

Consumption of Pasta and Carbohydrates in Argentina

Sergio Britos

Nutritionist

Professor of Food Policy and Food Economy, University of Buenos Aires
Director of the Center of Studies in Food and Economy Policies (CEPEA)



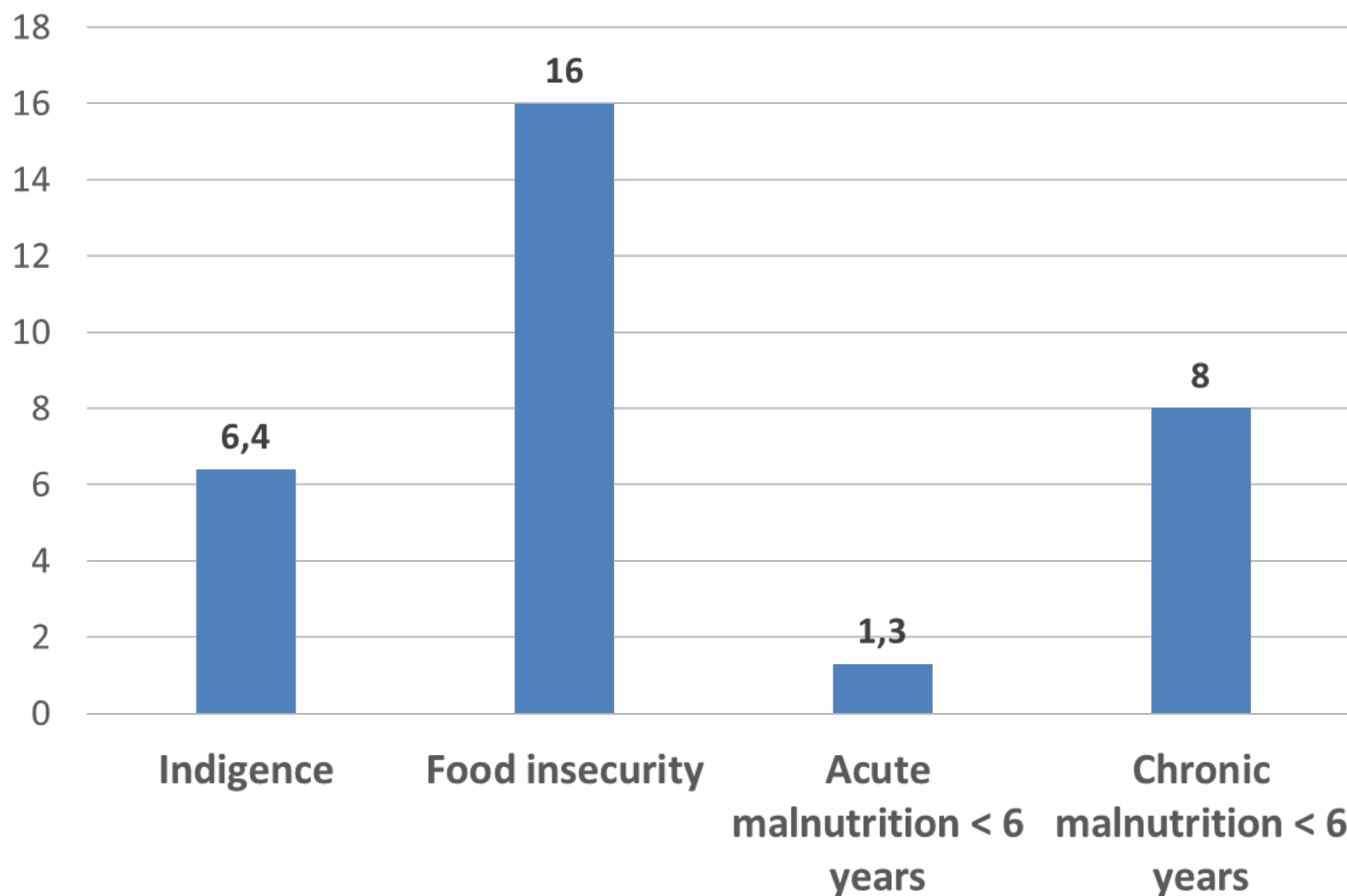
Contents

- 🌱 A brief of Argentina food & nutrition situation
- 🌱 Cereal and pasta uses and patterns
- 🌱 The issue of carbohydrates and the need for specific messages about its pattern consumption

Argentina

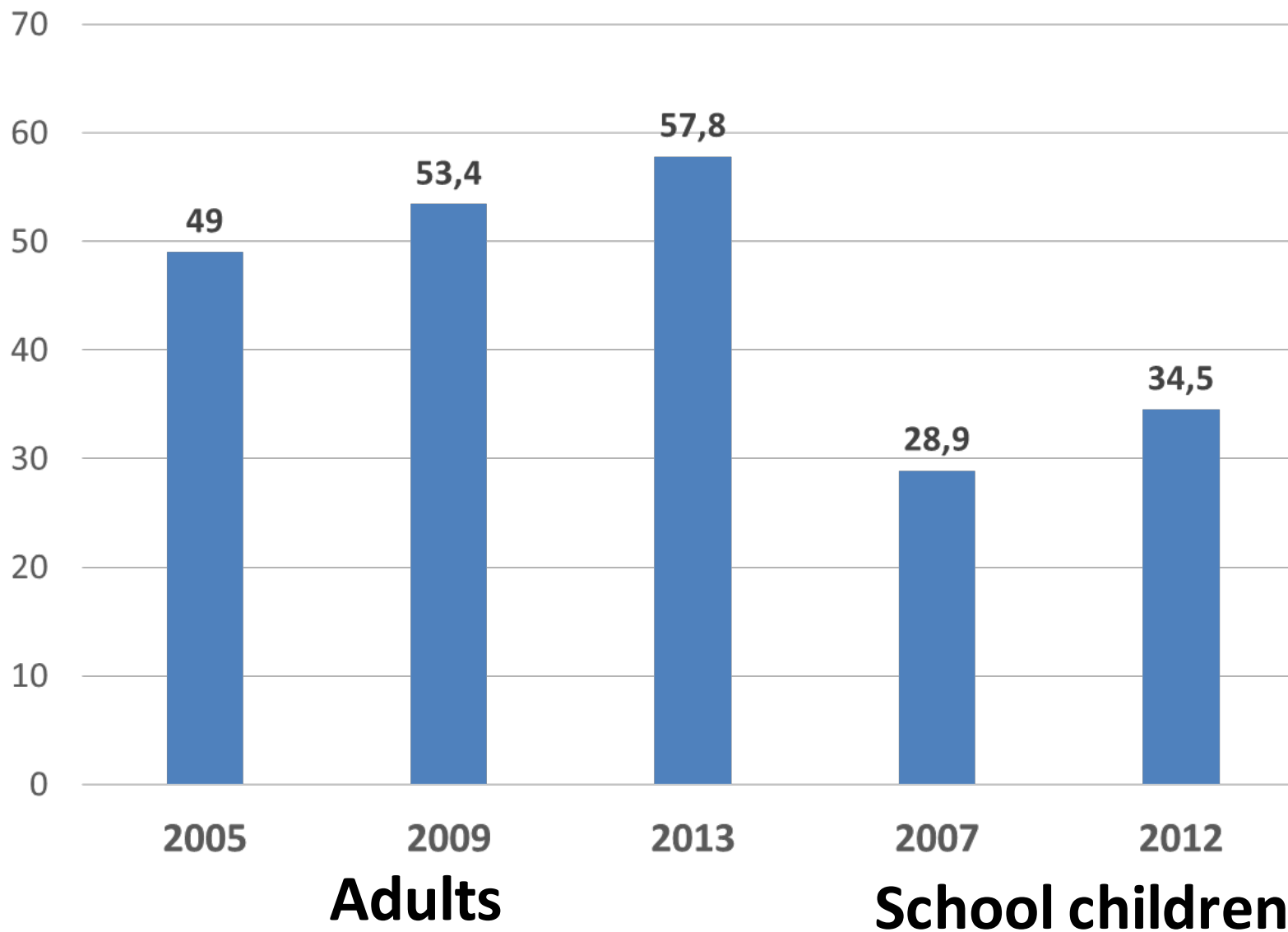
- 🌾 42 million people
- 🌾 Produces food (calories) for 442 million diets of 2000 kcal
- 🌾 Availability: 3000 kcal/person/day
- 🌾 One of the highest annual per capita consumption of carbonated drinks (118 l); bread (70 kg); meats (120 kg); biscuits (10 kg)
- 🌾 Almost 30% of total calories from discretionary foods
- 🌾 Almost 46% of total calories from sugars and refined wheat flour processed products

Food insecurity and malnutrition



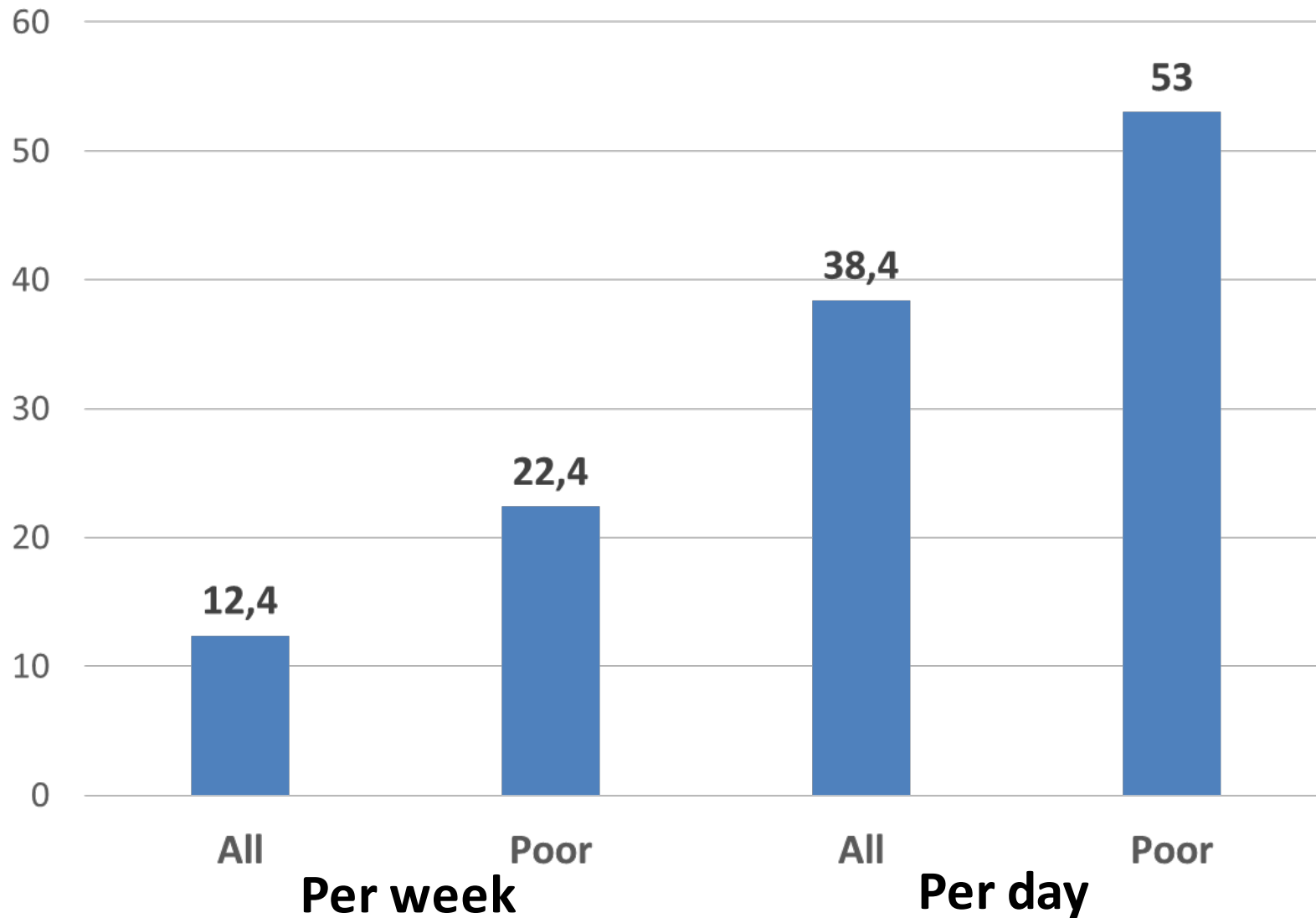
Source: Catholic University and Ministry of Health

Overweight and obesity



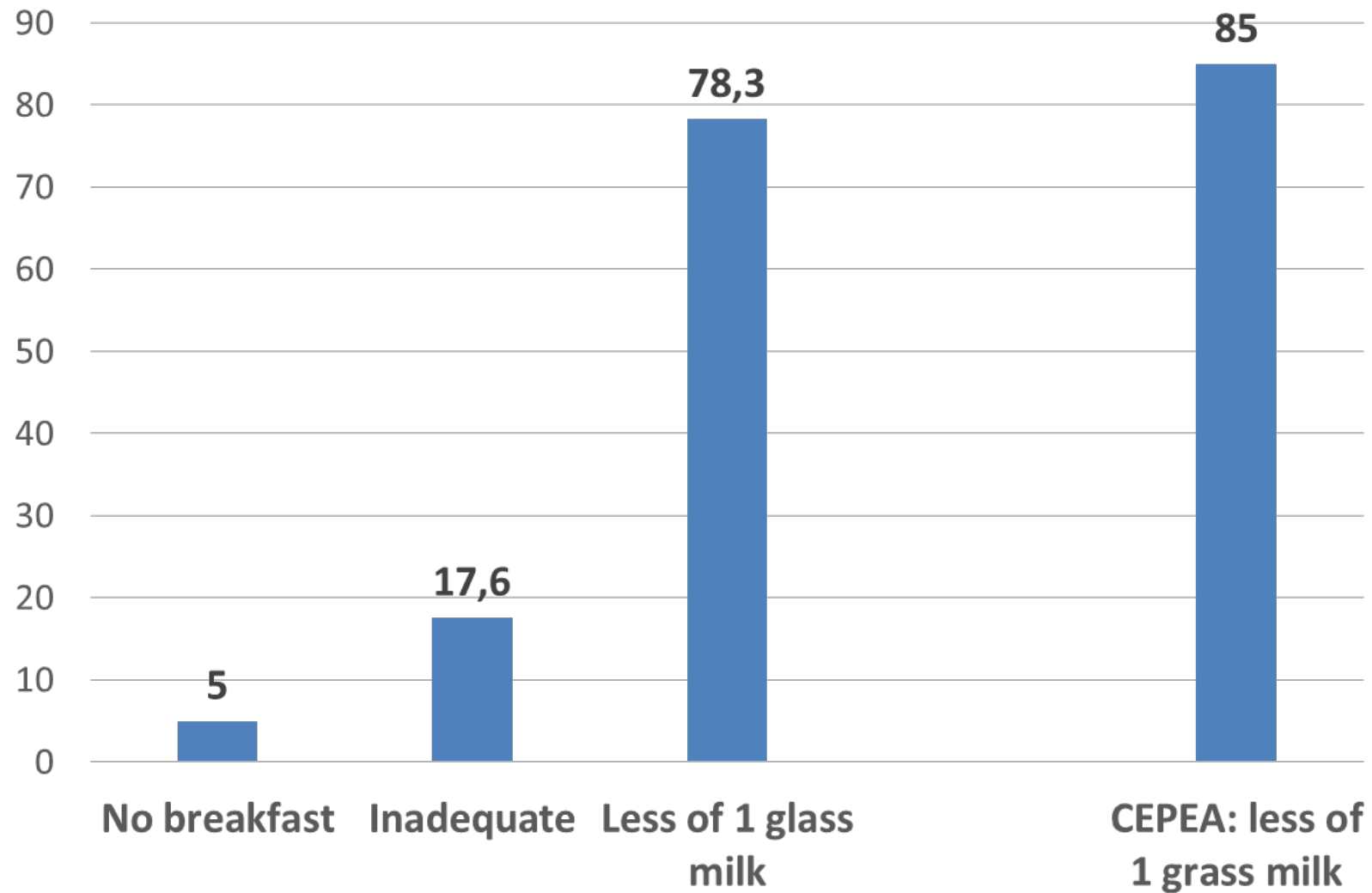
Source: Ministry of Health

Poor quality diet: simultaneous deficit of high nutrient density foods



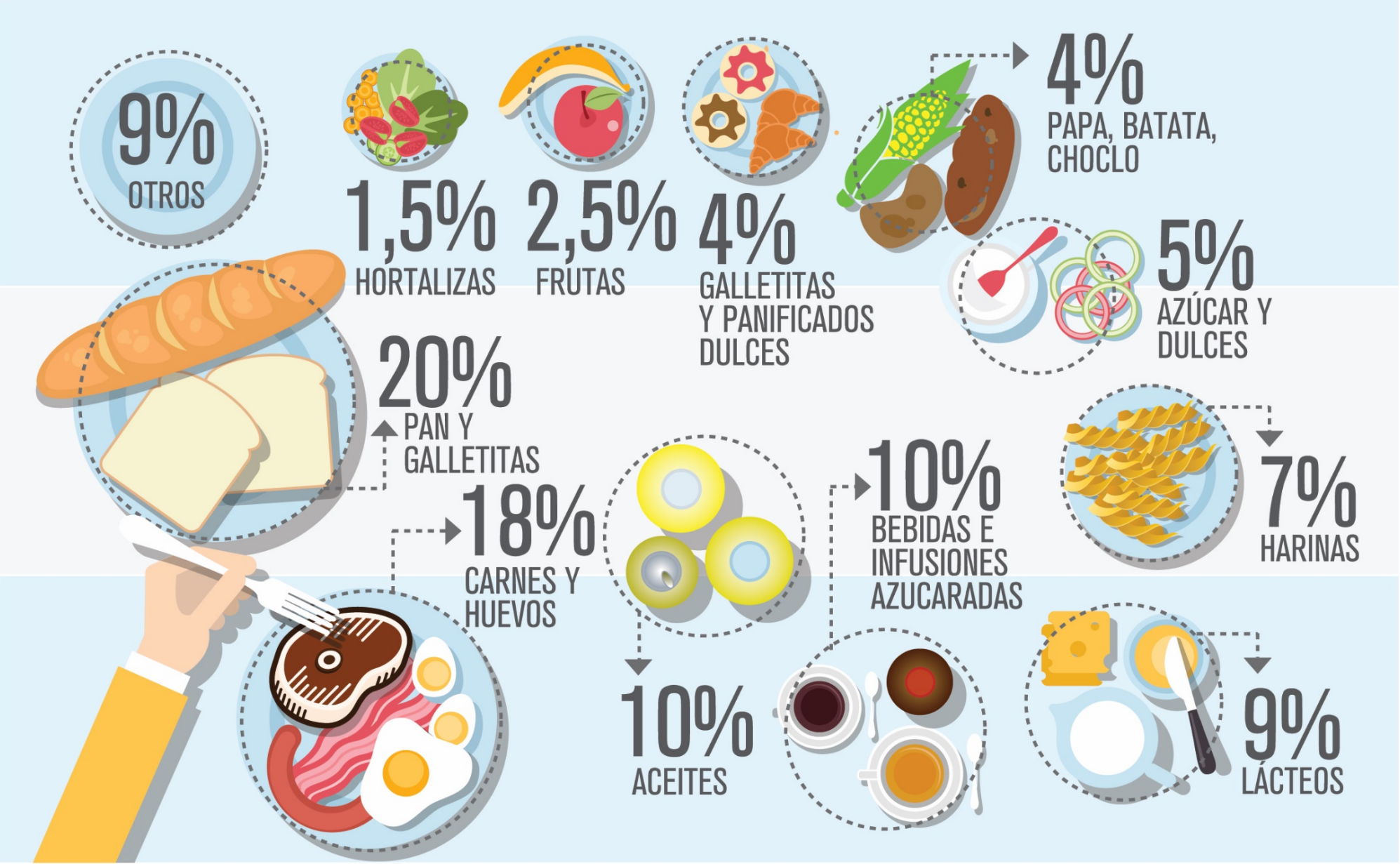
Source: Catholic University

Breakfast quality



Source: Catholic University and CEPEA

PLATO PROMEDIO ARGENTINO



Pasta and the wheat chain

Production

- 9,4 millions tn

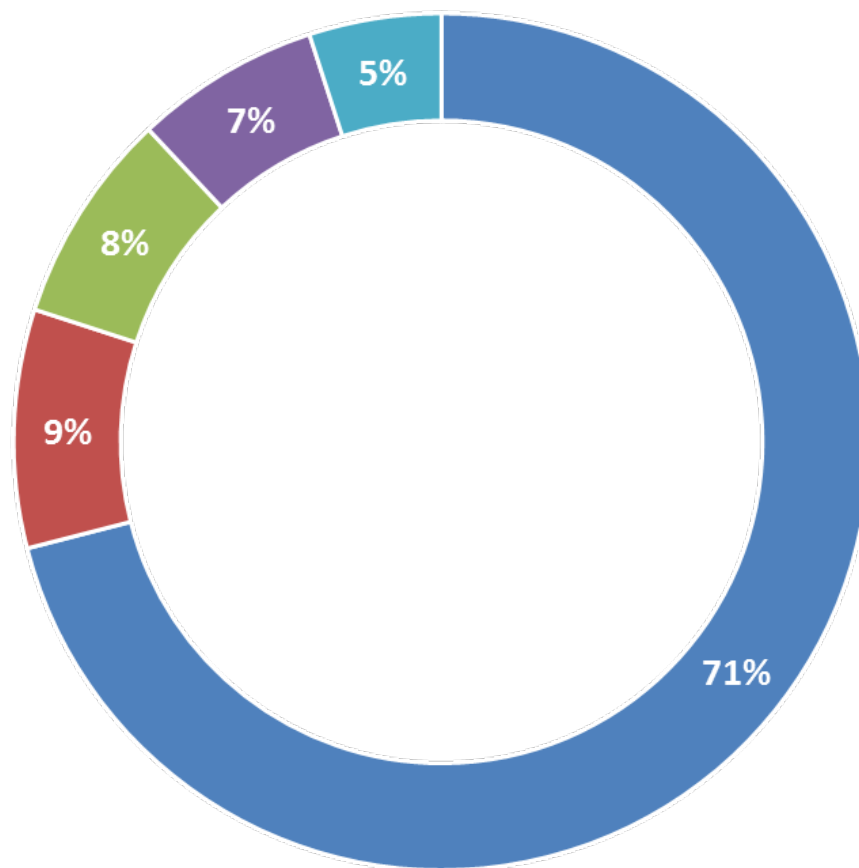
Milling for domestic consumption

- 3,9 millions tn (71% for bread; 9% for pasta; 8% for packaged flour; 7% for biscuits; 5% for processed bread)

Final products

- Dried Pasta: 7,7 kg /person/year
- Not dried pasta: 1,4 kg /person/year
- Artisanal pasta: 0,3 kg/person/year

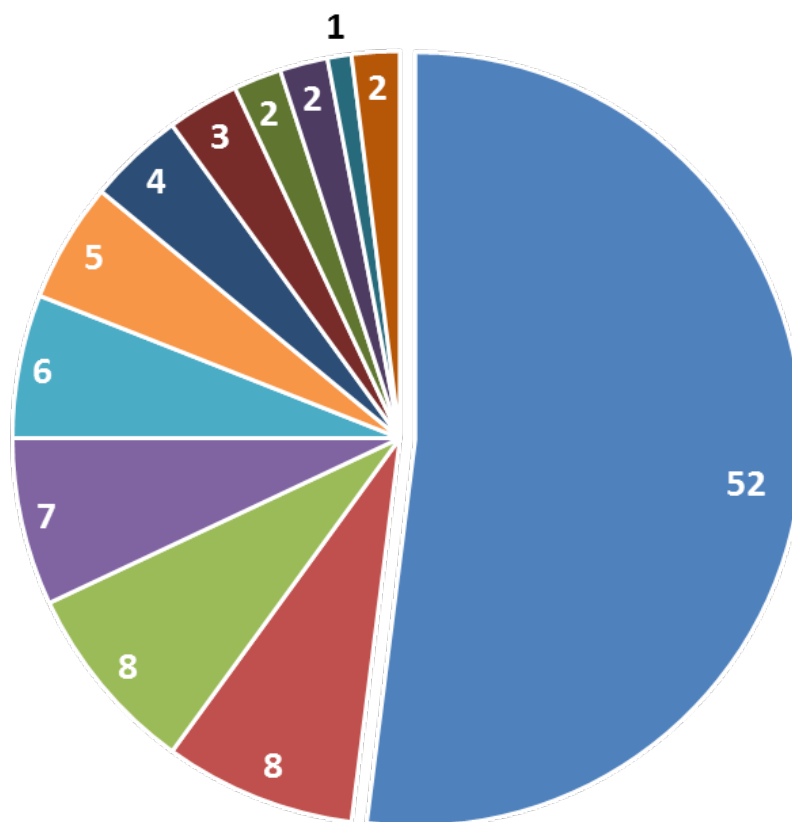
Industrial use of wheat flour



■ Bakery ■ Pasta ■ Biscuits ■ Packaged flour ■ Processed bread

Cereal (and legumes) consumption pattern, (% of total) Argentina 2013

120 kg /year
980 kcal /day



■ Bread

■ Rice

■ Not dried pasta

■ Sweet biscuit

■ Crackers

■ Corn flour

■ Dried pasta

■ Sweet bakery products

■ Legumes

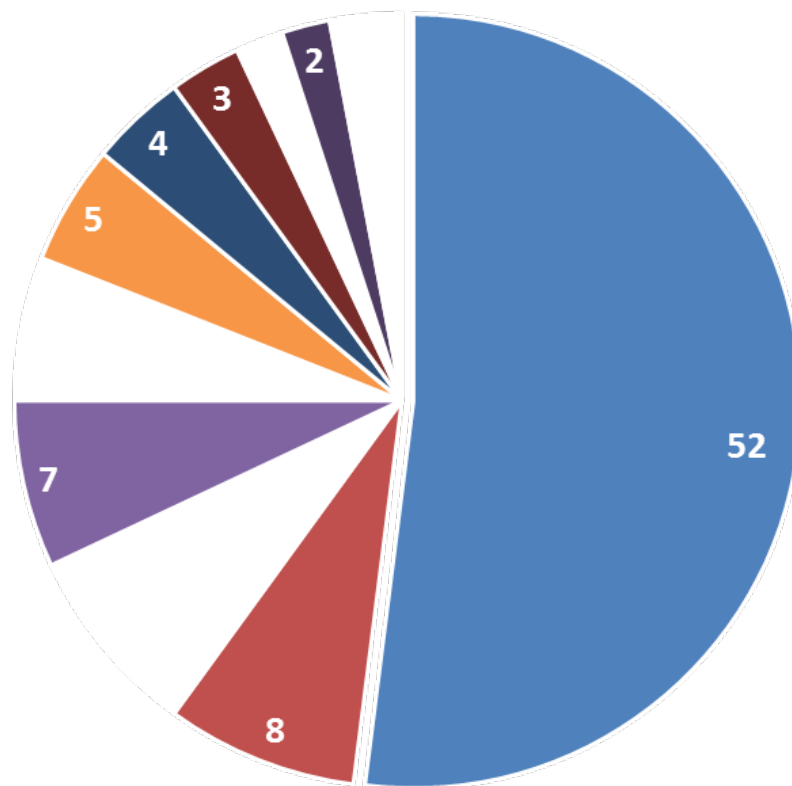
■ Wheat flour

■ Packaged bread

■ Others

Cereal (and legumes) consumption pattern,

Bakery and refined wheat flour products



■ Bread

□ Rice

□ Not dried pasta

■ Sweet biscuit

■ Crackers

■ Corn flour

□ Dried pasta

■ Sweet bakery products

□ Legumes

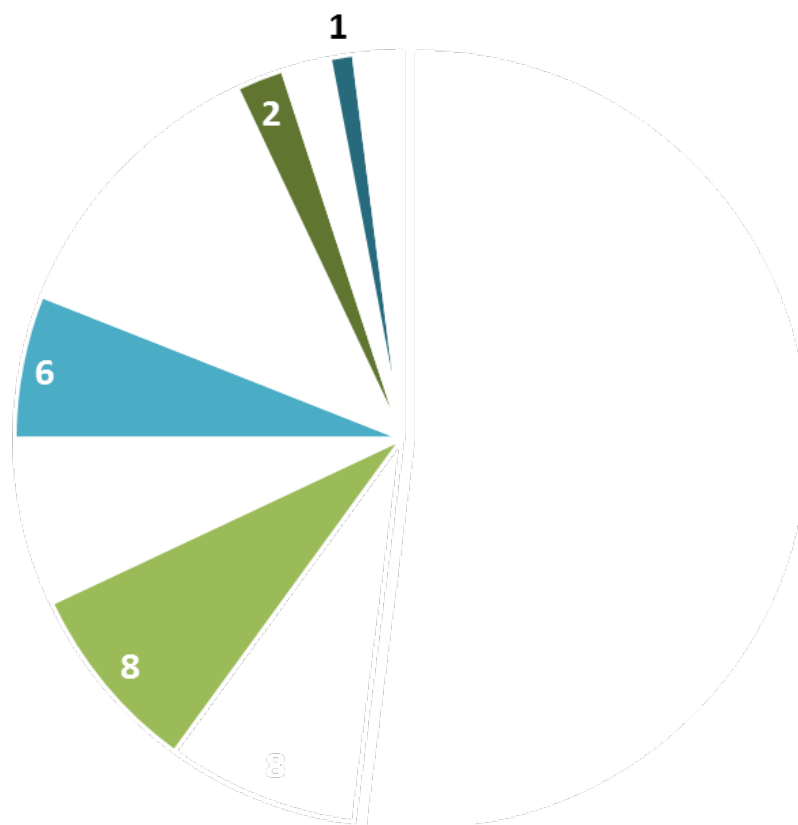
■ Wheat flour

■ Packaged bread

□ Others

Cereal (and legumes) consumption pattern,

Pasta, rice and legumes



□ Bread

■ Rice

■ Not dried pasta

□ Sweet biscuit

□ Crackers

□ Corn flour

■ Dried pasta

□ Sweet bakery products

■ Legumes

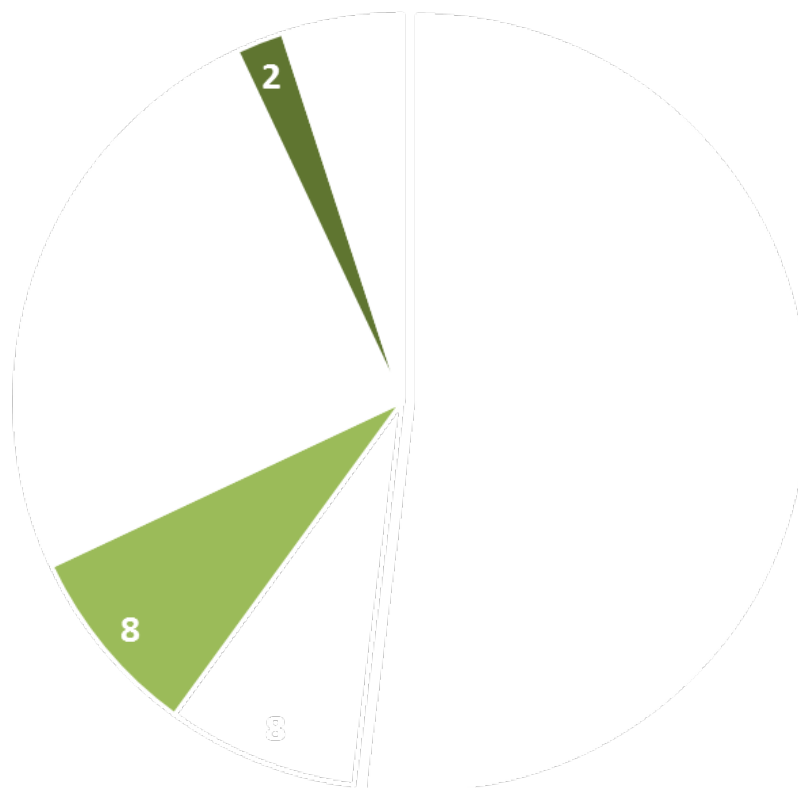
□ Wheat flour

□ Packaged bread

□ Others

Cereal (and legumes) consumption pattern,

Only Pasta



☐ Bread

☐ Rice

☒ Not dried pasta

☐ Sweet biscuit

☐ Crackers

☐ Corn flour

☒ Dried pasta

☐ Sweet bakery products

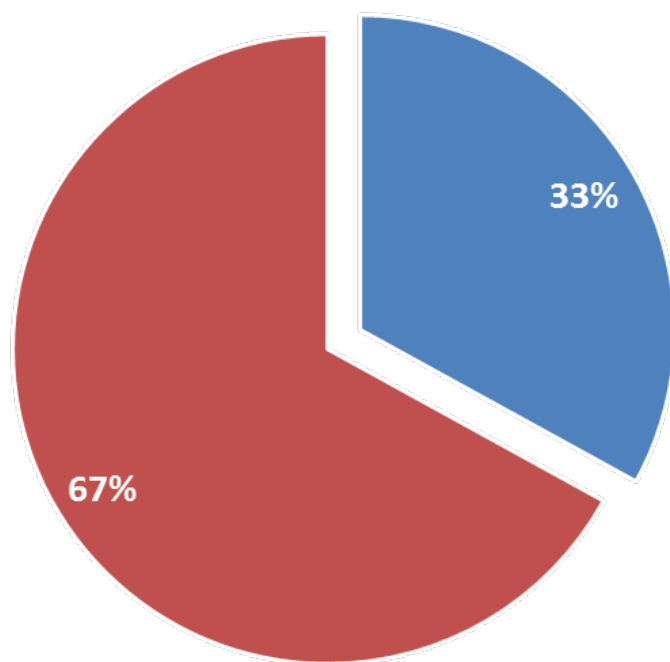
☐ Legumes

☐ Wheat flour

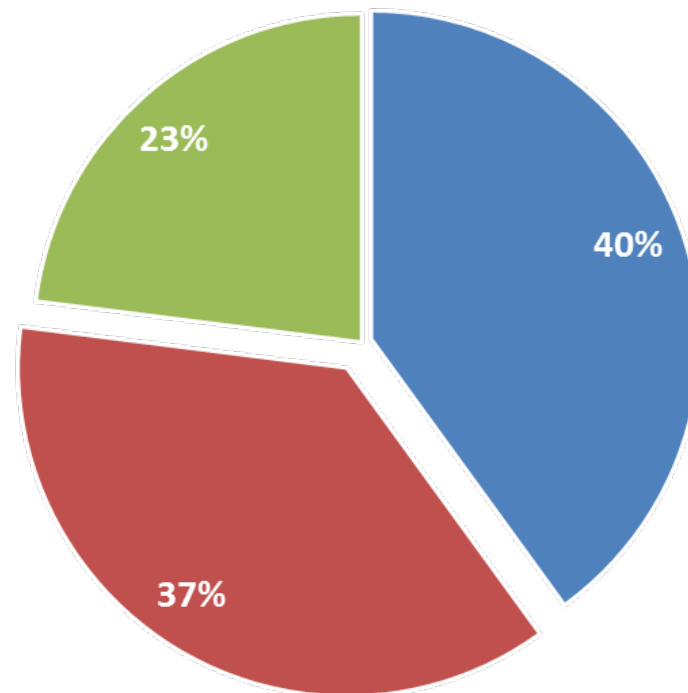
☐ Packaged bread

☐ Others

Pasta pattern



■ durum wheat ■ Not durum



■ Stew (guiseros) ■ Spaghetti and similars ■ For soup and others

Argentina

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Carbohydrates source classification (CEPEA)

Highest nutrient density (150)

- Milk
- Vegetables
- Fruit
- Slow release carbohydrates (grains, legumes, brown rice, oat, durum pasta)

Medium nutrient density (5)

- Bread
- Biscuits / bakery
- Potatoes
- Rapid release carbohydrates (refined flour based products)

Minimal nutrient density (-40)

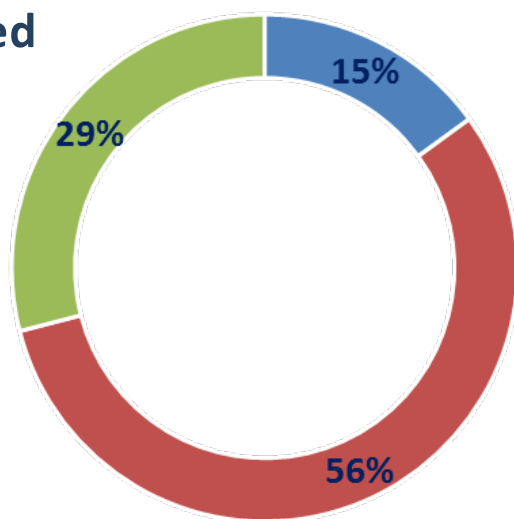
- Sugars
- Sugar sweetened Beverages (SSB's)

Nutrient density score: (Σ % RDA/100 kcal nutrients to encourage - Σ % RDA/100 kcal nutrients to limit)

Carbohydrates source classification

% of total

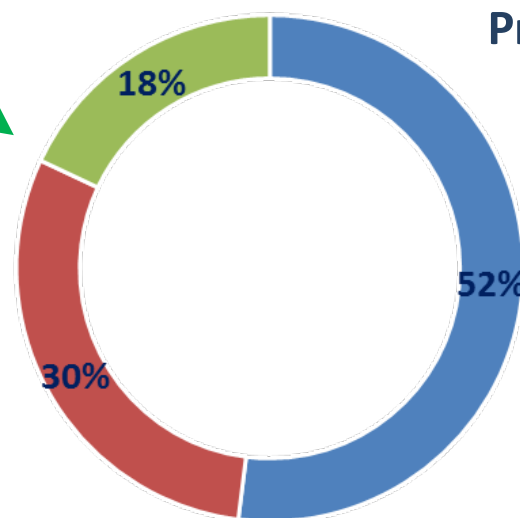
Observed



■ Highest nutrient density ■ Medium ND

■ Minimal ND

Proposed

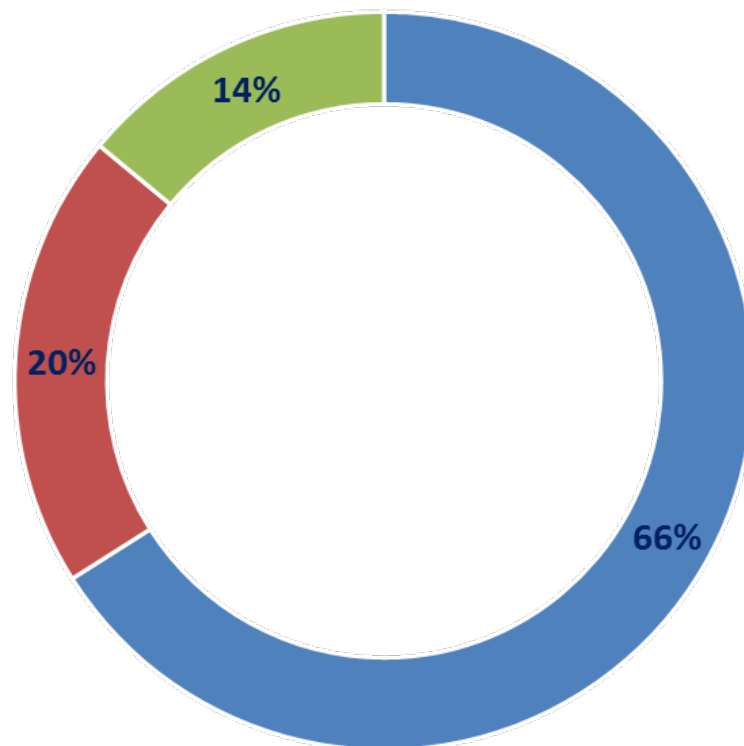


■ Highest nutrient density ■ Medium ND

■ Minimal ND

Food classification by its nutrient density

% de total calories



■ Highest nutrient density ■ Medium ND ■ Minimal ND

3 LÁCTEOS

VERDURAS Y
FRUTAS VARIAS

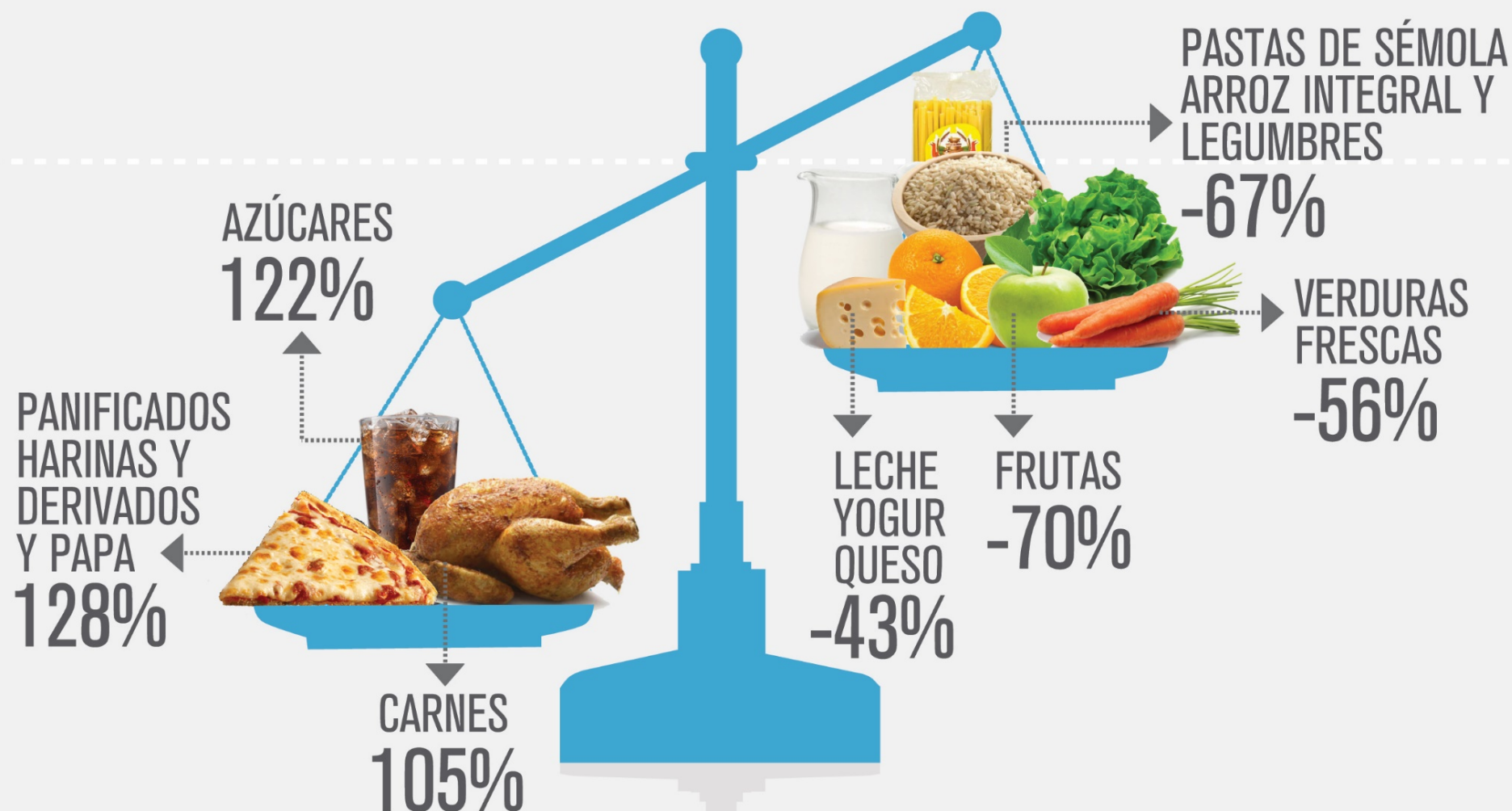
AGUA 8 VASOS

PASTAS DE SÉMOLA
ARROZ INTEGRAL
LEGUMBRES

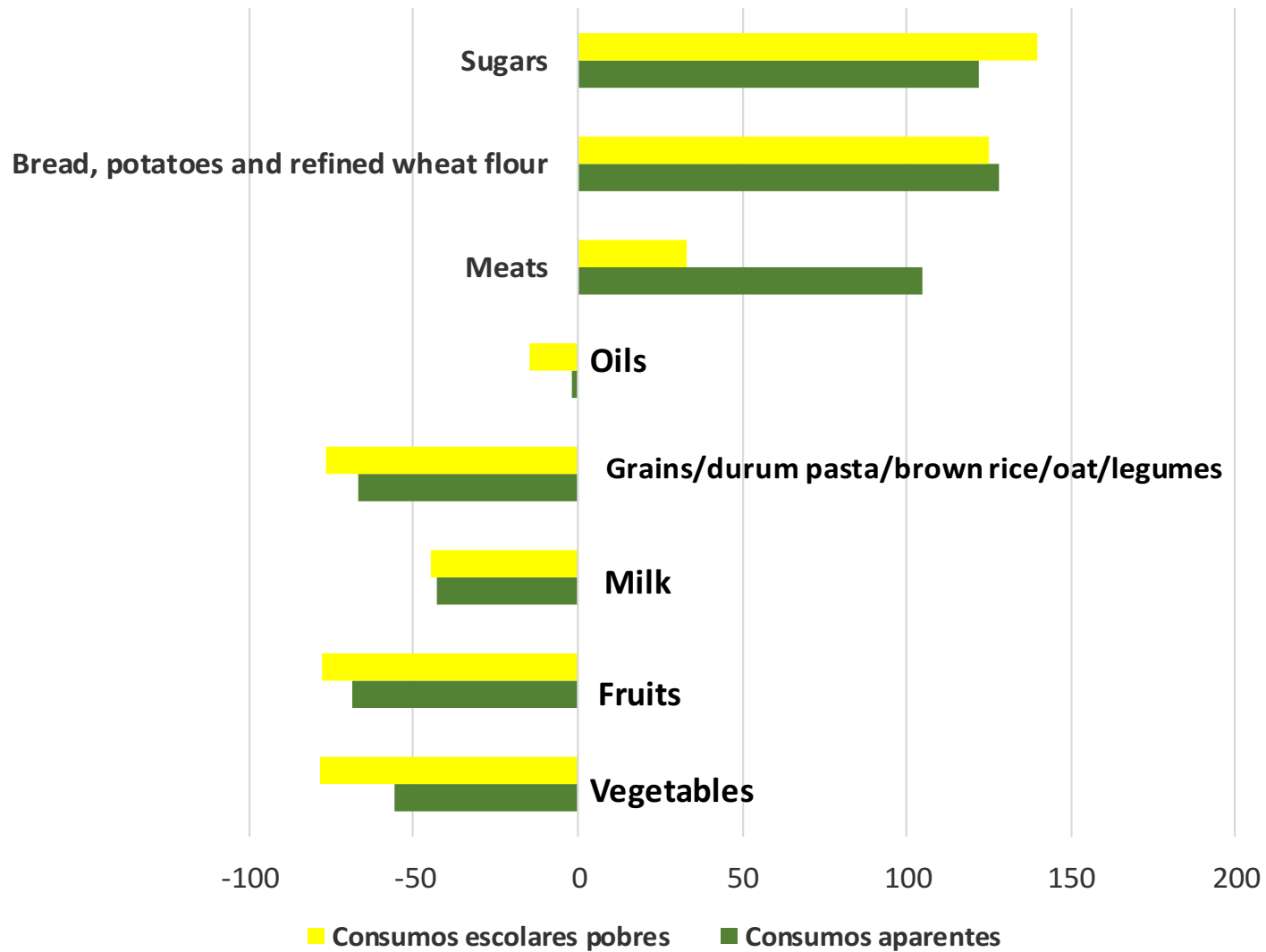
CARNES Y HUEVO

PAPA, BATATA,
CHOCLO, HARINA,
PIZZA

BRECHAS ALIMENTARIAS DE LA DIETA PROMEDIO ARGENTINA



Food gaps 2013



New (2015) Food Guides in Argentina



Cereals as a whole group, despite the wide variety of nutrient density

Agenda

- 🌱 Promote the consumption of vegetables, fruits, milk
- 🌱 Also promote a progressive radical change in the whole cereal category consumption pattern
- 🌱 Eat more grains, legumes, oat, brown rice and durum pasta
- 🌱 Decrease refined flour based products
- 🌱 Decrease SSB's and drink more plain water

Agenda

- 🌱 Promote the consumption of vegetables, fruits, milk
- 🌱 Also promote a progressive radical change in the whole cereal category consumption pattern
- 🌱 Eat more grains, legumes, oat, brown rice and durum pasta
- 🌱 Decrease refined flour based products
- 🌱 Decrease SSB's and drink more plain water
- 🌱 If there are campaigns like:
 - 🌱 3 milks/day;
 - 🌱 5 a day;
 - 🌱 mum, daddy I prefer water;
 - 🌱 why not think about one to promote pasta and high nutrient density cereals ?

sbritos@cepea.com.ar

www.cepea.com.ar

FB: cepealimentacion