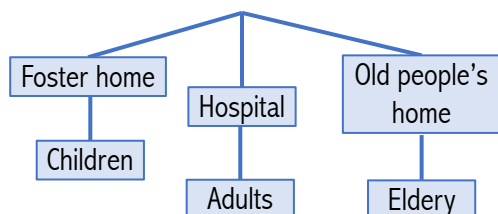


QUALITATIVE EVALUATION OF DIFFERENT DIETS FROM THREE COLLECTIVE RESTORATIONS ACCORDING TO THE FOOD PYRAMID

OBJECTIVE:

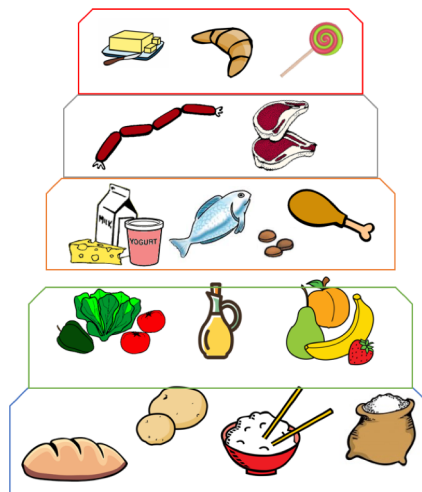
To verify in a qualitative way if the different diets of three collective restorations meet the established guidelines of the food pyramid.

Collective restorations studied



RESULTS:

FOOD GROUPS:



Food group	Recomendation	Foster home	Hospital	Old People's home
		Deficiency and excess per week		
Cereals	4-6 servings/day	-2	-3	-9
Vegetables	≥ 2	-2	-4	-3
Fruits	≥ 3	-7	-13	-9
Dairy	2-4 servings/day	0	0	-1
White meat	3-4 servings/week	+2	0	0
Red meat	occasionally	+9	+9	+4
Fish	3-4 servings/week	+2	0	0
Legumes	2-4 servings/week	0	0	0
Eggs	3-4 servings/week	-3	0	-1
Fats	Occasionally	+3	+5	+5
Sweets	Occasionally	+12	+9	+10

CONCLUSIONS

- **Any** of the collective restorations that have been studied reach the established guidelines of the food in **cereals, vegetables and fruit**.
- **All** the collective restorations that have been studied exceed the established guidelines of the food pyramid in **red meat, fats and sweets**.
- **All** the collective restorations that have been studied meet the established guideline of the food pyramid in **legumes**.