Culinary practices in urban households in Montevideo.


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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:

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)

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.

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.

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.