

20, 1-289, 2000  
ISSN: 1137-439X

### Nutrition, Food and Health: anthropological confluences

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**Contreras, Jesús** (Univ. de Barcelona. Dpto. Antropología Social. Baldiri Reixac, 10-12. 08028 Barcelona): Cambios sociales y cambios en los comportamientos alimentarios en la España de la segunda mitad del siglo XX (Social changes and changes in eating behaviours in the Spain of the second half of the 20<sup>th</sup> century) (Orig. es)

In: *Zainak*. 20, 17-23

**Abstract:** Analysis of the transformations that have taken place in the nutritional behaviours initiated in the late fifties and consolidated in the following years. The study of their incidence provides data with which to understand the sense and the relationship with other social behaviours. The author also tries to explain the current equation between tradition and the world-wide uniformity outlined in connection with the culture of food.

**Key Words:** Food culture. Food products. Behaviour. World-wide uniformity Social change.

**Gracia Arnaiz, Mabel** (Univ. Rovira i Virgili. Dept. d'Antropologia Social i Filosofia. Plaça Imperial Tàrraco, 1. 43005 Tarragona): La complejidad biosocial de la alimentación humana (The bio-social complexity of human nourishment) (Orig. es)

In: *Zainak*. 20, 35-55

**Abstract:** Eating is a primary need. In order to survive, the human being must be nourished. In spite of this, foodstuffs are not only composed of nutrients, but also of meanings, in that they do not solely fulfil a physiological function, but also a social one. They are not exclusively directed through internal organic processes, but through representations that are external and which have been generated by the cultural environment. When introducing food in the mouth, simple as that action may seem, the individual activates a series of less simple processes of various types. Some are ecological, psychological, economic or cultural. They are all narrowly linked, and they constitute the conditioning elements of the human eating behaviour.

**Key Words:** Food culture. Bio-social complexity. Edible. Non edible. Socio-economic conditionings.

**Azkue Antzia, Koldo** (Sabino Arana, 89-1º. 48940 Leioa): Hábitos alimentarios y salud comunitaria en Bedia, Valle de Arratia (Bizkaia) (Eating habits and community health in Bedia, Valley of Arratia, Bizkaia) (Orig. es)

In: *Zainak*. 20, 57-71

Abstract: An observation has been made of the demographic and sanitary characteristics of a small semi-rural population, as well as of the nutrition standards and frequency, preferences and aversion for food. The longevity of the population is high. The anthropometric data reflect a light ponderal excess and laboratory analyses indicate high cholesterol blood rates. Food habits are conditioned by the degree of availability and accessibility to the foods and are strongly influenced by cultural standards.

Key Words: Food habits. Food preference. Community health.

**Montesino González, Antonio** (Centro Europeo de Formación Empresarial. Bonifaz, 10-4º. 39005 Santander): Cantar, rezar, comer y bailar (Las marzas y sus rituales) (Singing, praying, eating and dancing (The "marzas" and their rituals)) (Orig. es)

In: *Zainak*. 20, 73-89

Abstract: Eating is an important social activity in the sense that food provides various mechanisms of social and cultural identities, such as manifested in the anthropologic analysis of the ritual processes of the "marzas". This was an ancient ritualistic device of the so-called traditional society, which has now been redefined in its positions and meanings, and which, through the festive interactions of the groups, which bear the ritual. The petitions of bonuses, organisation of group meals, etc., allowed the various actors of the community to show their social being, to symbolically reinforce their links and their identity strategies. At the same time they show a certain modality of social integration of individuals in a single moral community, in which they share an identical reference framework of belonging and definition.

Key Words: Marzantes. Gift. Camaraderie. Sociability. Identity. Androcentrism. Liminality. Passage rite.

**Téllez Infantes, Anastasia** (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia): Una industria alimentaria generadora de identificación local: El caso de Estepa y la fabricación de mantecados (A generating food industry of local identification: The case of Steppe and the manufacture of mantecados (butter pies)) (Orig. es)

In: *Zainak*. 20, 91-106

Abstract: We have analysed, from the point of view of Anthropology, the models of local identification that a food industry, that of the "mantecados", has generated and generates in a municipality of the province of Seville, Estepa. We did so because we want to deepen in how work in certain occasions like the one studied, beyond its economic importance, goes on to become an emblematic element that identifies a local society with its most peculiar and outstanding production, which then acquires a symbolic value of local representation.

Key Words: Anthropology. Ideological representations. Work. Local identification. Andalusian traditional and local industry.

**Marrodan, M<sup>a</sup> Dolores** (Univ. Complutense de Madrid. Fac. de Biología. Dpto. de Biología Animal I. Sección de Antropología. Avda. Complutense, s/n. 28040 Madrid): La alimentación en el contexto de la evolución biocultural de los grupos humanos (Nourishment in the context of the bio-cultural evolution of human groups) (Orig. es)

In: *Zainak*. 20, 109-121

Abstract: In this dissertation the author discusses the role of nourishment as an evolutionary pressure factor and analyses the relationship between diet, physical state and genetic composition of human populations. The author then considers the importance of the nutritional factor in the secular trends of the ontogenetic process and of the repercussion that nourishment has had on the incidence of determined characteristics or diseases in different populational or ethnic groups.

Key Words: Nourishment. Paleodiet. Secular trend. Genetic adaptability.

**Rocandio, Ana M<sup>a</sup>** (Univ. del País Vasco. Fac. de Farmacia. Dpto. Nutrición y Bromatología. Paseo de la Universidad, 7. 01006 Vitoria-Gasteiz): El apetito en el control del peso corporal (The appetite in the controlling of corporal weight) (Orig. es)

In: *Zainak*. 20, 123-133

Abstract: The maintenance of the corporal weight is due to a balance between caloric contribution and energetic expense. The appetite and the ingestion of foods play a central role in the regulation of corporal weight. The objective of the present motion is to analyse each one of the aspects that modify the appetite and the ingestion of foods and finally to provide an updated vision of how this integration is produced in our Central Nervous System.

Key Words: Appetite. Ingestion of foods. Central Nervous System. Food disorders.

**Arroyo, M. Ansotegui, L.; Rocandio, Ana M<sup>a</sup>** (Univ. del País Vasco. Fac. de Farmacia. Dpto. Nutrición y Bromatología. Paseo de la Universidad, 7. 01006 Vitoria-Gasteiz): Patrón del comportamiento alimentario en escolares (Eating behaviour standard in school children) (Orig. es)

In: *Zainak*. 20, 135-141

Abstract: It is during school-going ages when the food habits that will, probably, be followed during a large part of our lives are acquired. Objective: To know and value qualitatively and quantitatively the weekly diet of a group of school children and observe the differences in food ingestion in the school days and those at weekends. The consumption in food rations is more adequate in children with a normal weight and in school days. A nutritional education is necessary for children within their own environment.

Key Words: School children. Food standard. Macronutrients. Overweight. Normal weight. School days. Holidays. % VCT.

**Gordón, P.M.; Marrodán, M.D.; Moreno-Heras, E.; Callejo, L.** (Univ. Complutense de Madrid. Fac. de Ciencias Biológicas. Dpto. de Biología Animal I. 28040 Madrid); **González-Montero de Espinosa, M.** (I.E.S. Santa Eugenia. Dpto. de Biología Geológica. Ctra. de Valencia Km. 9. 28031 Madrid): Nutrición y aptitud física en una población urbana de Madrid (Nourishment and physical aptitude in an urban population in Madrid) (Orig. es)

In: *Zainak*. 20, 143-152

Abstract: In this project the authors studied the nutritional and physical condition of an adolescent population in Madrid, while also assessing their social environment and their nourishment and consumption habits. The analysis of the results was oriented in a double direction: its degree of compliance with growth and development standards and detection of possible deviations in nutritional conducts. As from the results obtained, an educational plan was designed to amend individual and group habits, implying teachers, parents and the school children themselves, who had been the object of the study.

Key Words: Nourishment. Growth. Physical aptitude. EUROFIT.

**Arroyo, M. Ansotegui, L.; Rocandio, Ana M<sup>a</sup>** (Univ. del País Vasco. Fac. de Farmacia. Dpto. Nutrición y Bromatología. Paseo de la Universidad, 7. 01006 Vitoria-Gasteiz): Valoración nutricional en pacientes quirúrgicos (Nutritional assessment in surgical patients) (Orig. es)

In: *Zainak*. 20, 155-161

Abstract: Numerous studies have demonstrated that many of the patients that are admitted for surgery show signs of malnutrition. In the present work the authors studied retrospectively the nutritional valuation of 116 patients. The results show that only in 29.3% of the patients could anthropometric parameters be determined, in 19% of them biochemical parameters and in 25% of the patients could immunological parameters of nutritional interest be determined. It is necessary to emphasise that, as other authors also indicate, that a nutritional assessment still does not constitute a customary procedure in clinical practice.

Key Words: General surgery. Nutritional state. Anthropometry. Biochemistry. Immunological parameters.

**Martínez Martínez, Raquel; Nielsen Andersen, Anders Holst; Recuenco Cañas, Victoria; Echevarría Berruero, Yolanda; Prado Martínez, Consuelo; Martín Zazo, Agustín** (Univ. Autónoma de Madrid. Fac. de Ciencias. Dpto. de Biología. Unidad de Antropología. Cantoblanco. 28049 Madrid): Valoración de la importancia de realizar el desayuno y/o almuerzo en el balance nutricional del adolescente. Estudio Navacarnero (Madrid) (Nutritional impact of breakfast consumption on adolescents nutrient intake. Navacarnero's Study (Madrid)) (Orig. es)

In: *Zainak*. 20, 163-170

Abstract: The present paper deals with the nutrition of adolescents in Navacarnero, a rural population, sudwest from Madrid (Spain). Breakfast consumption, fitness and cognition were analized in 197 youths (107 girls and 90 boys), 15-16 years of age. A considerable increase in consumption of protein and fat are observed. On the other hand, a decrease in carbohydrate, dietary fiber, calcium, magnesium, iron, folate and E, B6 vitamins are observed.

Key Words: Breakfasts. Nutrition. Adolescence. Fitness. Cognition. Rural Area. Navacarnero (Madrid).

**Prado Martínez, Consuelo; Benito Sipos, Jonhatan; Heredero, Raul; Elvira, Manuel** (Univ. Autónoma de Madrid. Fac. de Ciencias. Dpto. de Biología. Unidad Antropología. Cantoblanco. 28049 Madrid): Análisis de la situación somato-fisiológica de modelos profesionales y su valoración nutricional (Analysis of the somatic and physiological situation of professional models and their nutritional assessment) (Orig. es)

In: *Zainak*. 20, 171-179

Abstract: The social pressure and the quest for a pre-established image for the development of the modelling and advertising profession has been generating anomalous food ingestion behaviours that fundamentally affect professional women models. The objective of this work is to introduce the somatic and physiologic situation of professional models aged between 16 and 25. The anthropometric analysis has revealed clear malnutrition situations (BMI, 82% below the recommended values), important anomalies in the menstrual cycles (77% had periods of amenorrhea) and chaotic food ingestion with an average of 900 calories a day. High tobacco, alcohol and stimulant consumption levels (98, 85 and 100 % respectively) were detected. The conclusion is that there is a strong need to inform, modify and foresee the negative impact that their image can have on the nutritional behaviour of youths and adolescents.

Key Words: Professional models. Nutrition. Menstrual cycle. Anthropometry.

**Rebato Ochoa, Esther; Salces Beti, Iciar; Rosique Gracia, Javier; San Martín Telo, Leire; Vinagre Oyarzábal, Arantza** (Univ. del País Vasco. Fac. de Ciencias. Dpto. de Biología Animal y Genética Antropología. Apdo. 644. 48080 Bilbao): Parecido familiar para los indicadores de grasa: análisis de correlaciones entre fratrias de la Margen izquierda del Nervión (Bizkaia) (Familial resemblance for the fatness indicators: Analysis of correlations between sibships from the Left Side of the Nervion river (Biscay)) (Orig. es)

In: *Zainak*. 20, 181-191

Abstract: We have analyzed the degree of familial resemblance for a group of variables estimating the body fatness in a sample of 1350 biological siblings (685 boys and 665 girls) from the Biscay province. Correlations between siblings were estimated through maximum-likelihood methodology described by Rao et al (1982) using MLECOR program for PC, after a fitting for the sex and age the analyzed anthropometric variables (Model 1) and after considering the different environmental variables shared by all the members of the sibship (Model 2). The results show that it does not exist a link to sex for the studied variables and that the values of correlation are similar for both Models. In general, skinfolds and BMI (Body Mass Index) have a higher degree of familial similarity that Livi index and CFR (Centripetal Fat Ratio), this last indicating the patterning of body fat.

Key Words: Heritability. Fatness. BMI. Biscay.

**Rosique Gracia, Javier; Salces Beti, Iciar; San Martín Telo, Leire; Vinagre Oyarzábal, Arantza; Rebato Ochoa, Esther** (Univ. del País Vasco. Dpto. de Biología Animal y Genética. Laboratorio de Antropología Física. Sarriena, s/n. 48940 Leioa): El uso de valores de referencia en la evaluación del estado nutricional por antropometría (The use of reference values in the evaluation of the nutritional state for anthropometry) (Orig. es)

In: *Zainak*. 20, 193-200

**Abstract:** The estimate of the recommendable weight for age, height and sex of the individual is one of most customary practices in the valuation of nutritional states. In fact, anthropometric measures are necessary and sensitive indicators that reflect the nutritional situation accumulated with the passing of time. As weight and height tables for age and sex reflect dependent values of the population in study, the type of reference elected (international or local) can influence the diagnoses of excess weight, lack of weight and also obesity. In this research, the authors discuss the use of different reference values for weight, height and the Corporal Mass Index (CMI) in order to value the nutritional state of a sample of 550 adult individuals of both sexes, users of a series of welfare services in the City of Bilbao.

**Key Words:** Nourishment. Corporal Mass index. Reference values.

**Escribano Sanz, Oskar** (Instituto Alavés de Arqueología. San Antonio, 41. 01005 Vitoria-Gasteiz): La dieta animal de época romana en Álava (The animal diet during the Roman era in Alava) (Orig. es)

In: *Zainak*. 20, 203-210

**Abstract:** The author has made a study of certain animal remains found in several deposits from the Roman era in Alava, and assessed the information that they provided on the diet, the cattle-raising and cynegetic mores of the dwellers in this historical era, the high cattle-raising specialisation, and the possible nutritional change between the early and late imperial periods, as well as their apparent geographical influence.

**Key Words:** Diet. Romanisation. Archaeozoology. Alava.

**Pérez Castroviejo, Pedro M.** (Univ. del País Vasco. Fac. de CC. Económicas y Empresariales. Avda. Lehendakari Aguirre, 83. 48015 Bilbao): Consumo, dieta y nutrición de grupos populares. La alimentación durante la industrialización de Vizcaya (Consumption, diet and nutrition of popular groups. Nutrition during the industrialisation of Bizkaia) (Orig. es)

In: *Zainak*. 20, 211-226

**Abstract:** This article collects the experience in nutrition of a charitable institution: the la Santa Casa de Misericordia (Holy House of Mercy) in Bilbao. The author analyses the food consumption, its distribution (the diet) and also values the degree of sufficiency of the nutritional rations by means of the relevant nutritional study. These references, inasmuch as possible, are compared with the exterior reality, trying to seek similarities with the lives of the workers.

**Key Words:** Consumption. Diet. Nourishment. Nutrition. Industrialisation of Bizkaia. Working class.

**Piquero Zarauz, Santiago** (Univ. del País Vasco. Fac. de Filología y Geografía e Historia. Dpto. de Historia e Instituciones Económicas. Paseo de la Universidad. 01006 Vitoria-Gasteiz): Alimentación, nutrición y salud en la Guipúzcoa del antiguo régimen. Unas consideraciones (Nourishment, nutrition and health in the Gipuzkoa of the ancient regime. Some considerations) (Orig. es)

In: *Zainak*. 20, 227-241

Abstract: In this dissertation, the author offers a description of the ordinary diets around the end of the 18<sup>th</sup> century in various social groups in Gipuzkoa: peasant lessees, regular and secular clergy and the children of the élites of the country. From his study it can be appreciated that nourishment is good observatory from which to study social differences, both from the point of view of the inequalities detected at the calorie and macronutrient levels as well as of the products present at each table. Even so it seems that the poorest diets of the popular classes were sufficient to avoid serious malnutrition problems from a nutritional point of view.

Key Words: Nourishment. Nourishment. Health. Social Inequality. Gipuzkoa. 16<sup>th</sup> and 18<sup>th</sup> Centuries.

**Serrano Larráyo, Fernando** (Univ. Pública de Navarra. Dpto. de Geografía e Historia. Area de Historia Medieval. Campus Arrosadia. 31006 Iruñea): Cocina y gastronomía en el Hostal de Blanca de Navarra a mediados del siglo XV (1433) (Cuisine and gastronomy in the Hostal of Blanca de Navarra in the mid 15<sup>th</sup> century (1433)) (Orig. es)

In: *Zainak*. 20, 243-253

Abstract: With the present work the intention is to offer a preliminary sketch of culinary practices and gastronomic mores in the Royal Navarran Court during the first half of the 15<sup>th</sup> century. An attempt has been made to prove the peculiarities of late medieval Court cuisine in Navarre and the influence of other peninsular territories like Castille, Catalonia. The influence of European lands like France or Italy has been demonstrated.

Key Words: Nourishment. Cuisine. Gastronomy. Blanca de Navarra. Middle Ages.