



Cuadro sinóptico “The diet of the main diseases of our country”

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The abundance of ultra-processed foods, high in calories and low in nutrients, combined with intense advertising and inappropriate marketing, create obesogenic environments that constitute a constant threat to the health and future of children and adolescents in Mexico.

In this regard, front-of-pack food labeling - which places warning labels on products high in sugar, sodium, fat and calories in a visible, clear and easy-to-understand manner for consumers, including children and adolescents - enables them to make informed decisions.

UNICEF calls for the following actions to be taken:

Empower families, children and youth to demand nutritious foods, including by improving nutrition education and using proven legislation - such as sugar taxes - to reduce demand for unhealthy foods.

It is possible to create a food system that better serves the needs of children and adolescents and, at this moment, the current Mexican government has the historic opportunity to lead a process of change in terms of food and health with vital consequences for the future of the country".

The UNICEF report describes a triple burden of malnutrition that includes three manifestations of poor nutrition, including: undernutrition, hidden hunger (lack of essential nutrients) and overweight and obesity.

As children grow older, their exposure to unhealthy foods is alarming, says the report, largely due to inappropriate advertising and marketing, abundance of ultra-processed foods and increased access to fast food and highly sweetened beverages. Mexico ranks first in consumption of ultra-processed products in Latin America and fourth in the world.

Encourage food suppliers to act in the best interests of children by providing incentives for the distribution of healthy, convenient and affordable food.
Establish healthy food environments for children and adolescents through proven actions, such as accurate and easy-to-understand labeling and stricter controls on the marketing of unhealthy foods.

Mobilize support systems - health, water, sanitation, education and social protection - to improve child and adolescent nutrition outcomes. Systematically collect, analyze and use reliable data and evidence to guide related actions and monitor progress.

<https://www.unicef.org/mexico/comunicados-prensa/la-mala-alimentaci%C3%B3n-est%C3%A1-perjudicando-la-salud-de-la-infancia-mundialmente#:~:text=%E2%80%9CLa%20abundancia%20de%20alimentos%20ultra,infancia%20y%20adolescencia%20en%20M%C3%A9xico.>