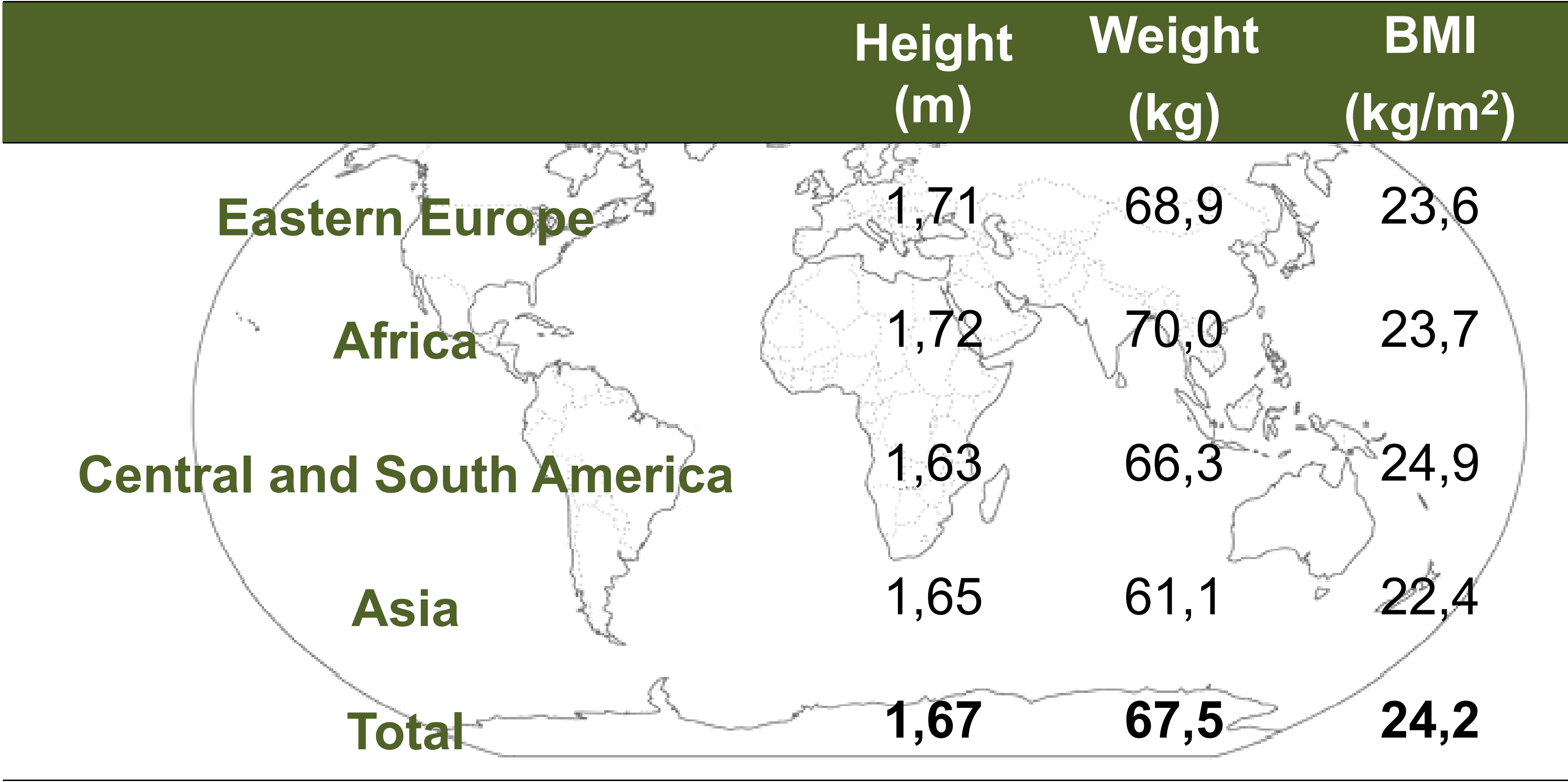


Table 2. Anthropometric data



Results: The consumption of fruits and vegetables is lower than recommended in the four sources studied. Specifically people from Africa, was the population who made a less consumption of these food groups. Probably , one of the causes of this low intake may be the ignorance of fruit and vegetables from the country of destination.

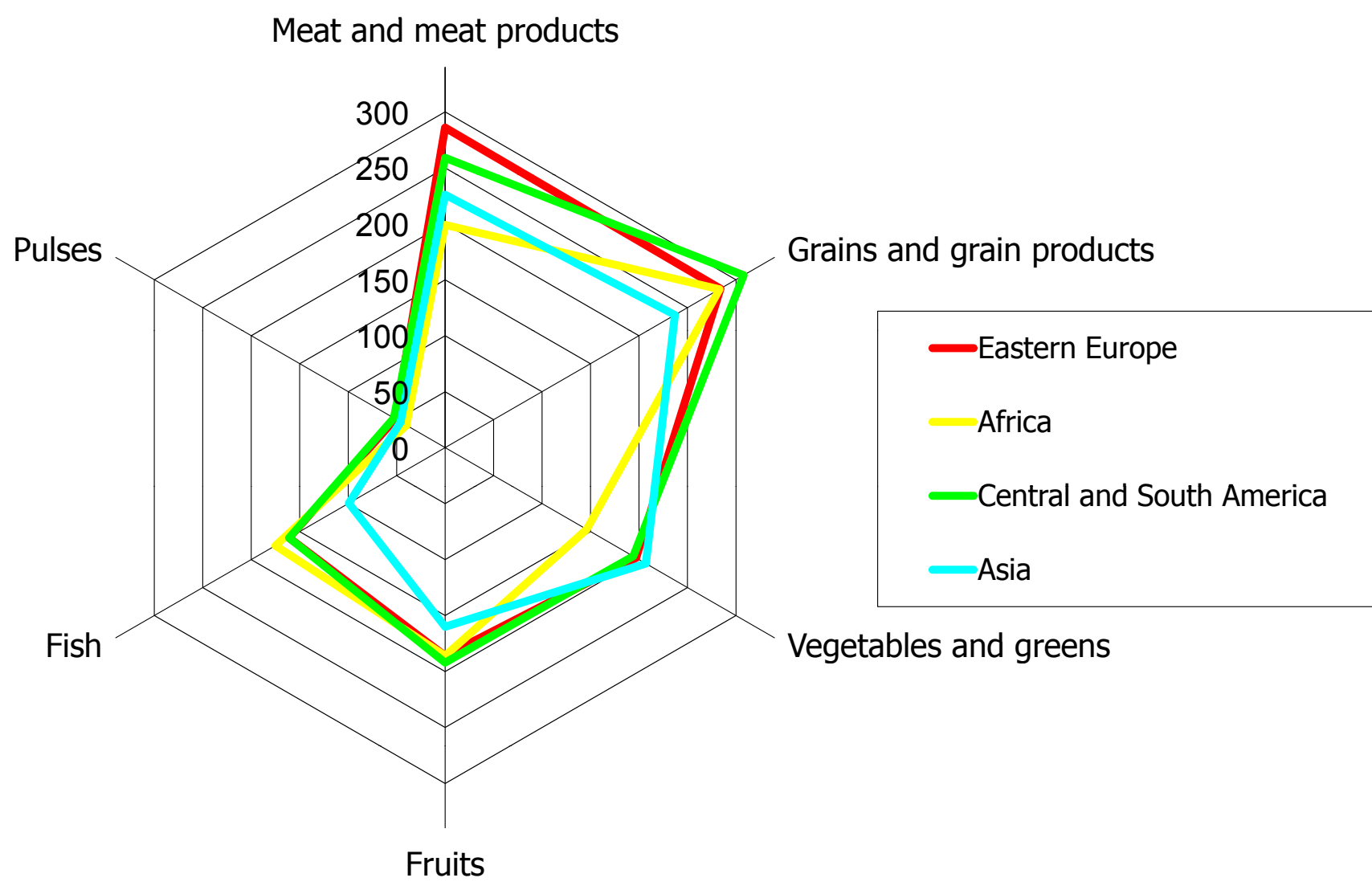
Figure 1. The Food Market



Table 3. Servings/day and g/capita/day

	Vegetables and greens servings/day	Fruits servings/day	Vegetables and greens g/capita/day	Fruits g/capita/day
Eastern Europe	1,13	1,16	197	186
Africa	0,83	1,16	146	186
Central and South America	1,11	1,20	194	192
Asia	1,18	1,00	207	160

Figure 2. Comparison between some food groups (g/capita /day)



Conclusions: We need to develop campaigns in order to improve the consumption of fruits and vegetables in low income population, as immigrants. These campaigns should be focused on fomenting the country's food of destiny, in order to avoid malnutrition, for not finding foods of native land.

Bibliography: Varela Moreiras G, Ávila JM, Cuadrado C, del Pozo S, Ruiz E, Moreiras O. *Evaluación de patrones de consumo alimentario y factores relacionados en grupos de población emergentes: INMIGRANTES*. Ed. Ministerio de Medio Ambiente y Medio Rural y Marino. 2009. <http://www.fen.org.es>