

# Culinary practices in urban households in Montevideo.

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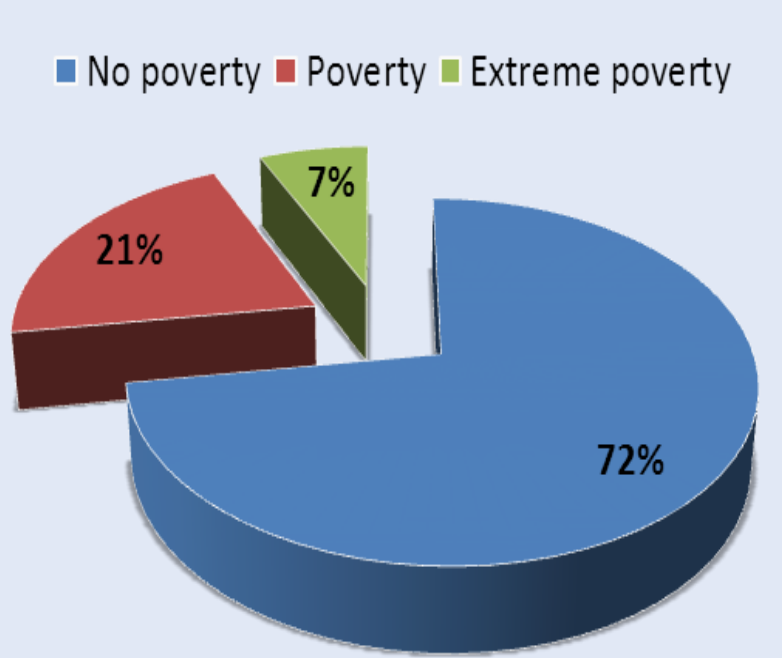
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**Objective:** To determine the culinary preparations commonly consumed at lunch and dinner in urban homes in Montevideo, Uruguay in April-May 2014

**Material and Methods:** Descriptive, cross-sectional study of a non-random sample of 817 urban households in Montevideo, Uruguay. The survey method was employed using a structured form. The information was collected by interviewing the person(s) responsible for preparing the meals at home.

## Results:

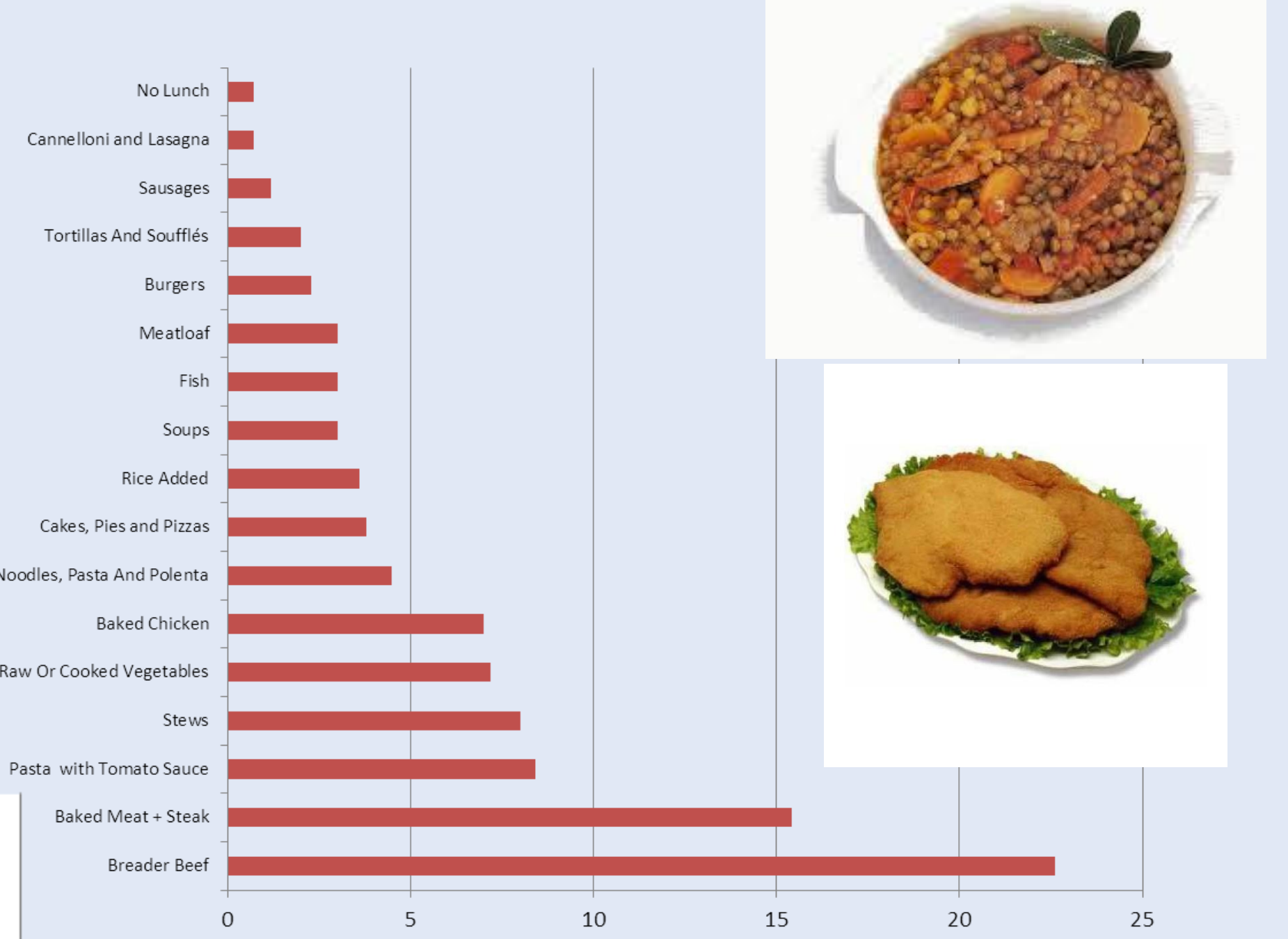
Grap 1. Poverty situation



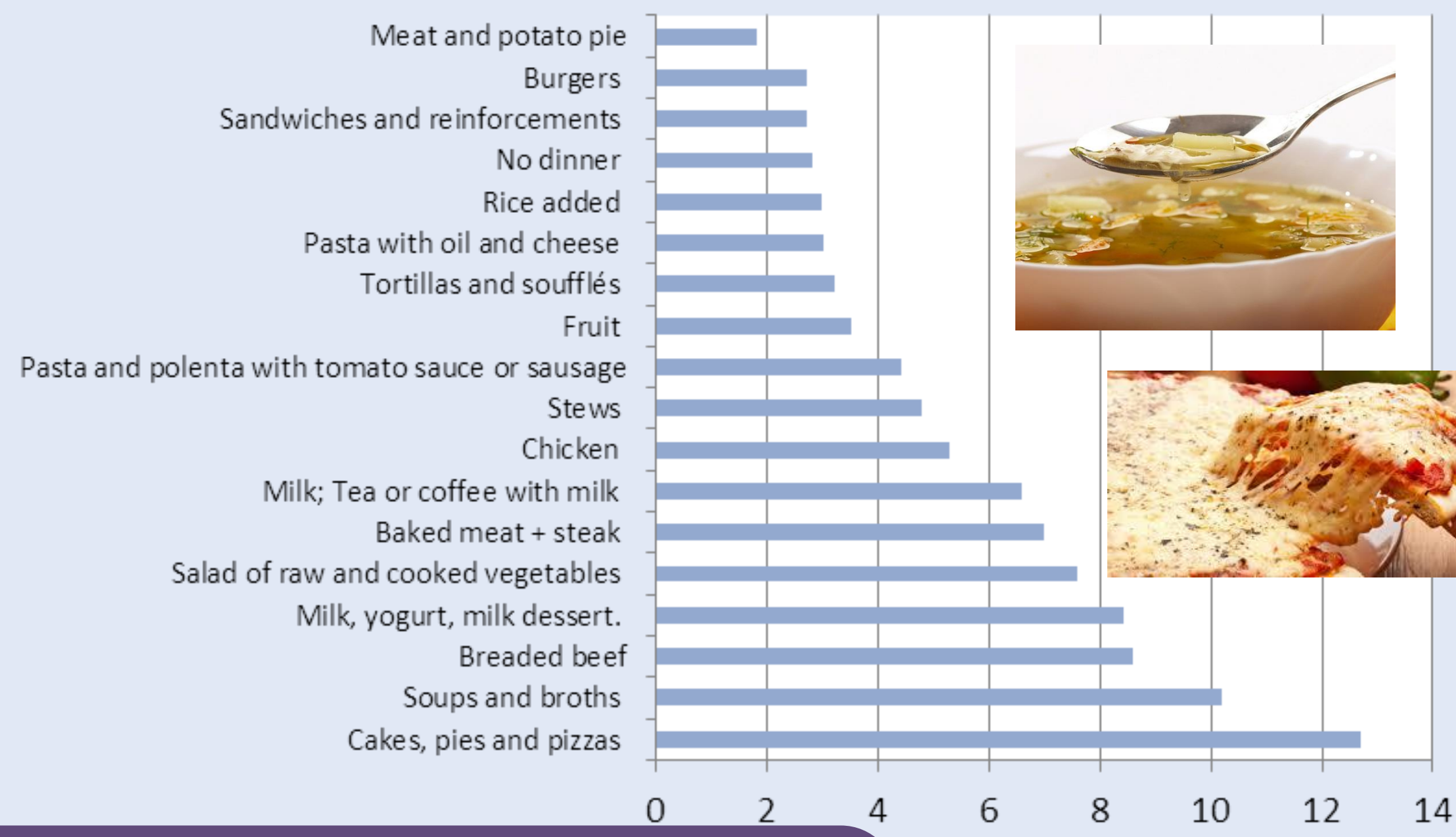
**Selected meals usually differ at lunch and dinner, except for the beef patties, reflecting a tradition deeply rooted in our population. (Graphics 2,3 y 4)**

**Boiled and the baking represented more cooking methods used.**

Grap 2. Usual lunch culinary preparations



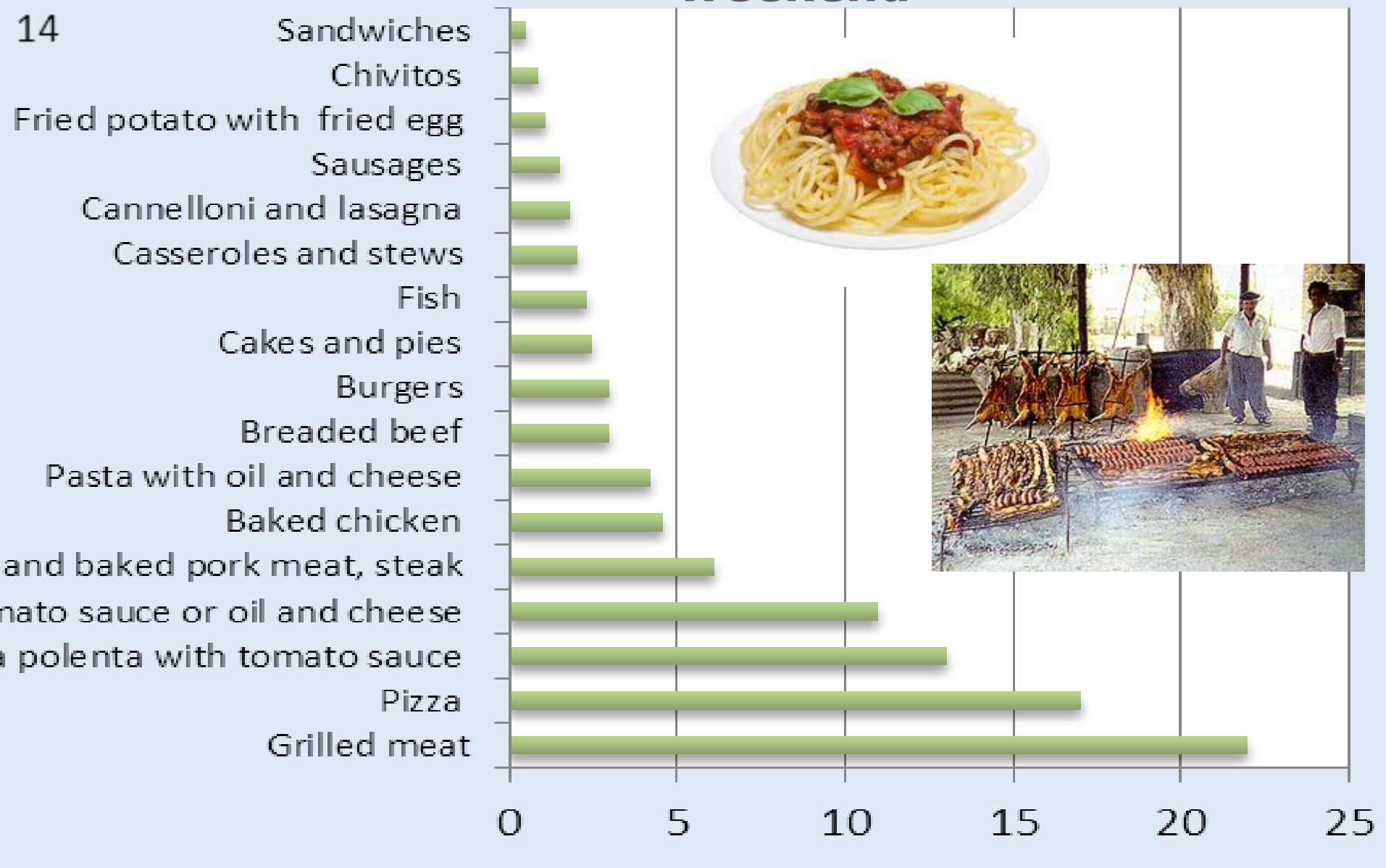
Grap 3. Usual dinner culinary preparations



During the weekend, was the highest consumption of simple and stuffed with salsa or tomato sauce (24%) pastes (22%) grilled meat and pizzas (17%). These foods are the result of the influence of Spanish and Italian immigrants to our country.

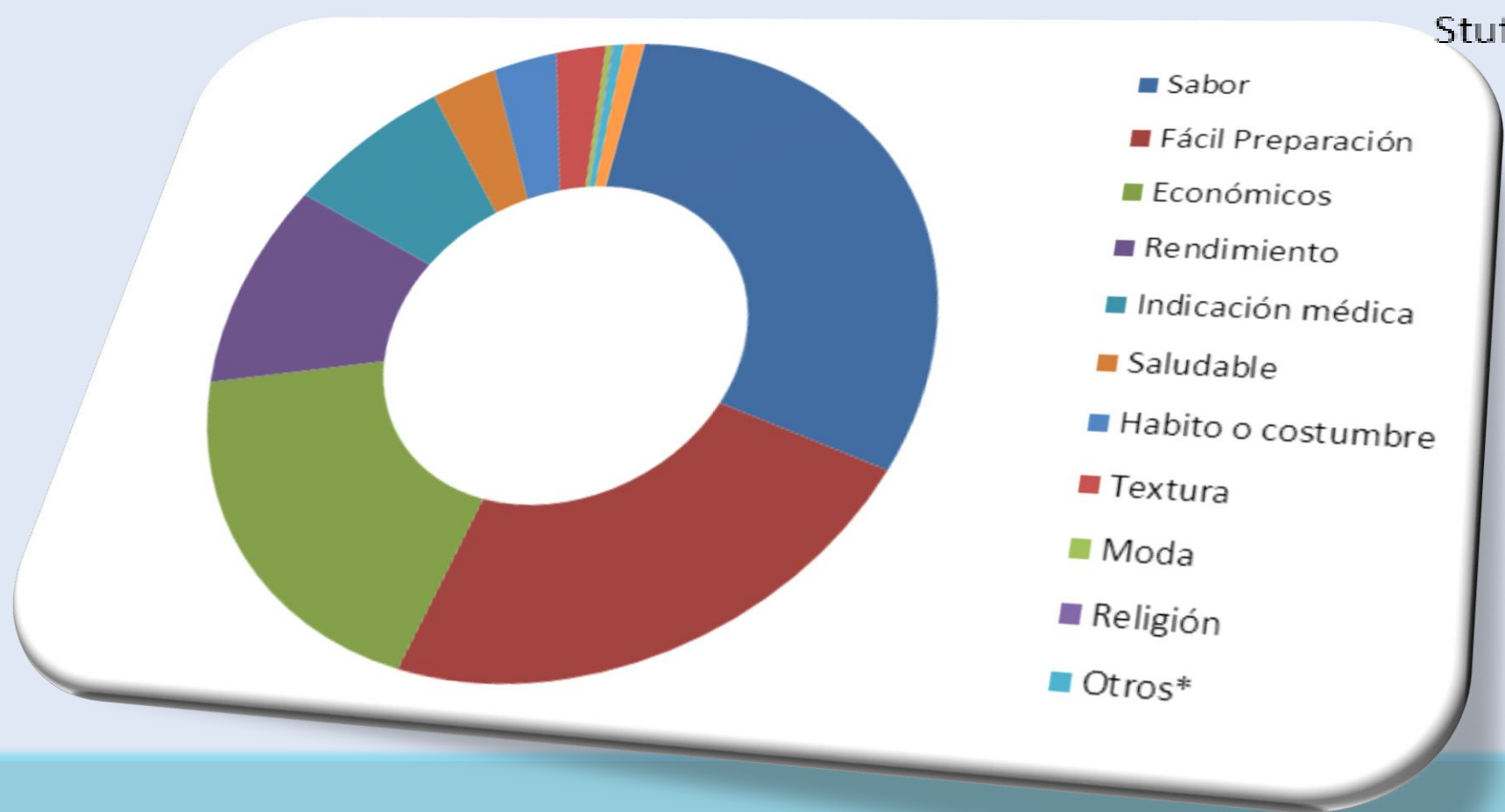


Grap 4. Usual culinary preparations in the weekend



**In more than half of households food was not planned, nor was interested in finding new recipes, issues that can lead to a routine and little kitchen creativity**

Grap 5. Reasons for consumption of the usual preparations, as person responsible for its preparation.



**When selecting foods, a third of respondents does price relative to performance; a quarter, to satisfy the taste of the family; another quarter for health care and nearly 20% are selected to satisfy the appetite**

**Conclusion:** The characteristics of the usual culinary preparations in Montevideo homes point to the need to strengthen and innovate strategies for information, communication and nutrition education to help families make informed decisions about the meals consumed.