Hunger and Food Hygiene

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As every October 16th since 1979, this week we celebrated World Food Day, one of the most celebrated events in the UN calendar. And as every year, the World Health Organization reminded everyone about the importance of working towards tackling hunger around the world and raising awareness about making healthy choices. At GAN, we are passionate about this celebration, as food and gastronomy are what we work with every day. One of the major challenges that some people encounter regarding to food is making food choices that adapt to their lifestyle, life stage or even their own pathology. What do we mean with this? Here’s an example. 27% of people older than 76 years old live with dysphagia (or in other words, swallowing difficulties). It also affects a lot of younger people living with neurological disorders or certain types of cancers. This makes eating very hard and can lead to serious complications if it is not treated the right way, such as malnutrition, pneumonia or choking. And not only those it has medical consequences. People who suffer from dysphagia can become overwhelmed about their food choices since they can’t eat a lot of things that they were so used to enjoy. In order to help with this issue, we help in the development of special menus dedicated to those battling with any situation such as this. We include recipes adapted to each pathology’s need that are easy to make and safe to enjoy.

Figure 1

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