

THE STRUCTURE OF THE AVERAGE DAILY FOOD CONSUMPTION OF CALORIES PER PERSON IN 2019-2020

HULEA ADELINA CRISTINA¹, STEFAN DENISA FLORENTA¹, PETROVICI DENISA LORENA¹, IOANA MIHAELA BALAN¹, REMUS GHERMAN¹

¹University of Life Sciences "King Mihai I" from Timisoara, Faculty of Management and Rural Tourism, Romania

*Corresponding author's e-mail: huleaadelina212@yahoo.com

Abstract: The number of calories required differs from one individual to another, depending on a number of factors such as age, weight, height, but also how the metabolism works. A man can consume up to 2500 calories a day to maintain his weigh, and 2000 calories for weight loss and for a woman, the average is 2000 calories a day to maintain her weight, and to get rid of 1 pound a week, a woman should limit to 1500 calories per day.

Key words: consume, calories, fats, products, energy

INTRODUCTION

The term 'calorie' refers to the unit of measurement of energy, namely, the amount of energy the human body consumes to function. Therefore, ingested food and drinks are converted into energy by the body, and calories are the abstract parameter of quantifying the energy supplied to the body through nutrition. [1, 2, 4]

Animal fats have a varied chemical structure and are found in animal tissues, eggs, milk and biological liquids. They usually contain unsaturated acids, having only simple bonds between carbon atoms. The only animal fat that contains lower saturated fatty acids is milk fat. In the diet, butttter is an essential product because it has a balanced ratio of essential fatty acids. Also, cow butter contains butyric acid which is beneficial to the immune system and digestive system. [3, 7]

Vegetable fats are generally unsaturated, liquid fats are found in oils obtained from fruits and seeds. There are also saturated vegetable fats: coconut lard, this helps to assimilate vitamins D and K by the body. The fats in avocados are unsaturated fats, they contain oleic acid. Oleic acid is beneficial for the nervous system and lowers blood cholesterol levels. Sunflower oil contains fats in which linoleic acid is included, it is necessary for growth and development of the body. [5, 6]

Vegetable fats prevent the occurrence of cardiovascular diseases, while animal fats, consumed in excess, are harmful to the body because they cause cholesterol rising.

Vegetable fats are beneficial to the nervous and digestive systems, they form cell membranes and are essential for the absorption of certain vitamins in the body. [10]

Animal fats are the body's main source of energy, they form the cell membranes, help the immune system and cause vitamin A to be assimilated. [8, 9]

The most consumed vegetable fats are the following:

- Sunflower oil
- Coconut oil
- Margarine, butter

Excessive consumption of vegetable fats can cause various reactions to the body, such as:

- cardiovascular disease
- obesity [11, 13]

The human body produces its own fat through excess calories. Fats with enough intake for a body can provide enough enrgia to an adult.

There are 3 types of natural fats:

- Saturated fat
- Monounsaturated fat
- Polyunsaturated fat [12, 14, 15]

MATERIALS AND METHODS

The study presents a research based on external data, pertaining the average consume of calories per person in 2019-2020, provided by the National Institute of Statistics from Romania. Those second-party external data were analyzed and interpreted by the authors, using established methods of analysis and interpretation.

The products from the first analyzed category are sugar and sugar products, vegetal fats, fruits and fruits products, vegetables and vegetal products, vegetables beans, melon, potatoes and cereals and cereals products. The products from another analyzed category are eggs, milk and milk products, fish and fish products, meet and meet products and animal fats.

RESEARCH RESULTS

The average annual consumption of food per capita was made up predominantly from products of plant origin.

Vegetables and vegetal products, vegetable beans and melons recorded a decrease of 0,2 kg compared to the previous year.

In 2020, vegetable fats recorded an increase of 0,3 kg compared to the previous year.

Cereal products and cereals were maintained at the same value in both 2019 and 2020.

Fruit and fruit products had a drop of 0,1 kg compared to the previous year.

Potatoes, cereals and cereals products and sugar and sugar products recorded the same value in both 2019 and 2020.

The highest amount of calories consumed in these two years, 2019 and 2020 is the one that comes from cereals and cereals products.

The lowest amount of calories consumed in 2019 and 2020 is the one that comes from vegetables and vegetal products, vegetables beans and melons. (Figure 1)

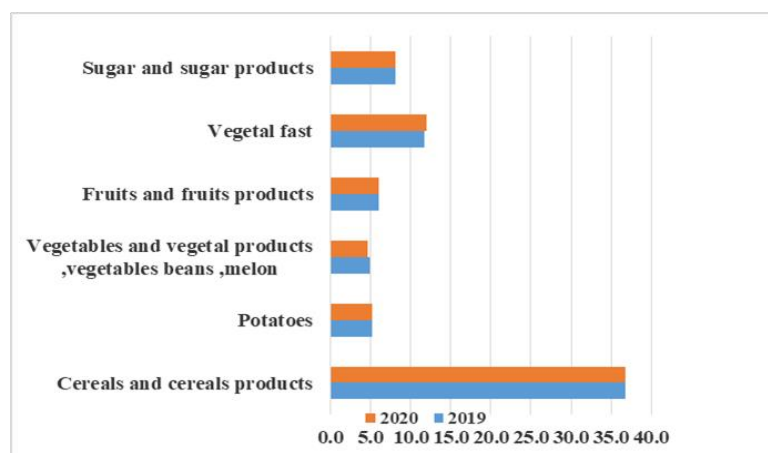


Figure 1. Calories of vegetable origin

Source: Original

Animal fats had an increase of 0,1 kg in 2020 compared to the previous year.
 Meet and meet products had a drop of 0,1 kg in 2020 compared to the previous year.

The average daily food consumption of animal calories per capita of the others produces, such as milk and milk products, eggs and fish and fish products has remained at the same value.

The highest amount of calories consumed in these two years, 2019 and 2020 is the one that comes from milk and milk products.

The lowest amount of calories consumed in 2019 and 2020 is the one produced from fish and fish products. (Figure 2)

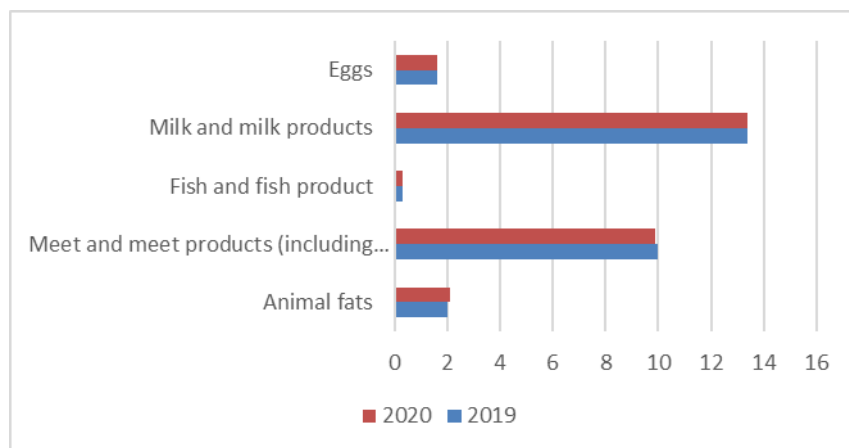


Figure 2. Calories of animal origin

CONCLUSIONS

As for the year 2020, the consumption of the products of the vegetable and animal origin did not change in large percentages compared to 2019.

The consumption of vegetable products is an annual component of food consumption and has an increase in some products of vegetable origin, like vegetal fats.

As regards the consumption of animal origin, very high increases are noted especially in the increase of the average annual consumption of meat and meat products, as well as the consumption of milk and milk products, fish and fish products.

The structure of the previous year is characterized by an increase in the share of consumption of animal products and a decrease in the share of products of plant origin.

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