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Immigrant Teenagers Eat Healthier Than Spanish Teenagers



Research, carried out in the Basque Country and in Castille and Leon, has analysed for the first time the habits and attitudes of immigrants towards [nutrition](#). A total of 800 Spanish and immigrant teenagers participated in this research.

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- The study, carried out at the University of Granada (UGR), shows that [immigrant](#) teenagers eat much more fruit, vegetables, cereals and juice than Spanish teenagers. In addition, immigrant teenagers eat fewer snacks and sweets.

[Lorena Ramos Chamorro](#) - The author of this study has designed an educational programme based on nutrition and cultural variety. This programme has improved, practically by a factor of 100%, the [eating habits](#) of a group of students in the third year of Compulsory Secondary Education.

C@MPUS DIGITAL According to a study carried out at the Department of Experimental Sciences (Departamento de Didáctica de las Ciencias Experimentales), immigrant teenagers eat better than Spanish teenagers. For this reason, immigrant teenagers have a lower probability of suffering from obesity, [diabetes](#) and other cardiovascular diseases caused by bad eating habits. The study has not only analysed for the first time the habits and attitudes of immigrants towards nutrition, but it also has pointed out that interculturality applied to the eating field improves teenagers' health.

Lorena Ramos Chamorro is the author of this study, which has been directed by professors José Antonio Naranjo Rodríguez and Francisco González García. Lorena Ramos Chamorro has carried out more than 800 surveys among Spanish and immigrant teenagers in the Basque Country and Castille and Leon. Results of her research have shown that the eating habits of immigrants are much better than those of the Spanish, since they eat more fruit, vegetables, cereals and natural juice than Spanish teenagers. The research also concludes that immigrants eat fewer snacks and sweets. On the other hand, Spanish teenagers drink a higher amount of milk and are more aware of the importance of having breakfast, since 75% of them eat before going to school, although those immigrants that do eat breakfast eat a more complete one and devote more time to it.

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