

Consumo de comida rápida y obesidad, el poder de la buena alimentación en la salud

Fast Food Intake The Power of Good Food

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Resumen

El exceso de consumo de comida rápida no sólo puede favorecer al desarrollo de la obesidad, sino que también es un factor de riesgo para el desarrollo de enfermedades asociadas.

Por ello, hay razones de peso para crear conciencia entre la población acerca de lo que es alimento y de lo que no lo es, que le nutre y sirve al cuerpo y este es el objetivo de la presente investigación, proponerle diferentes maneras de alimentarse; ya que el exceso de peso y la obesidad, se han convertido en enemigo público de la humanidad, puesto que no son simples cuestiones de estética, sino graves problemas de salud que pueden degenerar en enfermedades como la diabetes tipo 2, la hipertensión.

En este trabajo también se presenta como innovación un alimento funcional tipo galleta. **La galleta es fortificada tiene una aceptación del 95% por los consumidores potenciales, concordando con las exigencias de un mercado que exige golosinas económicas, de buen sabor, nutritivas y saludables ya que contienen propiedades e ingredientes que proporcionan un beneficio extra a la salud del consumidor, como la reducción de**

carbohidratos, colesterol y grasa saturada, un mayor contenido de proteínas, vitaminas y minerales.

Palabras clave: exceso de comida rápida, obesidad, enfermedades asociadas, que es un alimento, que nutre, galleta fortificada.

Objetivo General

Coadyuvar a los objetivos de la Legislación Federal que entró en vigor el 10 de enero del 2011, que impuso las restricciones en los productos que se pueden comercializar en centros educativos de nivel básico. Con la finalidad de modificar hábitos alimenticios.

Objetivos Específicos

- Concienciar sobre los beneficios que aporta el consumo responsable y en su defecto de los graves problemas que se derivan del abuso de determinados alimentos y del sedentarismo a través de unos conocimientos básicos sobre la influencia de la alimentación y el ejercicio físico en la salud.
- Dar a conocer la dieta mediterránea
- Valorar nuestra cultura alimenticia tradicional como fuente de salud y bienestar

Palabras clave: comida rápida, obesidad, alimentación, salud.

Abstract

Excess consumption of fast food can not only promote the development of obesity, but also a risk factor for the development of associated diseases.

Therefore, there are reasons to create awareness among the public about what is food and what is not, and serves to nourish the body and this is the aim of the present investigation, propose different ways of feeding; as overweight and obesity, have become public enemy of humanity, because they are not simple matters of aesthetics, but serious health problems which can lead to diseases such as type 2 diabetes, hypertension.

Key Words: fast food, obesity, food, health.

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Introduction

The 10 January 2011 entered into force federal legislation that imposed restrictions on products that can be sold into preschools, primary and secondary schools. The government argues that seeks to alter habits and no food.

Childhood obesity in Mexico not only fight with laws prohibiting the sale of nutritious foods in a few schools called "junk food": chips, candy and soda.

The rule seeks to ensure that children do not consume any food with a higher energy intake to 450 calories per 100 grams. Size: 200 calories reduce consuming 500 in the body during the school day each day. For this, in Mexico it requires awareness of parents, so there is the need to train parents on topics such as nutrition and the importance of exercise as part of health policy that promotes the Mexican government

The United Nations Food and Agriculture Organization (FAO), in its latest report "The State of Food and Agriculture 2013" based on 2008 statistics, ranked Mexico as the most obese country in the world, with an percentage of 32.8% of adults with this problem, up to United States with a 31.8% accordingly .As also serves as the country with the highest number of obese children with a total of 4,249,217 children between five and 11 who fall into this category according to the Federal Ministry of Health. So it is critical common sense and individual responsibility of parents in their role both to lower childhood obesity as theirs.

The FAO states that hunger should attack with local products, for example in Mexico should be given amaranth, which has ceased production in some locations. That is, you must attack with actions including the traditions and good food, with increased consumption of fruits and vegetables and whole grains. There are food resources that have been abandoned, and the families they leave because they valued drinking soda and eating chips instead of quelites.

The World Health Organization recommended as a food start training, no sugar added to foods for children under two years and avoid those high sweet. This feeding creates poor eating habits and dependence on them.

The Ministry of Health estimates that the cost of treating diseases related to overweight and obesity increased 61% in the period 2000-2008, from 26.283 million pesos at least 42,246,000. It is estimated that this spending reaches 77.919 million pesos for 2017.

In various forums, when the issue of obesity is generally emphasizes that advertising is an important factor that has contributed to in the last 20 years being overweight is becoming a public health problem.

Certain habits and abundant advertising for years have encouraged the consumption of snacks, sweets and soft drinks to the extent that "the junk food industry generates valued at 672 billion pesos market", according to the advertising industry (CNN_ Expansión.com, August 1, 2008).

The World Health Organization has declared that obesity is one of the pandemics afflicting the world.

The cost of malnutrition for the world economy in lost productivity and health care costs are unacceptably high and could reach up to 5 percent of gross domestic product (GDP): equivalent to \$ 500 per person. Almost the number of annual GDP of Germany, the largest economy in Europe, "explained the International Organization (FAO).

In the UK involving supermarkets and schools to promote the consumption of at least five servings of fruits and vegetables a day. In Spain there are other core subjects in primary where should tell them how to feed

The problem is that due to excessive consumption of fast food, which has increased in recent times mainly due to changes in lifestyles, a high consumption of energy is generated.

When this action happens to become a habit, favors a positive energy balance and therefore an increase in body weight.

JUSTIFICACIÓN

In everyday life there is a large number of young people who have no food culture and consequently have serious problems of obesity and sedentary lifestyle.

The interest in studying the subject of eating habits and consumption of junk food because it damages the health of those who consume it, and because they create big problems in metabolism, as we have seen in the media, that cause diseases with high risk, for which we have the following arguments.

Understanding the cause a.- having to consume food that hurts us the body

Power b.- warn about the importance of food culture in parents. That is in our power to avoid eating junk food

Fast food

With the Industrial Revolution there were large both labor and social changes such as the replacement of labor by machinery, the development of transport, assembly, location of economic activity in the inner cities, rigid schedules or the appearance of bedroom areas. All these facts prompted people began to agree on the transfer to work, and, in the hours of rest, so that the loss of time pushed new designs of infrastructure and services, including restoration. This must be shaped by the economic situation and the time available for workers. In 1920 in the United States appear first local burger but it was not until 1937 when brothers Dick and Mac McDonald began to use mass production, typical of other industries, with the intention to meet in a few minutes the crowd orders people should eat in limited time (Rodriguez, 2011).

Health experts say that fast food is not very healthy because small amounts of food concentrated in calories, that is, if they ate sporadically produce no health risk.

JUNK FOOD AND OBESITY

As junk food is commonly referred to those foods of low nutritional value, which have high contents of sugar, flour or fat, such as snacks, soft drinks, cakes, sweets and refined grains

The meals can become harmful when they become a habit, as excess thereof causes excess energy by advancing or promoting the increase of body weight to allow proper growth and development, normal human food should be provided in an amount according to age, sex and physical activity, maintaining a proper ratio of both macronutrients and micronutrients

CONSUMPTION LEVELS OF JUNK FOOD

The Fast Food is an International Success. His triumph lies in the speed of service, on the other hand at low prices and flexible hours. These are the reasons that lead people to frequent the fast food: lack of time and money power, in addition to almost any time of the day are open.

According to the Ministry of Health in "Mexico around 240 billion dollars a year on buying junk food and only 10 billion in the purchase of staple foods (Millennium, April 14, 2010, p.10 spent). It goes up to 40 percent of school spending on junk food, eight out of ten children consume, in addition to physical inactivity affects 85 percent of children of primary level. The then Health Secretary Jose Angel Cordova Villalobos, stated that children spend a year 20 billion dollars in goodies with the money their parents give them for recreation (Metro, February 4, 2011).

ACTIONS TO REDUCE THE JUNK FOOD

In August 2010, the Secretariat of Public Education and Health announced that 9 per cent of fruit and snacks and 49 percent of the cakes and cookies are maintained in primary schools across the country at an early stage. Only soft drinks remain outside of cooperatives from August "the measure will be gradual, seek that in 2012 only new products that can be consumed in schools of basic education, are incorporated as the industry has committed to changes to its products "(El Universal, August 16, 2010).

Statements of Bruno Ferrari, Secretary of Economy, are proof of the consultation carried with advertisers by checking "to intervene in this proceeding before the Federal Commission for Regulatory Improvement (Cofermer). He said that during the negotiations the companies have announced investments of up to 10 billion dollars in the coming years, and the creation of a trust to create a culture of healthy eating, therefore, recognized industry "having acted responsibly in building a healthy "(El universal, August 16, 2010) country.

With the gradual implementation of measures, advertisers have begun to take a series of actions to modify its products. These include the purchase of equipment and technology to present their products in smaller bags. "Current portions ranging from 40 to 50 grams and is expected to reduce bags 20 grams. (CNN_Expansión com, June 30, 2010).

EATING HABITS IN CHILDREN

In this section we talk about eating habits as we consider the eating habits of families are transmitted from parents to children and are influenced by several factors which include: geographical location, climate, vegetation, availability of region, customs and experiences, messages from the media, of course they are also about the ability to purchase, how to select and prepare foods and how to use (schedules, company).

On most occasions we eat not for food, but to alleviate hunger and when we hear about the need for healthy food we usually think of a boring, tasteless diet that keeps us from eating our favorite foods, especially those high in fat, flour or sugars.

This is false, we can eat any kind of food as long as we include nutrients (proteins, carbohydrates, fats, vitamins, minerals, fiber and water) that our body needs to function properly. The important thing is to learn to balance the power. Do not forget that nutrition "is a tailor made" depending on gender. Some food errors are:

- Give the child an excess of animal protein or fat, also from animals, and instead give you very few vegetables (complex carbohydrates). This is opposed to the base of the diet recommended by pediatricians. Some meats carry more than others, but even if all visible fat from steak is removed, there is always a part. However, protein is also found in legumes, grains, starches and nuts, which generally do not wear or carry fats of vegetable origin that are not harmful to health. Moreover, grains and legumes are rich in fiber, necessary for good drainage.
- Not respecting the personal tastes of the child, as each child is different and has their own tastes. we observe that there is a food you do not like, but you can not afford to leave a food family. For example, if you do not like milk, you can give him yogurt, custard or cheese; or if he does not like green beans, they can give you spinach, chard, etc. The most important thing is to know a food substitute for another of the same characteristics.

EATING HABITS IN TEENS

Dietary habits are modified in adolescence by different factors, which are closely related to the various biopsychosocial changes characteristic of this era. Autonomy to choose their foods is linked to the search for their own identity and greatly diminishes, family influence in this regard.

On the other hand, tend to eat out because of the change in their school schedules and the need to belong and identify with the customs and fashions of his own generation. Therefore, because biologically that nutritional needs of adolescents are increased (Tojo, 19929) as their habits generally change significantly, teenagers are considered a group at risk for malnutrition, both excess and deficiency . Considered erroneous eating habits most commonly manifested in this group are: frequent consumption of energy-dense snacks (Adair, 2005), low consumption of fruits and vegetables, low calcium intake mainly in women (Sandler, 1985), omission meal times and high consumption of sugary drinks, carbonated and / or intoxicating (Haines, 2003), among others (Macedo, 2003).

Many Americans are aware of heart disease, stroke or cancer, are reducing the fat and calories, or eating more fruits and vegetables

Because of the advantages of these foods in relation to health, fruits and vegetables are "fashionable" in the United States, and with a tendency to establish itself as a permanent (Ida, 2010).

Recently Mediterranean food rich in fruits and vegetables, has been declared "Intangible Heritage of Humanity", after numerous research showing the benefits of the popular Mediterranean diet, which is nothing but a balanced combination of olive oil, fruits, vegetables, legumes, oily fish, whole grains and low-fat animal.

The explanation lies in the cocktail of omega-3, vitamin B12 and folic acid-containing fruits and vegetables, fish and olive oil, substances that improve the functioning of the cells of the central nervous system and help certain neurotransmitters welfare, such as serotonin or methionine.

Eating Habits in the future

Products for the future: They encompass all those food products that will strongly develop in the next 10 years. There are clearly two types of products: Healthy foods (vegetables, fruits, salads, high fiber foods, diet foods, no cholesterol foods and diet products) and Fast Food

New Products:

Towards a healthy future what will prevail combined with the convenience and speed, freshness frozen perfectly supports all variants. The requirement will increase naturalness

DISEASES CAUSED BY BAD FOOD

Formerly eat naturally, without this refinement and allowed to incorporate all the nutrients needed, together with their respective fiber cover.

This fiber, nutritional value discussed for many years, ended up being expelled from the diets of the adjective "useless as a nutrient." The refining industry was responsible for his grave sealed and for many generations stopped arguing about its existence. Was omitted due to ignorance, the value of the fiber in the proper functioning of the digestive tract and its necessary participation to maintain balance between the absorption and elimination of the calories and nutrients necessary for adequate nutrition.

There are diseases that take many years of presence and growth could have been avoided, including adult-onset diabetes, bowel diverticulosis, intestinal polyps, varices of the lower limbs, constipation, gallstones, peptic ulcer disease cardiovascular generally and particularly atherosclerosis. Some examples to consider:

The intestinal diverticulosis is a disease that affects men and women after age 45 and carrying when it is diagnosed, generally 30 years of evolution.

The fecal matter fiber tough and has a slight rise in the intestine and when it reaches the colon (large intestine) is dilated by force to propel it to do and causing tapering and expansions that give rise to diverticula

Today we know that the fibers given in its proper extent, can prevent progression of the disease and if the intake had been adequate since childhood, it had not developed.

Varicose veins of the lower limbs and pelvis (the latter not seen but, especially in women, can cause a syndrome called typical gynecological inflammatory disease. Has been no incidence of varicose veins in the Indian tribes who eat fiber nor is it a disease in people who eat plenty of fiber.

Coronary artery disease is one of the conditions of our time that has much to do with food. The heart, like any vital organ, requires nutritional support you derive the arteries that

supply, if they are clogged by cholesterol deposits coronary heart disease, the cause of sudden death and myocardial infarction occurs.

Peptic ulcer, acid sensitive generically called gastroduodenal disease, another disease associated with poor nutrition or "bad food." It has been recently linked the presence of a bacterium called helicobacter pylori, with the origin of certain cases of ulcer, but the highest incidence is in the population eats refined carbohydrates, whether or not the bacteria. The bias is given by the fiber free diet.

For example, in one country (India) has observed that populations that consume rice crushed by hand (the fibers are not lost) have a very low incidence of ulcer, while populations consuming polished rice have a very high incidence gastroduodenal ulcer.

Japan, that while it is protected from cardiovascular disease by high consumption of fish, has the highest incidence of ulcer planet precisely to incorporate large amounts of polished rice and refined sugar in their diets also (Vidales, 2013).

In diabetes, poor diet, affects their early clinical onset and worsening. While healthy eating may not prevent its appearance, it is also true that much can be achieved with a high-fiber diet balanced in carbohydrates, along with a controlled exercise program.

In the "Consensus guidelines for diabetic diet", organized by the Argentina Society of Diabetes, concepts consistent with the idea that the person diagnosed with diabetes do not need to eat special foods were reaffirmed, but instead what needs is to learn to eat common foods and food products in a certain order and proportion, which depends on your lifestyle, personal tastes and energy needs.

If someone inherits a predisposition to be diabetic (parents, grandparents or uncles diabetics) are fed properly has a high probability of controlling the clinical onset of the disease, which may not even be manifested clinically. In the worst case, when that happens you can control without suffering.

All statistical comparisons of different places on earth indicate that diabetes is directly proportional to the lack of fiber and the high concentration of refined sugar in the diet.

There are many diseases that relate to insecticides, dyes and excipients of packaged foods and medicines, but the doctor is very difficult to pin down. The fiber has proven to be an element of protection against these evils of civilization moderna. Experimentos conducted with mice fed with and without fiber diets and subjected to elements that mimicked the natural power of man (dyes, sodium cyclamate, etc); resulted that those who died did not eat more fiber or less rapidly, while those who ate fiber were protected.

The epidemiological evidence is often based on medical breakthroughs. If 100 years ago would have known what today is known about dietary fiber, they would surely not invented refineries.

FOOD "FIRST ADVANCE"

Regardless of the type of disease that is suffering, selection and consumption, is crucial in glycemic control. The choice and adequate food consumption not only keep optimal glucose concentrations, also help prevent or delay complications. The first significant advance in the management of any disease that the patient is aware of his condition and expect a program of self-monitoring on the commitment and dedication that is required in the conduct or performance of procedures to achieve tight glycemic control

The success of a self-monitoring program should focus on three points

- Conviction of the need for a change in lifestyle
- Knowledge of both the disease and complications
- Establish a routine monitoring of metabolic control

The main idea is to eat all kinds of food knowing when, how and how often you consume. To some extent, it is similar to a healthy eating plan.

Of course you must always consult professional issue as a meal plan to prevent and control any type of condition is not a list of prohibitions but a set of scientifically organized food. Ideally a nutritionist to develop an individual plan of foods. This means that the diet is designed according to the characteristics, needs and preferences of the patient. To facilitate adherence to diet, the nutritionist must consider cultural, ethnic and financial considerations.

Doctors bodies of various associations seem to agree, and with them scientists, scholars of sport, public health experts: constant physical activity of moderate intensity can be a good preventive against obesity and cardiovascular disease, diabetes, type 2 and even some cancers

Not that the above is a new message. Often, health campaigns, advertising broadcast on radio and television, emphasize with that exercise. However, a question that still raises the public health guidelines (at least American) is: What should a person who sleeps an average of 8 hours and spends around 15.5 hours a day in sedentary state?

They discovered something fascinating: the group to which they applied routines of daily exercise, with a quantified intensity and lap times, beyond physical activity necessary for survival, did not present the "rebound" effect on your weight, which did happen with group spent the same time sitting in front of TV (Levine, 2005).

Fear of an obesity epidemic is worsening the problem This fear feeds an obese world just stress and I think the problem is only getting worse, (Jameson, 2012) makes .We start thinking. "Obviously I'm not losing weight as it should, so I give up and eat until hastiarme" .In instead of demonizing people for their fat, we should focus on better health.

What is an obesogenic environment?

Traditionally, overweight and obesity are addressed as if they were problems of isolated individuals. Many of the current strategies to prevent and reverse the increase in obesity among the population are focused on each person individually change their eating habits

(eating more foods rich in protein, vitamins and minerals, and less saturated fat and carbohydrates) or to increase physical activity. Although this approach is right and necessary course, since the only way to reverse overweight and obesity.

It's changing behavior and habits, the fact is that there is a factor of many studies and social programs often leave out: the environment in which habits are developed and which aim changed. An obesogenic environment plays a key role in understanding how certain dietary and physical activity habits are widespread in large groups of people (Lake, 2012).

However, the importance that an obesogenic environment has on our definition of behaviors and habits not begin in adulthood or adolescence, but even before birth says Dr. Luis Raul Betancourt Morales of the Mexican Academy for the Study of Obesity , AC,

The obesogenic environment not limited to family or school education (where the need for children to socialize as well as the existing range of products in convenience stores and cooperatives, influences food intake and physical activity of infants), but even extends to the location of your home and family journeys must be made to the school or the workplace, and even the distance between home and supermarkets, mini markets and supermarkets. "Living within 400 meters from a store is a convenience store increases the risk of overweight / obesity to 4 times in school children." Living near a flea market or significantly reduces the incidence, "said Leung (2011) in their study

Development of fortified biscuits as Functional Food

El-calorie breakfast energy intake is a key element in order to address not only physical activity throughout the morning but, more importantly allows a correct cognitive performance on homework

Serving breakfast contributes significantly to the daily intake of vitamins and minerals. When this portion is omitted, intakes conducted throughout the day hard to get these contributions, even coverage for energy intake (Ruxton, 1997) is achieved. Studies in child

population in different countries have shown significantly lower contributions for iron, calcium, magnesium, zinc, thiamin and vitamin B6 in children who did not eat breakfast compared to those who consumed this diet (Nicklas, 1993)

Eating breakfast cereal helps increase energy inputs needed by the body from carbohydrates, and replace other foods with higher fat content, inducing as a result a smaller proportion of calories supplied from fat intake (Haung, 1997).

In research conducted in obese school children found that girls and young women students skipped breakfast more often, and when eating breakfast tend to eat fewer grains than those of normal weight (Parsons, 1999). It was also observed that the energy value of the breakfast was inversely associated with adiposity. Overweight children ate less at breakfast and at dinner than those of normal weight, but not estimable differences were recorded in the daily total caloric intake of food

Cookies are preferably food products whose consumption fits into the breakfast, dinner or small snacks as a punch of modular energy at specific times of the day where required. Currently, the presence of two completely different aspects in eating habits is observed, the consumption of sweets and other products provide children with high nutritional content.

Conventional products are very popular biscuits, aerated artificial yeasts and are high in sugar and fat in their formulation, this combination makes these products highly energetic. Some authors believe that the future is in the food consumption of healthy foods. These fiber occupies a prominent place (Lopez, 2002, Gallagher, 2003; Hooda, 2005), since it has been associated with intestinal health, prevention of colon rectal cancer and cardiovascular disease and weight maintenance (Milo, 2004 ; Lucchina, 2003).

Nutritionists and various health organizations including WHO, set a minimum consumption of 30 g of fiber per person per day.

Fortified biscuits have become important today because of their additional nutrient levels, whose biochemical structure is unique in that any component affects vital body functions

specific and positive way. It has sought to improve aspects such as fiber, vitamins and proteins,, mainly minerals (Chim, 2003; Cannett, 2005).

Therefore in this research the development of an enriched biscuit type wheat flour, walnuts, peanuts, amaranth and oats (Oliva, 2012) was raised food. The impact of this research is that it presents an innovative type enriched food cookie that matches the demands of a market that demands, palatable, nutritious and healthy economic goodies as their ingredients have been associated with functional food properties, ie, provide further nurture the conditions that promote health and help prevent cardiovascular disease, obesity, diabetes, cholesterol reduction, including cancer prevention, however, although there are products on the market that could meet this dual role, they are not pleasant to taste as well as being costly. Therefore in this paper a type enriched biscuit food, that being offered to potential consumers through market research had an acceptance of 95%, consistent with the demands of a market that demands economic goodies, good presents taste, nutrition and healthy because they contain properties and ingredients that provide an extra benefit to the health of consumers.

Behavior Changes

More than 200 specialists from 14 countries participated in the third symposium of the Scientific Latin America Series, which this year was dedicated to "Changing behaviors" They noted that education, culture and place of residence are important factors in lifestyle changes and even life in body weight. "I will introduce a revolutionary idea: the amount of calories is perhaps less important than the place where you live and who you are. Eating behavior is difficult to change because it goes hand in hand with culture. You are what you eat, but often do not know what to eat. "He said Dr. Adam Drewnoski Program Director Nutritional Sciences and the Center for Obesity Research at the University of Washington

The expert called by the Latin American Scientific Series in consensus reached the following agreements for healthy habits

1. Is more effective comprehensive education ban "If we think about the culture, such as nutritionists or health professionals, we need to raise the challenge that we can not take the cultural habits, but we can teach patients to eat the right way. The transformation to adequate food consumption should be achieved using more seduction and persuasion to change habits rather than limit or prohibit the consumption of certain foods "highlighted the research of the National Institute of Nutrition Salvador Zubirán. Sara Elena Pérez-Gil.
2. The change in eating habits is possible from the empowerment of the individual, as a promoter of healthy habits.
3. Strengthen coordination among governments, academia, industry, and civil society organizations to achieve higher levels of welfare. In this regard Daniela Godoy, the Ministry of Health of Chile, presented the lessons of the Chilean health program, "Choose to live healthy", with the active participation of all sectors of society: government, civil society and private sector and addressed the challenge of changing habits from a multifactorial perspective. This program "reached in three years to 83 percent of the population and 3.7 percent has reduced the rate of inactivity," said the Chilean expert
4. Develop comprehensive models that take into account the socio-cultural aspects of communities to positively affect everyday behavior in order to improve their quality of life "
5. Find "inter, multidisciplinary and trans that will address the problem of obesity and sedentary lifestyles in a comprehensive way" approaches

He acknowledged Dr. Antonio López Espinoza, Director of the Center for Research in Behavior Food and Nutrition (CICAN) University Center South University of Guadalajara that is not easy to change eating habits, but it is possible, especially if you understand that "scientific evidence shows that if you do not manage to create dynamic multidisciplinary, difícilmente may see an impact on changing eating habits, meaning dynamic multidisciplinary professions beyond nutritionists, ie, they should integrate psychology or sociology for example "

Conclusion

1. Although there is a significant concern for the health, availability, convenience (time and convenience factor), advertising and social pressure have greater weight in decision making when feeding in the vicinity of the population.
2. Today it is very common in families that fruits, vegetables, legumes and grains are replaced by fast food, high-calorie foods and ready meals also are usually consumed in large quantities causing health related problems therefore promoting a recommended habit to respect is a priority to work with the population, because this food group is considered a source of important nutrients. There is no better candy than fruit, as it is essential for the body of every human being.
3. You should eat foods rich in fiber, especially soluble type, ie, from foods like vegetables and fruits, which preferably are consumed raw and in the shell. Also feed on legumes are a rich source of fiber.
4. Prefer cereals integral type (omelette, bread, pasta, crackers or oatmeal) for their source of fiber
5. Just as a vaccine protects against certain specific diseases, good food protects us from a wide range of diseases themselves cause early death, but also produce progressive deterioration of our quality of life and numerous forms of disabilities.
6. The model Mediterranean diet based on fruits, vegetables, legumes, cereals, fish and olive oil, is widely accepted for its advantages and benefits.
7. Habits of free time of children has changed dramatically due to technological development of leisure, although it is clear that these changes, in addition to its advantages, it also has its drawbacks as conducive to the emergence of sedentary
8. overeating and a sedentary lifestyle are factors that influence body weight of people causing obesity. Today obesity is developing a health problem, not just for the adult population and therefore also is affecting children.
9. Therefore we must develop comprehensive models that take into account the socio-cultural aspects of communities to positively affect everyday behavior in order to improve their quality of life with "inter, trans and multidisciplinary approaches. With a strengthened coordination between governments, industry, civil society organizations and to achieve higher levels of welfare.

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