



Bibliografía alimentaria

y sobre otros productos de consumo

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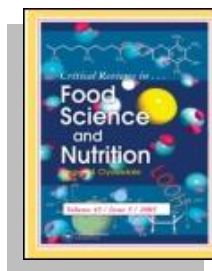
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Alimentos funcionales y probióticos



- Paulraj Kanmani, R. Satish Kumar, N. Yuvaraj, K. A. Paari, V. Pattukumar y Venkatesan Arul, "Probiotics and Its Functionally Valuable Products—A Review". *Critical Reviews in Food Science and Nutrition*, Vol. 53 nº 6 (2013) 641-658.

Abstract

During the past two decades probiotic bacteria have been increasingly proposed as health promoting bacteria in variety of food system, because of its safety, functional, and technological characteristics. Commonly, *Lactobacillus* spp., *Bifidobacterium* spp., *Saccharomyces boulardii*, and some other microorganisms have been considered as probiotic strains. Possibly these bacterial strains exerted several beneficial effects into gastrointestinal tract of host while administered with variety of food system. Lactic acid bacteria (LAB) usually produce antimicrobial substances like bacteriocin which have broad spectrum of antagonist effect against closely related Gram positive and Gram negative pathogens. LAB strains often produce polymeric substances such as exopolysaccharides (EPS) which increase the colonization of probiotic bacteria by cell–cell interactions in gastrointestinal tract. LAB also produces biosurfactant which showed that the wide range of antimicrobial activity against bacterial pathogen as well as its antiadhesive properties reduces the adhesion of pathogens into gastric wall membrane. Furthermore, LAB strains have also been reported for production of antioxidants which are ability to scavenge the free radicals such as superoxide anions and hydroxyl radicals. For this sense, this review article is mainly focused on the ecology, biosynthesis, genetics, target sites, and applications of bacteriocins and EPS from LAB strains. Moreover, this review discusses about the production and functions of nutritive essential element folate and iron chelating agent such as siderophores from LAB.

Keywords: probiotics, bacteriocin, exopolysaccharide, folate, antioxidants, biosurfactant, siderophores

Biotecnología



- **Sachin Chaturvedi y Krishna Ravi Srinivas**, “Genetically Modified Crops: Policy Logjam”. *Economic and Political Weekly*, Vol 18 n° 14 (2013) 19-24.



Consultar:

http://www.epw.in/system/files/pdf/2013_48/14/Genetically_Modified_Crops_Policy_Logjam.pdf

Comportamiento y percepción del consumidor



- **Heather J. Hartwell, John S. A. Edwards y Lorraine Brown**, “The relationship between emotions and food consumption (macronutrient) in a foodservice college setting – a preliminary study International”. *Journal of Food Sciences and Nutrition*, Vol. 64 n° 3 (2013) 261-268.

Abstract

Many aspects of eating out have been studied, yet emotions remain an under-researched area, despite having been shown to play a significant role in food consumption. The aim of this research is to critically evaluate the relationship between emotions and food consumption (macronutrient) in a realistic eating environment, a college cafeteria. Subjects (n = 408), diners using a cafeteria, completed an emotions questionnaire before and after freely choosing, paying for and consuming a hot main meal. The results demonstrated a greater feeling of contentment with a high fat, high energy meal, whereas with a low carbohydrate meal, participants felt unfulfilled. In addition, a high protein meal also leads to a feeling of contentment. These results are rather counter-intuitive to public health nutrition policy but indicate the importance of inclusion of a protein or high carbohydrate item in any dish design in a foodservice setting.

Keywords: food intake, emotion, nutrition

Nutrición y lucha contra la obesidad y la diabetes



- **M. T. Iglesias**, “Estudio nutricional en un grupo de estudiantes universitarios madrileños”. *Revista Nutrición Clínica y Dietética Hospitalaria*, Vol. 33 nº 1 (2013) 23-30.

Resumen

Parece que los hábitos dietéticos de la población europea no son los ideales, por lo que la promoción de una dieta saludable es cada vez más importante. La población universitaria, se sabe que es un grupo vulnerable desde el punto de vista nutricional, y a la vez es crítico para el desarrollo de buenos hábitos dietéticos que repercutirán en su salud futura. Y es que en este periodo, se saltan comidas, picotean entre horas, se decantan por la comida rápida y consumen frecuentemente alcohol. El objetivo de estudio el análisis de la ingesta dietética de estudiantes de enfermería. De un total de 210 alumnos de 1º de Enfermería, consintieron participar en el estudio que se realizó en primavera, 68 alumnos (14 varones y 54 mujeres), con una edad media en ambos sexos de 22-24 años. Se realizó un cuestionario de hábitos y de recuerdo de 3 días, junto a la medición antropométrica y un estudio analítico. La transformación de alimentos en nutrientes se realizó con el programa DIAL. A partir de la encuesta de recuerdo de 3 días, se estimó el Índice de calidad de la dieta (ICD). El análisis estadístico se llevó a cabo con el programa SPSS vs. 17.0. El nivel de significación estadística empleado fue $p < 0,05$.

Los resultados obtenidos son preliminares de un estudio a 3 años. La prevalencia de bajo peso es semejante en ambos sexos (7,1%), sin embargo el sobrepeso/obesidad es casi el doble en varones (50%) frente a las mujeres (28,6%). El consumo energético se distribuye en ambos sexos: 36% de lípidos, 17-18% de proteínas y 43-44% de hidratos de carbono. La valoración nutricional refleja probable déficit en ambos sexos de consumo en ácido fólico, vitaminas D y E y calcio; en cuanto al hierro se aprecia déficit en mujeres. En ambos sexos el ICD es aceptable. El 36,2% de las mujeres y el 28,6% de los varones presentan valores séricos bajos de vitamina D menor de 20 ng/mL. Existe un aporte desequilibrado de macronutrientes y de grasas saturadas, así como de algunos micronutrientes. Por ello, creemos que es importante implantar programas de salud durante la etapa universitaria, a fin de evitar las conductas de riesgo (dieta no saludable) y de promover hábitos de saludables, independientemente del lugar habitual de alimentación (universitario o no).

Palabras clave: estudiantes universitarios, vitamina D, hierro, selenio, hábitos, Madrid



Consultar:

http://www.nutricion.org/publicaciones/revista_2013_33_01/ESTUDIO-NUTRICIONAL.pdf

- **Ram B Singh** y otros, “Nutrition in Transition from *Homo sapiens* to *Homo economicus*”. *The Open Nutraceuticals Journal*, nº 6 (2013) 6-17.

Abstract

The food and nutrient intake among Paleolithic *Homo sapiens*, hunter-gatherers and among Asian and *Homo economicus* Western populations shows marked variations. Economic development and affluence may be associated with a decrease in the consumption of omega-3 fatty acids, vitamins, antioxidants and amino acids and significant increase in the intakes of carbohydrates, (mainly refined), fat (saturated, trans fat and linoleic acid) and salt compared to the Paleolithic period. The protein or amino acid intake was 2.5 fold greater (33 vs. 13%) in the Paleolithic diet *Homo sapiens* compared to modern Western diet consumed by *Homo economicus* populations. Approximately 10,000 years ago, prior to the Agricultural Revolution, our diet was based on an enormous variety of wild plants. However, today about 17% of plant species provide 90% of the world's food supply which is mainly contributed by grains produced by fertilizer based on rapidly grown crops which may result in a decrease in nutrient density and increase in energy. Wheat, corn and rice account for three fourths of the world's grain production on which humans are dependent for their food supply. Grains are high in omega-6 fatty acids and carbohydrates and low in omega-3 fatty acids and antioxidants compared to leafy green vegetables. It has been estimated that diet of *Homo sapiens* was characterized by higher intakes by essential and nonessential amino acids, calcium, potassium, magnesium, flavonoids and w-3 fatty acids whereas modern Western diet of *Homo economicus* has excess of energy-rich refined carbohydrates, w-6, trans fat and saturated fat and low in protective nutrients. The consumption of such diets in wealthy countries in conjunction with sedentary behavior is associated with increased prevalence of morbidity and mortality due to noncommunicable diseases (NCDs).

Keywords: diets, health behavior, wealth, foods, nutrients, cardiovascular diseases.



Consultar:

<http://www.benthamscience.com/open/tonutraj/articles/V006/6TONUTRAJ.pdf>



- **Christina L Wong** y otros, “Consumer attitudes and understanding of low-sodium claims on food: an analysis of healthy and hypertensive individuals”. *The American Journal of Clinical Nutrition* (2013) doi: 10.3945/ajcn.112.052910.



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Para más información, consultar:

<http://ajcn.nutrition.org/content/early/2013/04/10/ajcn.112.052910.abstract?ct=ct>

• **Wojtek Jan Chodzko Zajko, Andiara Schwingel y Vicente Romo Pérez**, “Un análisis crítico sobre las recomendaciones de actividad física en España”. *Gaceta sanitaria*, Vol. 26 nº 6 (2012) 525-533.

Resumen

Objetivo: Identificar los documentos oficiales de las comunidades autónomas en España que contengan recomendaciones sobre actividad física, para evaluar el grado de conformidad con las recomendaciones sobre actividad física para la salud de la Organización Mundial de la Salud (OMS).

Métodos: Se realizó un análisis de contenido sobre 55 documentos de las consejerías de sanidad de los distintos gobiernos autonómicos que contienen recomendaciones sobre actividad física.

Resultados: El 84% de las comunidades autónomas en España hacen algún tipo de recomendación sobre actividad física aeróbica y el 37% sobre fortalecimiento muscular. Sin embargo, las que tienen documentos en consonancia con los criterios de la OMS son: actividad física aeróbica (n=11, 58%), personas adultas (n=10, 53%), personas mayores (n=5, 26%), infancia/adolescentes (n=1, 5%); fortalecimiento muscular, personas adultas (n=6, 32%), personas mayores (n=3, 16%), infancia/adolescentes (n=1, 5%); equilibrio (n=5, 26%); al menos 10 minutos continuados de actividad física (n=6, 32%); recomiendan hasta 300 minutos semanales (n=10, 53%); intensidad de la actividad física (n=2, 11%).

Conclusiones Las recomendaciones hacen referencia a la actividad física aeróbica y apenas tienen en cuenta el fortalecimiento muscular. Una comunidad autónoma se ajusta a las recomendaciones de la OMS. Las comunidades con mayores índices de envejecimiento y mayor porcentaje de infancia/adolescentes casi no hacen recomendaciones sobre actividad física de acuerdo con las directrices de la OMS.

Publicidad



• **Paul Biegler y Patrick Vargas**, “Ban the Sunset? Nonpropositional Content and Regulation of Pharmaceutical Advertising”. *The American Journal of Bioethics*, Vol. 13 nº 5 (2013) 3-13.

Abstract

The risk that direct-to-consumer advertising of prescription pharmaceuticals (DTCA) may increase inappropriate medicine use is well recognized. The U.S. Food and Drug Administration addresses this concern by subjecting DTCA content to strict scrutiny. Its strictures are, however, heavily focused on the explicit claims made in commercials, what we term their “propositional content.” Yet research in social psychology suggests advertising employs techniques to influence viewers via nonpropositional content, for example, images and music. We argue that one such

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technique, evaluative conditioning, is operative in DTCA. We further argue that evaluative conditioning fosters unjustified beliefs about drug safety and efficacy, antagonising the autonomy of viewers' choices about advertised medicines. We conclude that current guidelines are deficient in failing to account for evaluative conditioning, and that more research and debate are needed to determine the permissibility of this and other forms of nonpropositional persuasion.

Keywords: advertising, pharmaceuticals, conditioning, ethics, autonomy, knowledge

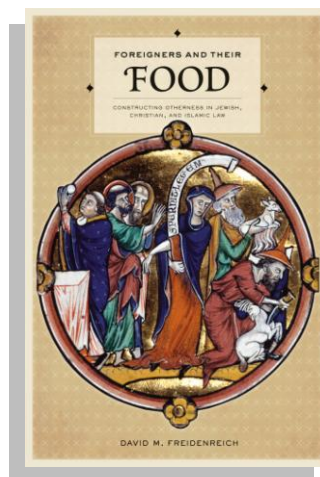
Libros y otros documentos



- **Caroline Scott-Thomas**, "Trans fat reduction policies are working to reduce consumption, says WHO". *Food navigator.com* (2013).



Consultar: <http://www.foodnavigator.com/Legislation/Trans-fat-reduction-policies-are-working-to-reduce-consumption-says-WHO>



- **David M. Freidenreich**, "Foreigners and Their Food - Constructing Otherness in Jewish, Christian, and Islamic Law". University of California Press (2011) 352 págs.

Para más información: <http://www.ucpress.edu/book.php?isbn=9780520253216>



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