Do Spanish children really eat the Mediterranean diet?

Currently we are in an inflection point of the Spanish diet. The previous generations, as far as they could, really have followed the Mediterranean diet, maybe because the Mediterranean products were cheaper but definitely because of the Geography and food resources leaded them to it. In Spain products like legumes, fish, vegetables or whole grain are really cheap, and most of our traditional dished are made with them, also fruit were consumed as a dessert or snack and they were considered something delicious.

Nowadays the Spanish lifestyle is changing and it is approaching the occidental American one in the unhealthiest way. Parents spend less time at home because of their job so they put less effort making healthier dishes, and many of them are simply fast food they buy on the way home. Eating out with friends is like a tradition here in Spain but we as kids prefer going to not so healthy restaurants were we mainly eat salt and flavored sauces. We also do no exercise and unlike other countries we sleep less ours than we should.

Although not all is bad news. As I said our parents and grandparents did ate in a healthier way, so some of that is remaining. Sometimes by force sometimes not, but we eat more fruit and vegetables than in other countries, also we cook with olive oil, so not everything is lost, we can still stop this change or even revert it and go back to our previous and healthier lifestyle. Schools and government advertisements are taking the lead by teaching the new generations how they should eat to have a healthy life so probably those bad habits wont ingrain in our society.

It’s true that we don’t have the healthy life that a Mediterranean country is supposed to have and there is a tendency of eating in an unhealthier way but we are aware of those changes and I hope we will solve this problem in a near future.

Juan Casado Ballesteros.