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| **Nurturing health through alternative food practices in Ecuador** |
| **Background/Objectives**While undernutrition remains a concern in Ecuador, the epidemic of obesity and associated chronic diseases are rapidly gaining ground. Women are particularly vulnerable to malnutrition, adversely affecting the prenatal and juvenile development of the entire Ecuadorian population, particularly in indigenous and rural communities. Ecuador however has several favorable conditions for sustainable development. With its rich biodiversity, the resilience of its Andean culture and its constitutional recognition of food sovereignty, Ecuador offers a good context for studying alternative food practices, with a positive potential for the health of people and the planet.We conducted a study in Ecuador on the relationship between diet quality and the acquisition of foods produced locally, through agroecology, or organic farming, practices that contribute to a sustainable food system.**Methods**The study is designed to allow comparisons between different styles of dietary practices in Quito, Riobamba and Ibarra, Ecuador. Data was collected in 2017 using a questionnaire administered by a group of trained interviewers.**Results**Multivariate analyzes suggest that agroecological food consumers have a higher nutritional quality than others, regardless of age, gender, place of residence, and education and income levels.**Discussion**These results contribute to scientific knowledge about the determinants of healthy eating and support the development of sustainable food systems.**Keywords**Sustainable food system, Agroecology, Nutrition, Healthy eating |