



PLANTILLA DE PRESENTACIÓN DE ABSTRACTS PARA COMUNICACIÓN ORAL

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TÍTULO DE LA COMUNICACIÓN

¿Son los estereotipos de género una barrera a la adopción de dietas vegetarianas?

Are gender stereotypes a barrier to the adoption of vegetarian diets?

NOMBRE, APELLIDOS Y FILIACIÓN DE LOS AUTORES

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TIPO DE TRABAJO

TFG TFM Tesis Doctoral Otros

ABSTRACT

La dieta de los países occidentales, caracterizada por un elevado consumo de carne, afecta de forma significativa a la salud de la población y al medio ambiente debido a su impacto a nivel ambiental y de salud, al ser la principal fuente de proteína en nuestro entorno. Las dietas vegetarianas, que eliminan la carne y el pescado pudiendo o no incluir otros alimentos de origen animal, son en consecuencia una alternativa más saludable y sostenible a la dieta occidental. No obstante, dado que la alimentación es un proceso complejo, se ve afectado por multitud de aspectos (fisiológicos, psicológicos, socioeconómicos y ambientales). Los estereotipos de género, aquellas actitudes, conductas y actividades asociadas con la masculinidad o la feminidad, son un factor significativo que influye en el comportamiento alimentario. El presente artículo pretende aportar evidencia sobre el efecto de estos estereotipos en la aproximación de ambos sexos a las dietas vegetarianas. Concluimos que los estereotipos de género pueden promover la adopción de dietas vegetarianas en las mujeres y dificultarla en hombres. Estos hallazgos permitirán a las dietistas-nutricionistas elaborar intervenciones alimentarias más efectivas para mejorar la salud y reducir el impacto ambiental de la población.



Eating habits in Western countries have a significant effect on public health and the environment. The Western diet is characterized by a high intake of meat, which has a prominent environmental and health impact since it is considered its main protein source. Therefore, vegetarian diets, which avoid meat and fish and may not include other animal foods, are a healthier and more sustainable option than the Western diet. Nevertheless, eating behavior is a complex process and is influenced by several elements such as physiology, psychology, socio-economic status, and the environment. Gender norms, understood as the attitudes, practices and tasks traditionally viewed as feminine or masculine, are a major factor affecting eating habits. The objective of this review is to shed some light on the effect of gender norms on the approach of both sexes to vegetarian diets. The main conclusion is that gender norms would promote the adoption of vegetarian diets in women but would have the opposite effect on men. By applying these findings, dietitians could implement more efficient interventions to improve public health and reduce the environmental impact of the Western diet.

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CONFLICTOS DE INTERÉS

Ninguno