

Nutritional uses and customs

Esther Rebato, lit. ed.

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Analytic Summary

Campillo Álvarez, José E. (Univ. de Extremadura. Fac. de Medicina. Dpto. de Fisiología. Campus de Badajoz. 06071 Badajoz): **Alimentación y salud 2006: un laberinto cultural y científico** (Nutrition and health 2006: a cultural and scientific labyrinth) (Orig. es)

In: *Zainak*. 30, 7-14

Abstract: The labyrinth of nutrition and health can be accessed via four doors: tradition; regional diets (Mediterranean, Atlantic, Extremadura); evolutionist diets or paleodiets and the door to the future: functional foods, nutraceuticals and nutrigenomics. This paper describes the characteristics of these four alternatives.

Key Words: Food. Health. Tradition. Paleodiets. Mediterranean diet. Functional foods. Nutraceuticals. Nutrigenomics.

Marrodán, M^a Dolores; Montero-Roblas, Verónica; Mesa, M^a Soledad; Pacheco, José L. (Univ. Complutense de Madrid. Campus de Moncloa, s/n. 28040 Madrid); **González, Marisa** (Instituto de Enseñanza Secundaria Santa Eugenia. Ctra. Valencia, km. 9. 28031 Madrid); **Bejarano, Ignacio** (Univ. Nacional de Jujuy. Avda. Bolivia N° 1661. S.S. de Jujuy. AR-4600 Jujuy); **Lomaglio, Delia B.; Verón, Juan A.** (Univ. Nacional de Catamarca. Argentina. Esquiú, 612. AR-4700 Catamarca); **Carmenate, Margarita** (Univ. Autónoma de Madrid. Darwin, 2. Ciudad Universitaria de Cantoblanco. 28049 Madrid); **Realidad, percepción y atractivo de la imagen corporal: condicionantes biológicos y socioculturales** (Reality, perception and attractiveness of the body image: biological and socio-cultural conditions) (Orig. es)

In: *Zainak*. 30, 15-28

Abstract: This study analyses self-perception, agreement with the corporal image and the prevalence of eating behaviour disorders (EBD) in 716 Spanish and Argentinean young people. The real BMI is compared with the one self-perceived rate by using silhouettes and with points obtained in a psychometric test. Dissatisfaction with ones self image appears as a probable factor towards developing EBD.

Key Words: Body image. Eating disorders (ED). Adolescents. Argentina. Spain.

Aranceta Bartrina, Javier (Unidad de Nutrición Comunitaria. Luis Briñas, 18-4^a Planta. 48013 Bilbao): **Modelo de consumo alimentario en el País Vasco** (The food consumption model in the Basque Country) (Orig. es)

In: *Zainak*. 30, 29-46

Abstract: The rapid social changes that have taken place in the last few decades in the Basque Country have reflected in the traditional diet model. Although the dietary outline continues to be compatible with the structure of the Mediterranean Diet there are certain peculiarities which make is more interesting from the health point of view, namely the more significant consumption of fish, fresh vegetables and red wine.

Key Words: Eating habits. Obesity. Population studies. Food record. Fats. Fruit and vegetables. Adult population. Children and young people.

Bilbao Larrañaga, Juan J. (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia – San Sebastián): **Desde mi balcón** (From my balcony) (Orig. es)

In: *Zainak*. 30, 47-60

Abstract: The current malnutrition epidemic is the result of multiple factors and it represents the human affectation of unsustainable development, with the same reasons. The consequences are unpredictable as it will be difficult for the different economies to bear its costs. The individual alternatives are limited, as the situation needs to be tackled from an individual but, at the same time, community-oriented perspective, in which the population becomes involved.

Key Words: Nutrition. Malnutrition. Mediterranean diet. Community intervention. Social model. Care models. Eating habits.

Muñoz-Cachón, M^a Jesús; Salces, Itziar; Rebato, Esther (UPV/EHU. Fac. de Ciencia y Tecnología. Dpto. Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa); **Ansotegui, Laura; Arroyo, Marta; Rocandio, Ana** (UPV/EHU. Fac. de Farmacia. Dpto. Nutrición y Bromatología. P^o de la Universidad, 7. 01006 Vitoria – Gasteiz): **Consumo de alcohol y antropometría en universitarios vascos** (Alcohol consumption and anthropometry in university students) (Orig. es)

In: *Zainak*. 30, 63-71

Abstract: The objective of this paper is to describe the alcohol consumption habits of a university population sample of both sexes and its relationship with the BMI. Although a high percentage of people who consume alcohol do not present a current BMI different to that of non-consumers, this behavioural pattern may have repercussions on later stages of life if these habits are not changed.

Key Words: Young adults. Alcohol. BMI.

Hoyos, Itziar; Gil, Javier; Díaz, Elena; Irazusta, Jon; Ruiz, Fátima (UPV/ EHU. Fac. de Medicina y Odontología. Dpto. de Fisiología. Sarriena, s/n. 48940 Leioa); **Irazusta, Amaia** (UPV/ EHU. Escuela Universitaria de Enfermería. Dpto. de Enfermería. Sarriena, s/n. 48940 Leioa): **¿Es la dieta del alumnado universitario una dieta mediterránea?** (Is university student's diet a Mediterranean diet?) (Orig. es)

In: *Zainak*. 30, 73-84

Abstract: The objective of the study was to discover the nutritional habits of students of the UPV/EHU (University of the Basque Country) and to make a comparison with the guidelines recommended by the Spanish Society of Community Nutrition via the Nutrition Pyramid for a balanced diet. The data obtained shows a high rate of excess weight and an imbalance in the food groups consumed.

Key Words: Nutrition. Food groups and university students.

Gorostiza Langa, Amaia; Román Busto, Jorge M.; Marrodán Serrano, M^a Dolores (Univ. Complutense de Madrid. Fac. de Ciencias Biológicas. Dpto. de Zoología y Antropología Física. Campus de Moncloa, s/n. 28040 Madrid): **Indicadores antropométricos de adiposidad en adolescentes españoles** (Anthropometrical adiposity Indicators in Spanish teenagers) (Orig. es)

In: *Zainak*. 30, 85-95

Abstract: The association between Morphological Indicators and Body Fat Distribution was studied in 1099 schoolchildren residing in Madrid. The contrast analyses between individuals who were normal weight and overweight or obese, reveal the utility of the parameters studied as complementary criteria in the diagnosis of the nutritional condition. We can highlight the adaptation to this purpose of the waist girth.

Key Words: Adiposity. Adolescents. Waist girth. Fat distribution indicators.

Salces, Itziar; Rebato, Esther (UPV/EHU. Fac. de Ciencia y Tecnología. Dpto. Genética, Antropología Física y Fisiología Animal. Laboratorio de Antropología Física. Apdo. 644. 48080 Bilbao); **Susanne, Charles** (Vrije Universiteit BRUSSEL. Facultad de Ciencias. Pleinlaan, 2. 1050 Brussel, Belgique): **Obesidad y patrones de distribución adiposa en escolares vizcaínos** (Obesity and adipose distribution patterns in Bizkaian schoolchildren) (Orig. es)

In: *Zainak*. 30, 97-113

Abstract: The level of adolescent adiposity provides a strong prediction of adiposity in adults. The study covered the prevalence of excess weight and obesity in school children from Bizkaia using indicators for the amount and distribution of fat. Obesity of close to or over 10% is present in boys from 6-10 years as well as marked changes in fat patterning with age in both sexes.

Key Words: Body mass index. Excess weight. Obesity. Growth. Bizkaia.

Susanne, Charles; Hauspie, Roland; Roelants, Mathieu (Vrije Universiteit BRUSSEL. Facultad de Ciencias. Pleinlaan, 2. 1050 Brussel, Belgique); **Franckx, Hilde** (Zeepreventorium. Centre médico-pédiatrique. Route Royale. 8420 De Haan, Belgique): **Traitement résidentiel d'enfants obèses** (Residential treatment for obese children) (Orig. fr.)

In: *Zainak*. 30, 115-124

Abstract: The aim of study is to carry out a follow-up of children with problems of obesity during their residential treatment in the clinic Zeepreventorium en De Haan (Belgium). An assessment of the obesity of the children treated has been carried out as well as their evolution during the treatment, interpreting their weight reduction and BMI^[4] in accordance with various socio-economic factors.

Key Words: Obesity. BMI. Treatment.

López Pérez, Ana M^a (Hospital Universitario Sant Joan de Reus, SAM. Sant Joan s/n. 43201 Reus); **Solé Burgos, Àngels** (Avda. Generalitat, 100 - 5^a - 1. 43500 Tortosa); **Cortés Moskowich, Isabel** (Hospital Verge de la Cinta, Tortosa. Servicio de Pediatría. Calle Esplanetes, 44. 43500 Tortosa): **Percepción de satisfacción – insatisfacción de la imagen corporal en una muestra de adolescentes de Reus (Tarragona)** (Perceptions of satisfaction - dissatisfaction of body image in a sample of teenagers from Reus (Tarragona)) (Orig. es)

In: *Zainak*. 30, 125-146

Abstract: Current socio-cultural pressure on body image, which demands a thin, perfect body, is internalised from childhood and in adolescence an image appears, we see *ourselves and others can see us*. What is beautiful and what is ugly is established culturally in the period in which we live as a rule to be followed; however, it does not affect everybody in the same way.

Key Words: Dissatisfaction with body image. Satisfaction with body image. Adolescence. Eating disorders. Diete. Body Shape Questionnaire (BSQ).

Cortés Moskowich, Isabel (Hospital Verge de la Cinta, Tortosa. Servicio de Pediatría. Calle Esplanetes, 44. 43500 Tortosa); **Solé Burgos, Àngels** (Univ. Rovira i Virgili. Av. de Onze de Setembre, 112. 43203 Reus); **Luque Cortés, Arantxa** (Univ. Rovira i Virgili. Fac. de CC Jurídicas. Av. Catalunya, 35. 43002 Tarragona); **López Pérez, Ana M^a** (Hospital Universitario Sant Joan de Reus, SAM. Grup Sagessa. Sant Joan, s/n. 43201 Reus); **Estudio de insatisfacción corporal** (Study of corporal dissatisfaction) (Orig. es)

In: *Zainak*. 30, 147-159

Abstract: This study aims to examine Body Dissatisfaction in a sample of adolescents in Tarragona – Terres de l'Ebre (Baix Ebre and Montsià) and Baix Camp. Eating Disorders are a growing problem in our society and they affect different variables. The results show that the initial detection of Eating Disorders is essential with an eye to primary and secondary prevention.

Key Words: Body Dissatisfaction. Adolescence. Eating Disorders. Body Shape Questionnaire (BSQ).

Fernández Vázquez, Silvia (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia – San Sebastián): **Cultura, cuerpo y salud: un análisis de las concepciones alimentarias en el contexto rural gallego** (Culture, body and health: an analysis of the nutritional concepts in the Galician rural context) (Orig. es)

In: *Zainak*. 30, 161-176

Abstract: Nutrition is an essential phenomenon in present-day culture. Current notions on health and body image lead us to a type of diet that is still not fully accepted. The weight of local food traditions and the importance of certain conceptions that had been ignored until now, can shed some light on the possible reasons for this failure. Anthropological analysis may help to overcome these difficulties.

Key Words: Culture. Consumption. Nutrition. Body. Health. Identity.

Abu-Shams, Leila (UPV/EHU. Fac. de Filología y Geografía e Historia. Área de Estudios Árabes e Islámicos. P^o de la Universidad, 5. 01006 Vitoria-Gasteiz): **La alimentación como signo de identidad cultural entre los inmigrantes marroquíes** (Food as a sign of cultural identity amongst Moroccan immigrants) (Orig. es)

In: *Zainak*. 30, 177-193

Abstract. Nutrition, as an identifying element of a social group, is the cultural characteristic that is hardest to lose when contact is made with other groups of society. For this reason, Moroccan immigrants, who have very deep-rooted culinary habits, attempt to reconstruct their original culinary model in their host country.

Key Words: Morocco. Spain. Immigration. Nutrition. Cultural identity. *Haram*. *Halal*.

Santa Maldonado, Johanna (Univ. de Antioquia. Fac. de Enfermería. Ciudad Universitaria. Calle 64 N° 53 - 09 A.A. 1226. Medellín); **Gálvez Abadía, Aída** (Univ. de Antioquia. Fac. de CC. Sociales y Humanas. Dpto. de Antropología. Ciudad Universitaria. Calle 67 N° 53-108. Bloque 9. Oficina 258. Medellín); **El plátano vacío: conflicto armado y hábitos alimentarios en el pueblo Embera de Frontino, Colombia** (The empty banana: armed conflict and nutritional habits in the Embera people of Frontino, Colombia) (Orig. es)

In: *Zainak*. 30, 195-207

Abstract: The Embera indigenous people from Colombia combine products from their jungle surroundings and food purchased at the market in their diet. The violence of the national conflict has an impact on the indigenous society with forced displacement and internal confinement, which infringe on food security. This leads to a dependency on food donations and to an increase in the consumption of bananas.

Key Words: Embera. Colombia. Armed conflict. Food security. Habits. Banana. Forced displacement. Food aid.

Leizaola Calvo, Fermín (Sdad. de CC. Aranzadi. Dpto. de Etnografía. Zorroaga gaina, z/g. 20014 Donostia - San Sebastián); **Estrategias nutricionales de los pastores vascos: la cecina y otros alimentos de su dieta** (Nutritional strategies of Basque shepherds: cured mead and other elements of their diet) (Orig. es)

In: *Zainak*. 30, 209-222

Abstract: This Article covers some ingredients of the diet of shepherds and stock breeders in Euskal Herria (The Basque Country). Through different recipes, we observe the importance of *cecina* (cured beef) in the preparation of stews and other dishes, as well as the significant changes over the last few decades. We also include other elements of the shepherds' diet that are not appreciated socially nowadays.

Key Words: Cecina. Diet. Shepherds' Diet. Food Preservation. Euskal Herria.

Mauleón, José R. (UPV/EHU. Fac. de Farmacia. Dpto. de Sociología 2. Pº de la Universidad, 7. 01006 Vitoria-Gasteiz); **Hábitos de compra de las hortalizas en el País Vasco** (Vegetable buying habits in the Basque Country) (Orig. es)

In: *Zainak*. 30, 223-241

Abstract: It is verified that the consumption of fresh vegetables is low, that the price is high (especially in hypermarkets) and that the small business maintains a significant quota of the market. Emerging lifestyles make it possible to explain these characteristics generally, and institutions must intervene to deal with the negative nutritional, socio-cultural and economic consequences involved.

Key Words: Food consumption. Spending on nutrition. Commercial establishments. Market share. Buying habits. Basque Country.

ORIGINALAK AURKEZTEKO ARAUAK

1. Lanak **argitaragabeak** izango dira, beraz ez dute ez osorik ez horien zatiren bat argitaratuak izan behar.
2. Lanak nazioarteko zientzia komunitatearen edozein **hizkuntzatan** igor daitezke, baina bereziki Euskal Herriko hiru hizkuntza ofizialetarik batean.
3. Lan guztiak aldizkariaren Erredakzio Batzordearen pean jarriko dira eta, gutxienez, bi **ebaluatzailek** aztertuko dute. Hori aurre baldintza izango da, nolana ere, lana argitaratu ahal izateko.
4. Ogirinalak **euskarri** informatikoan aurkeztu behar dira Word programan (PC edo Macintosh sistemetan edozeinetan), Arial 10 neurriko letra, lerroarte bakuna (espazio bat), orga itzultze bakarria paragrafo artean eta 2,5 cm-ko bazterra ezker, eskuin, goi eta behe aldeetan. Era berean, paperezko bi kopia helaraziko dira DIN A4 neurri normalizatuan.
5. Lanen **luzera** 20 orri ingurukoa izatea gomendatzen da, eta gehienez 30 orri izango dituzte. Orri guztiak zerbakiak izango dira, oharrez eta irudiz horniturikoak barne. Lanen luzera kontuan harturik, ez dira aurkibideak argitaratuko.
6. **Lehen orrialde batean** ondokoak agertuko dira: 1. izenburua letra xehetan (zortzi hitz baino gutxiagokoa, izenburuazpi batez osatua, horren beharra izanez gero); 2. horren ingelesezko itzulpena; 3. egile edo egileen bi abizenak eta izena (bigarren ponte izenaren inisiala bakarrik); 4. lanbide ezaupideak, etxeko helbidea eta posta elektronikoa barne (unibertsitatea, ikerketa erakundeak, etab., argitalpenean agertuko den helbidea izango da); 5. harremanetarako datu pertsonalak, helbidea, telefonoa, faxa, posta elektronikoa, baldin eta lanbide ezaupideetan agerturikoak ez badira; 6. lanaren amaiera data.
7. Lanek **laburpen** adierazgarri bat eramango dute, 60 hitzekoa gehienez. Halaber, **giltza-hitzak** izango dituzte (zortzi gehienez), garrantziaren arabera ordenatuak.
8. Testuaren antolaketa egokiari begira, ongi bereiziriko ataletan zatituko da, hartarako zifra arabiarrik bakarrik erabiliz, ondoz ondoko maila zerbakidunetan: 1. (Letra larriak-letra lodia), 1.1. (Letra xeheak-letra lodia), 1.1.1. (Letra xeheak), 1.1.1.1. (Letra xeheak-letra etzana). Ez dira zifra erromatarrekin edo letrekin nahasi behar.
9. **Irudiak**, grafikoak, taulak, etab. euskarri informatikoan aurkeztuko dira (tiff edo jpg formatua, 300 dpi-ko bereizmena gutxienez) eta/edo landare paper edo couché mate paperaren gainean, Txinako tintza, eskuzko idatziak eta fotokopiak alde batera utzi behar dira eta ez dira onartuko. Erreproduktzioa egin ahal izateko behar bezain handia izango da irudien tamaina (10 * 15 cm gutxienez).

Irudiek ondoz ondoko zerbakiak eraman beharko dituzte sail bakar batean eta aurretik "Irudia" (edo horren laburdura), dagokion oin edo idazkunarekin eta testuan non kokatzen den adierazten dela. Orri bereiz batean irudi guztien zerrenda jarriko da, ondokoak agertuko direla: 1. irudi zerbakia, 2. oina edo idazkuna, 3. noizkoa den, 4. egilea, 5. jatorria (artxiboa, argitalpena, etab.), 6. argitaratzeko baimena (egilearenak ez diren kasuetan).
10. **Aipuak** komatxoen artean edo letra etzanez eta testuan integraturik joango dira, gehienez bi lerro luze izango direnean. Aipu luzeagoetarako letra tamaina txikiagoa edo letra etzana erabiltzea gomendatzen da, paragrafotik bereizita eta paragrafo koskatuan.
11. **Oharrek** ondoz ondoko zerbakiak izango dituzte, eta orri azpian kokatuko dira argibide oharrak direnean eta lanaren amaieran bibliografia oharrak direnean.

Bibliografia oharpen laburtuaren arauak errespetatuko dira (ISO 690, UNE 50-104 erreferentzia bibliografikoak). Hau da: abizenak (letra larri), egilearen izena. Izenburua (letra etzanez), argitalpen zerbakia, hiria: argitaletxea, urtea; orriak.

BIDANIA ARREOLA, Mikel. Artesanía y artesanos vascos, 1. arg. Bilbao : Editorial Vasconia, 1979; 422. or.

Erreferentzia bibliografia unitate handiago baten zatia denean, "In:" preposizioa erabiliko da.

ZAMORA ELICEGUI, José A. "Piedad y venganza". In: Anuario de Estudios Éticos, nº 2, 1981. Salamanca: Universidad, 1982; 123-134.
12. Egileei lehen inprimatze **probak** bidaliko zaizkie, eta egileek 10 eguneko epea izango dute proba horiek itzultzeko, akatsak zuzendurik eta aldaketarik erantsi gabe. Bestela, Eusko Ikaskuntzak lana bertsio originalean inprimatu edo horren argitaratzea baztertu ahal izango du.
13. Arau hauek ez betetzeak lana ez argitaratzea ekar dezake.