



Pasta's Contribution to Reducing Malnutrition

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PROGRAMA DE

What about Argentina's Nutrition & Food Security

NEGOCIOS Y ALIMENTOS

Argentina's typical diet and food gaps

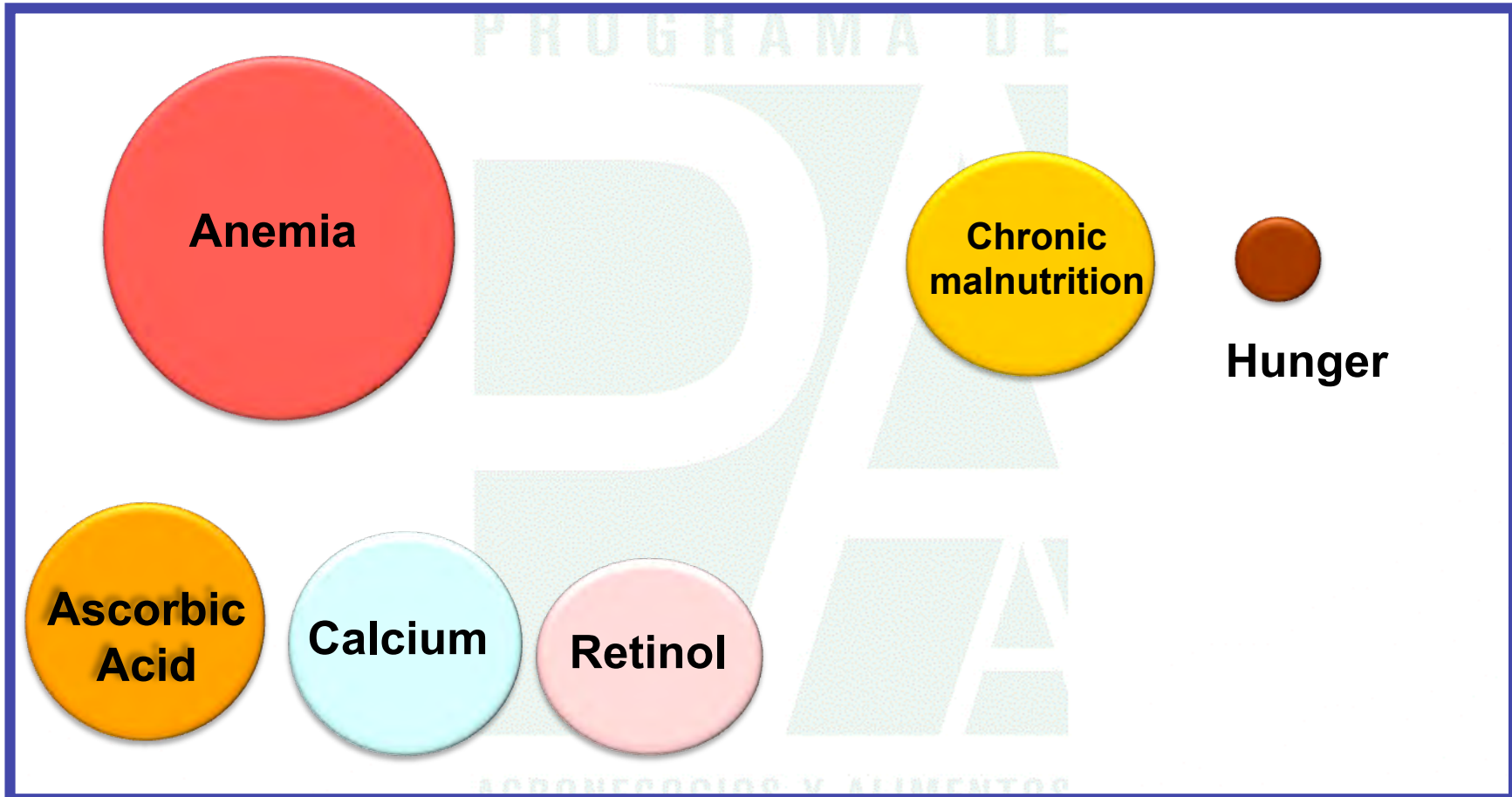
PROGRAMA DE



Pasta's Quality & Affordability

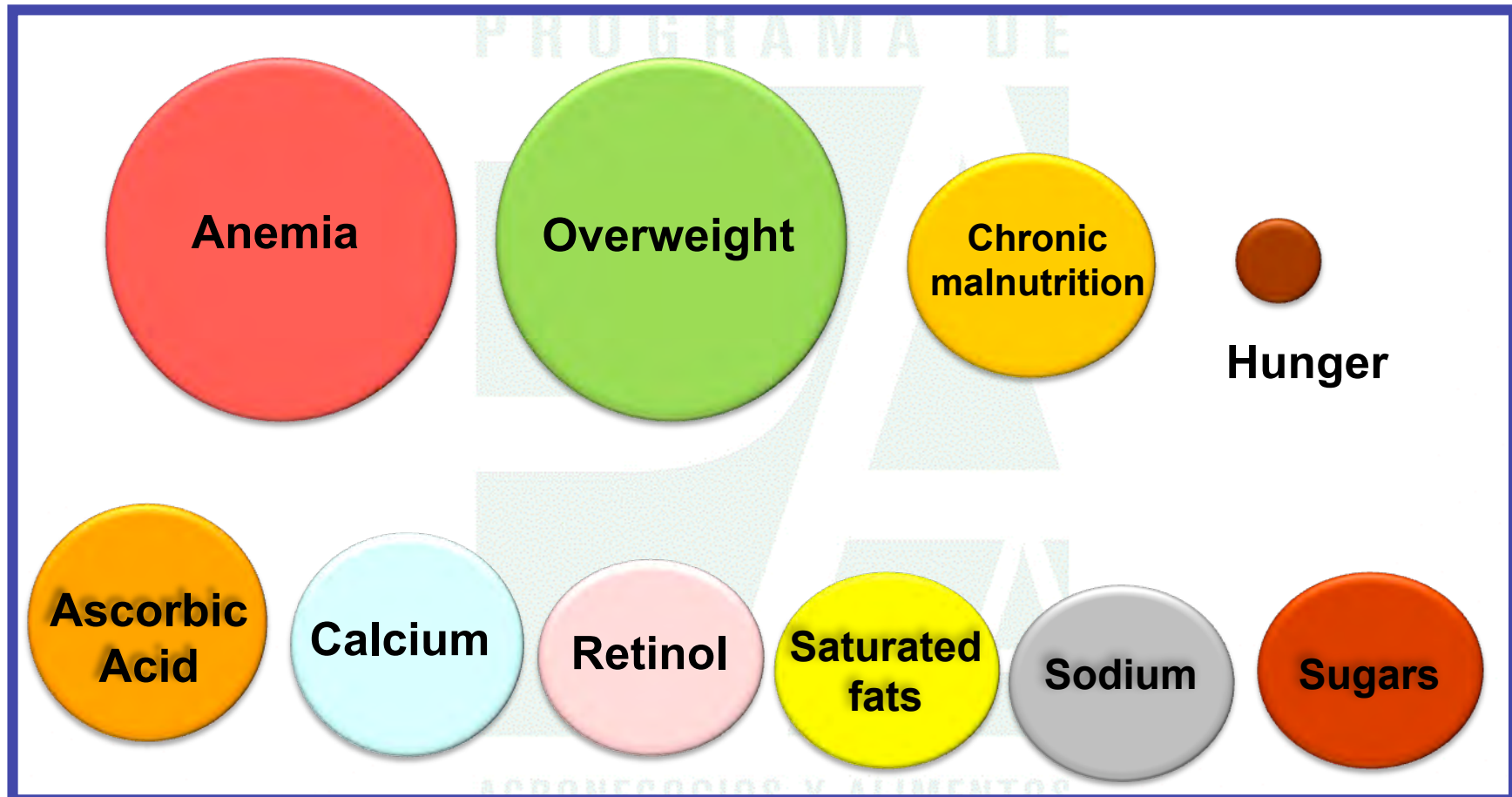


The Nutrition Situation



National Health and Nutrition Survey (2005)

The Nutrition Situation



National Health and Nutrition Survey (2005)

Malnutrition in Argentina: a matter of quality

- Low birth weight, short duration of exclusive breastfeeding, poor nutrient density of complementary foods, food and environment hygiene constraints, (low) coverage and (poor) quality of primary care health attendance
- Bread, fatty meats, highly refined or processed carbohydrates foods, high sugar juices and soda
- High discretionary calories foods → 28 % of energy intake (school children)
- Low consumption of high nutrient density foods
- Poor quality of school feeding programs
- Affordability of healthy eating

Pasta Meal as a vehicle of nutrientes to encourage and a good profile source of nutrients to limit

Ascorbic Acid

Calcium

Retinol

Saturated fats

Sodium

Sugars

Fuente: Encuesta Nacional de Nutrición y Salud - ENNyS (Min. Salud)

Buenas prácticas para una alimentación saludable de los argentinos

Sergio Britos
Agustina Saraví
Fernando Viella

Sergio Britos - Agustina Saraví - Fernando Viella - Buenas prácticas para una alimentación saludable de los argentinos



Ministerio de Salud
Promoción y Prevención



FAO



FUNDACION HUNGE Y HORN



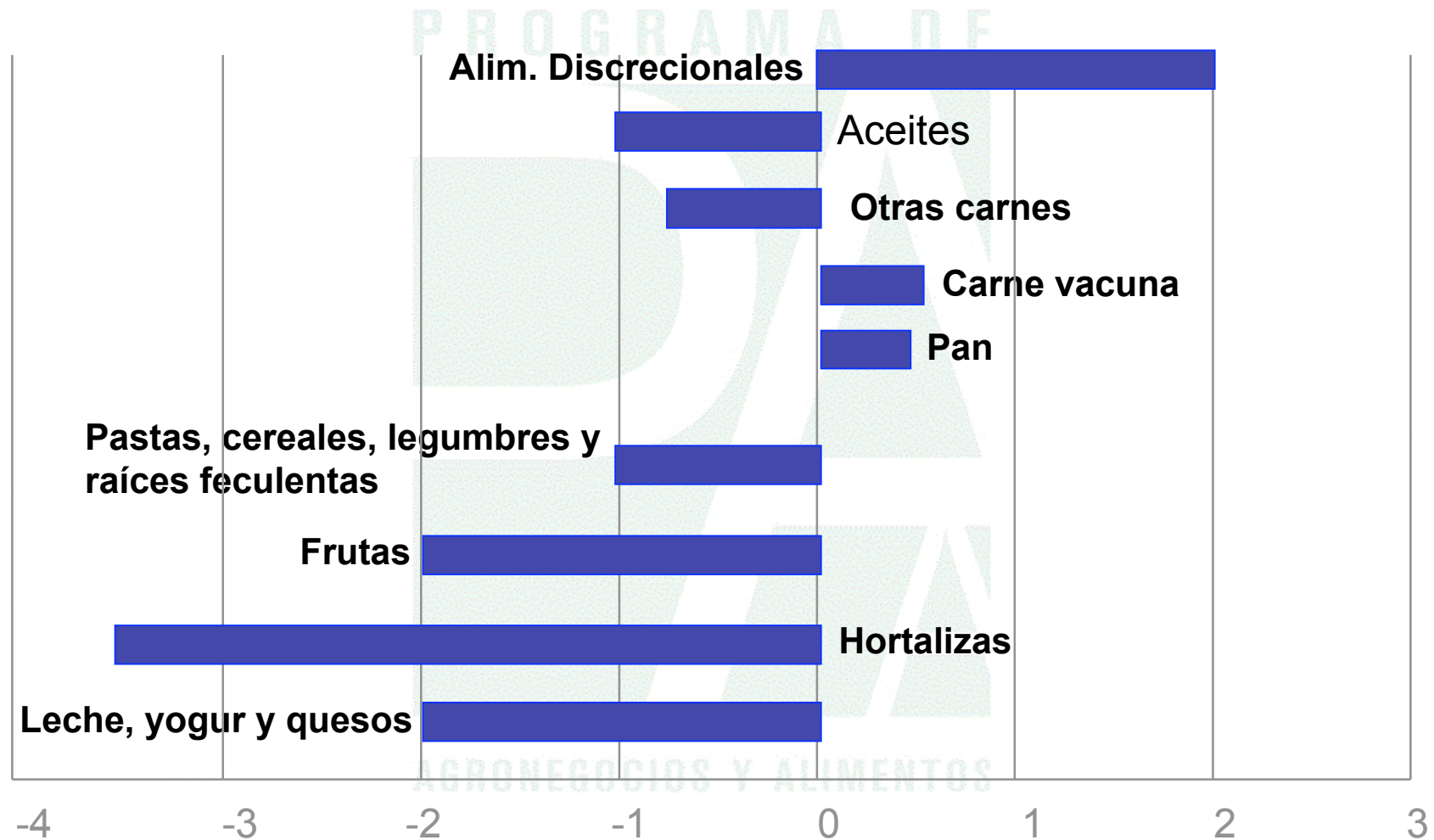
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Food gaps from different studies (in portions)

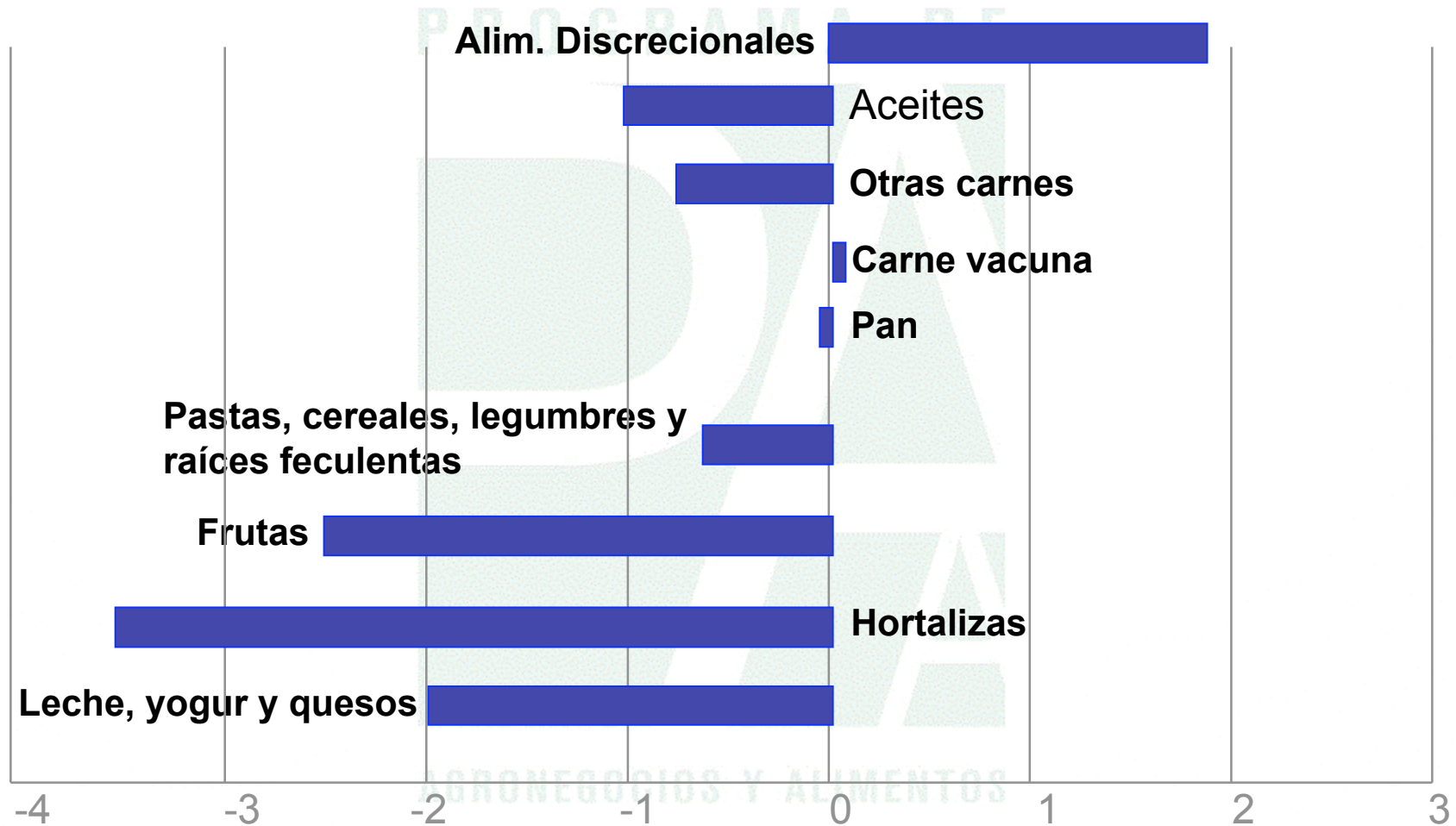
Food Groups	Children 2 to 5 years	School children	Women	Households	Poor households
Milk products	-0,5	-1	-2	-1	-1,5
Vegetables	-2,5	-3,5	-3,5	-3,5	-3,5
Fruits	-1,5	-2	-2,5	-2	-1,5
Pasta, flour, rice and pulses	-0,5	-1	-0,5	0	0,5
Bread	-0,5	0,5	0	1,5	1,5
Beef meat	0,5	0,6	0,1	1,6	1,6
Poultry	-0,29	-0,1	-0,1	0	-0,57
Pork meat	-0,14	-0,29	-0,29	-0,29	-0,29
Fish	-0,14	-0,29	-0,29	-0,29	-0,29
Oils	-0,5	-1	-1	-0,5	-1

AGRONEGOCIOS Y ALIMENTOS

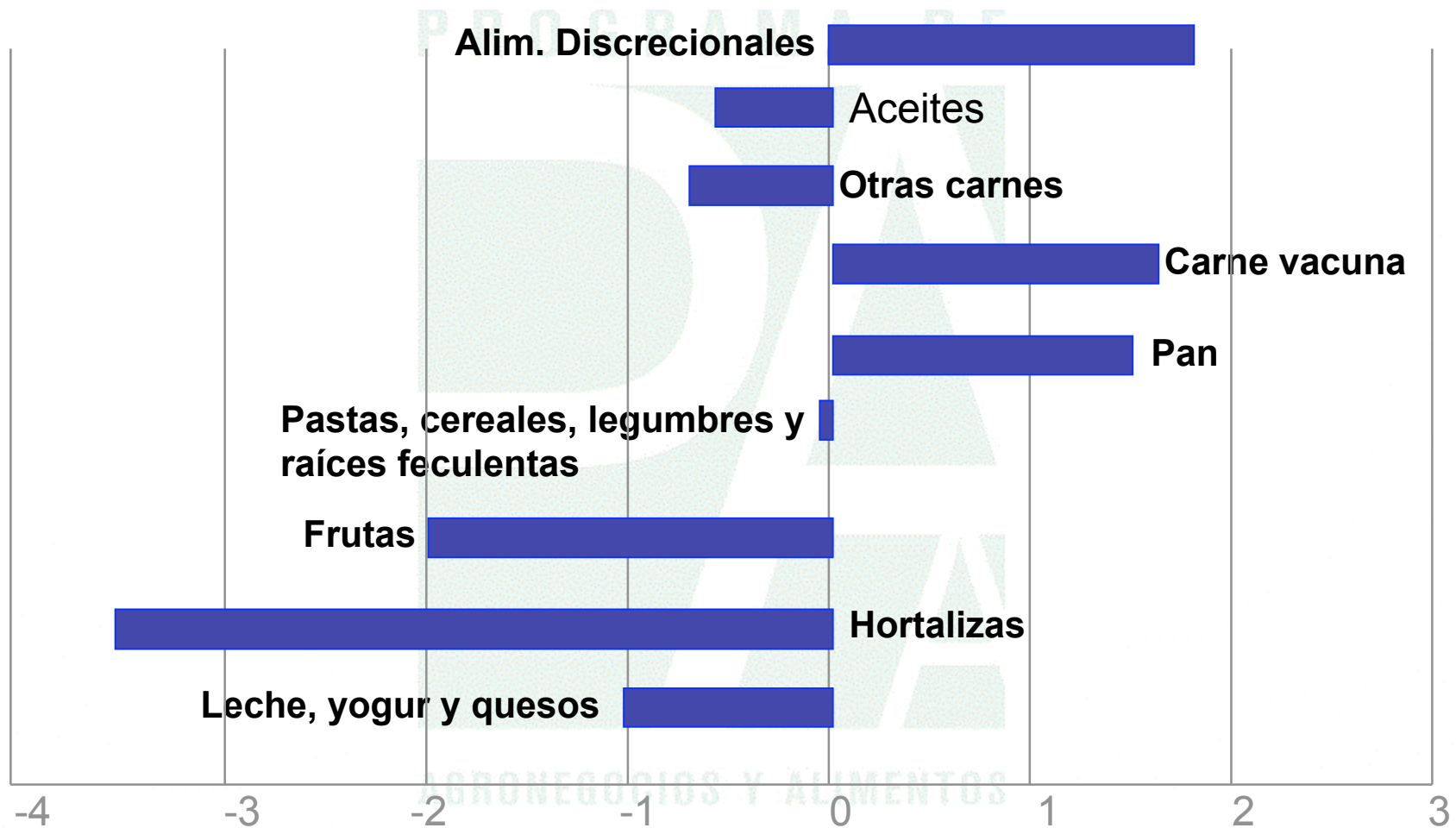
School children



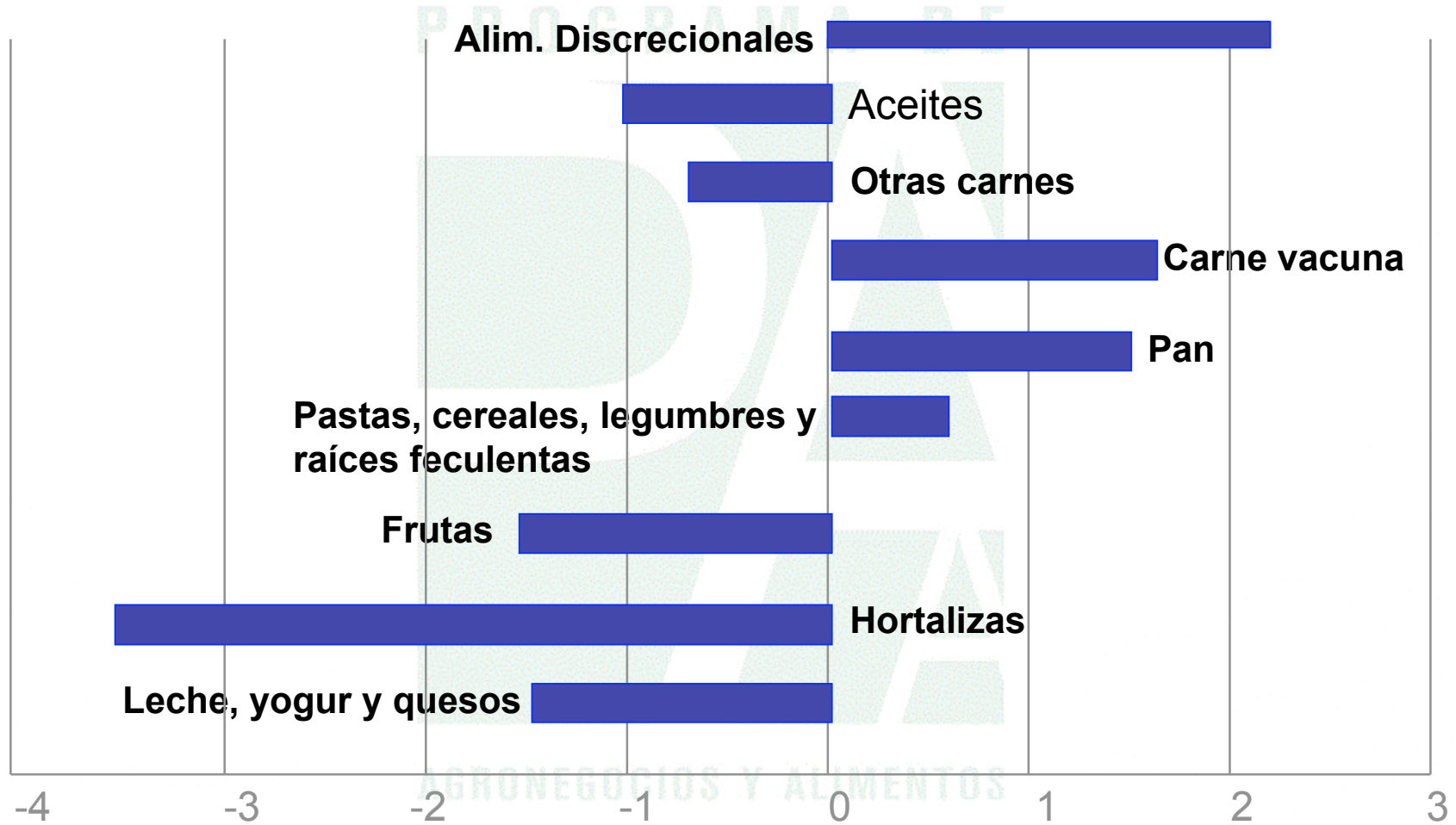
Women



Households



Poor households



Cereal based foods consumption (kg/person/year)

	National Availability	School children	Women	Children 2 to 5 years
Bread	75	46	33	26
Packaged bread (sliced)	3,5		4	1,5
Pasta	8,5	17	9,25	6,75
Wheat flour	10		5,5	3,5
Corn flour	2,5		0,8	1
Rice	6		3,8	3,5
Legumes	0,75	0,25	0,75	0,45
Biscuits	8,9	9	10	8



Cereal quality



(set of criteria for nutritional quality evaluation)

Food groups	Very good	Good	Regular	Minimun
Rice	87,50	12,50	0,00	0,00
Other cereals	100,00	0,00	0,00	0,00
Legumes	96,30	0,00	3,70	0,00
Flour	97,00	3,00	0,00	0,00
Pasta (all varieties)	64,50	15,00	21,00	0,00
Packaged bread (sliced)	81,00	19,00	0,00	0,00
Cereal bars	69,00	22,60	8,33	0,00
Biscuits	28,70	15,60	55,60	0,00
Pasta (simple varieties)	100,00	0,00	0,00	0,00
Puff pastry	13,00	33,00	54,00	0,00
All (711) PRODUCTS	50,00	16,00	34,00	0,00

Cereal quality

(scoring system according to % daily value of both to limit and to encourage nutrients)

Food groups	3	2	1	0
Rice	0,00	3,00	75,00	22,00
Other cereals	41,20	5,88	41,10	11,70
Legumes	0,00	0,00	92,60	7,40
Flour	2,94	35,29	50,00	11,70
Pasta (all varieties)	16,90	4,20	53,52	25,35
Packaged bread (sliced)	0,00	2,40	12,00	85,60
Cereal bars	0,00	4,76	70,00	25,00
Biscuits	0,00	0,30	12,70	87,00
Pasta (simple varieties)	9,30	7,00	81,40	2,30
Puff pastry	0	0	13,00	87,00
ALL (711) PRODUCTS	2,90	3,30	32,50	61,00

Calories from cereals based foods

Foods	% of calories from entire cereal group
Bread	33
Biscuits	18
Rice and flour	15
Pasta (simple varieties)	10
Confectionary	11
Packaged bread (sliced)	5
Pizzas	6
Pasta (not simple varieties)	2

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Pasta (simple varieties)	10
Confectionary	11
Packaged bread (sliced)	5
Pizzas	6
Pasta (not simple varieties)	2

Considering the entire group (cereals) profile , the cereal consumption pattern contribute the following percentages of discretionary allowances:

Calorías = 40%

Grasas sat.: 45%

Sodio: 25%

**EVIDENCE OF A NUTRIENT
PROFILE GAP (in the entire
group consumption pattern)**



- **FOOD GUIDANCE (eg: more simple pasta or pasta meal with vegetables)**
- **OPPORTUNITY TO IMPROVE NUTRIENT PROFILE (INDUSTRY)**



Quality and Affordability (draft results)

Food group	Nutrient quality index	Affordable nutrient quality index
Meat	8,8	3,0
Milk	29,2	19,4
Fruits	106,4	60,5
Vegetables	283,3	64,5



Quality and Affordability (draft results)

Food group	Nutrient quality index	Affordable nutrient quality index
Meat	8,8	3,0
Milk	29,2	19,4
Fruits	106,4	60,5
Vegetables	283,3	64,5
Pasta, rice & flour	4,9	30,8