



Adrian Colomer Winter

International University of Valencia, Spain

Relationship between information destitution on food security and health risks during food utilization in the population of Piura (2018)

The present research work is entitled "Relationship between information deprivation on food security and health risks during food consumption in the population of Piura (2018)." The report has been made due to the growing statistics of coronary metabolic diseases that are registered in Peru, and especially Piura, due to the deficient patterns of food consumption. It is for this reason that the perception of the risk that consumers have about food and the knowledge associated with the potential danger of developing diseases was analyzed. Another of the justifying reasons for the development of this report is the scarce coverage of the media on food security, considering that more than fifty percent of the causes of death in Peru are due to diabetes and cardiovascular afflictions. This thesis should take into account some fundamental principles such as innocuity, consumer trends, theories about cognitive deficit, risk communication, the rate of scientific literacy, the manipulation of neurointelligence in the labeling of food packaging as a means of confusion to the consumer for the adequate nutritional information interpretation of the food; coinciding with the proposal of the "Public Understanding of Science" the need of citizenship to have a wide range of understanding of terms and constructs sufficient to understand a significant number of events in daily life, including reading and understanding the label of a food package. The methodology applied was observation; to take a close look at the most common and frequent eating habits of the Piura population during their visits to the main supermarkets in the city. Correlatively, a questionnaire was executed by means of a "survey" file to contrast the similarity between what was observed and what was answered

in the interviews. Finally, in order to demonstrate the omissions on nutritional information in food labels, a metabolic analysis has been applied by high efficiency liquid chromatography to quantify the metabolites with genotoxic potential not declared in the foods sold by the companies. The results shows that 39.7% and 14.7% of the asked participants answer that the frequent consume of high carbohydrates (rice, yucca, and potatoes) do not constituted a cardio metabolic (diabetes) risk for the health. The first one percentage answer with a categorical denial and the second one affirms that it is a myth. Correlatively, this result is related to the 4442 kilocalories average consumed per day of Piura population, specifically the low physical activity index, in numbers, 270.39 kcal per day burning average plus 1572.74 kcal of basal metabolism give a daily spend of 1843.13 kcal. The present quantity associated with the daily 4442 kcal consumption manifest an excess of 2578, 87 non-burned kcal that is going to be transformed in fats and glucose in the blood; which is a cardiovascular risk factor for Piura people. Finally, it was found 9mg/kg of hydroxyl methylfurfural (carcinogenic substance) in chocolate bars samples which are not declared as a quality and innocuous standard at the nutrition facts.

Biography: Adrian Colomer Winter is the CEO of Productos agrícolas del alto Piura (Agricultural products of the high Piura) and working under the project "Introduction of a preenzymatic treatment and a rapid vacuum cooking system for the reduction of 50% acrylamide in carob syrup, and exportation to the German market".

colomerwinter@gmail.com