

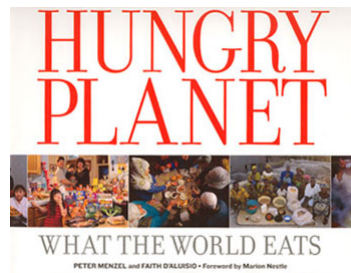
**[Hungry Planet: What the World Eats \(2005\)](#)**

*Peter Menzel, Faith D'Alusio*

<http://www.menzelphoto.com/books/hp.php>

Reportaje fotográfico de la comida que consumen en una semana  
30 familias de 24 países

<http://www.npr.org/templates/story/story.php?storyid=5005952>



Ángeles Carbajal Azcona. Departamento de Nutrición. Facultad de Farmacia. Universidad Complutense de Madrid

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<https://www.ucm.es/nutricioncarbajal/>



**GREAT BRITAIN:** The Bainton family of Clingbourne Ducis

**FOOD EXPENDITURE FOR ONE WEEK:** 155.54 British Pounds or \$253.15

**FAVORITE FOODS:** avocado, mayonnaise sandwich, prawn cocktail, chocolate fudge cake with cream

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**ITALY:** The Manzo family of Sicily. Giuseppe, 31, Piera Marretta, 30, Maurizio, 2, Pietro, 9, and Domenico, 7

**FOOD EXPENDITURE FOR ONE WEEK:** 214.36 Euros or \$260.11

**FAVORITE FOODS:** fish, pasta with ragu, hot dogs, frozen fish sticks. Giuseppe is a fishmonger, and the Manzoes live above the Capo Market in Sicily, where some of the world's tastiest fresh fish can be found. But Piera Marretta doesn't like fresh fish, so the seafood of choice in the household is frozen fish sticks. Pietro's favourite food is hot dogs.

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**FRANCE:** The Le Moines of Montreuil  
**FOOD EXPENDITURE FOR ONE WEEK:** 315.17 euros or \$419.95  
**FAVORITE FOODS:** Delphine Le Moine's Apricot Tarts, pasta carbonara, Thai food

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**GERMANY:** The Melander family of Bargteheide. Kjell, 10, Susanne, 43, Jörg, 45, and Finn, 14  
**FOOD EXPENDITURE FOR ONE WEEK:** 375.39 Euros or \$500.07  
**FAVORITE FOODS:** fried potatoes with onions, bacon and herring, fried noodles with eggs and cheese, pizza, vanilla pudding  
 Susanne tries to ensure that the Melanders eat nutritious foods and take supplements, though Jörg notes that his favourite dish is fried potatoes with onions, bacon, and herring. Susanne would like to buy only organic food, but it's simply too expensive.

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**BARGTEHEIDE, GERMANY: LOCAL SPECIALTY**

A row of **ROULADES** wait for the next step on a kitchen counter in the home of the Melander family. The recipe calls for beef, Dijon mustard, bacon, pickles and onions to be rolled, then browned in butter.

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**POLAND:** The Sobczynscy family of Konstancin-Jeziorna  
**FOOD EXPENDITURE FOR ONE WEEK:** 582.48 Zlotys or \$151.27  
**FAMILY RECIPE:** Pig's knuckles with carrots, celery and parsnips

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**KONSTANCIN-JEZIORNA, POLAND: COCKTAIL HOUR**

The Sobczynscy family watches a neighbor pour a round of absinthe, a strong green liqueur flavored with wormwood and anise

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**LUXEMBOURG: The Kuttan-Kasses of Erpeldange**

**FOOD EXPENDITURE FOR ONE WEEK:** 347.64 Euros or \$465.84

**FAVORITE FOODS:** Shrimp pizza, Chicken in wine sauce, Turkish kebabs

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**LUXEMBOURG - \$143.14**

The Lopes-Furtado family from Cabo Verde at home in Rodange, Luxembourg. Maria, 35, and her husband Ernesto, 47, a master mason who also renovated their own home, came to Luxembourg from Cape Verde as teenagers. Today most of their extended family lives in the Duchy

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Maria Natercia Lopes-Furtado, 35, and her four children: Darlene, 16; Melody, 14; Teddy, 9; and Lionel, 4, from Cabo Verde living in Luxembourg shopping for one week's worth of food at an Auchan super market across the border in France near their home. Grand Duchy of Luxembourg.

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**SARAJEVO, BOSNIA AND HERZEGOVINA — THE DUDO FAMILY:** Ensada, 32, Ibrahim, 8, Emina, 3, Amila, 6, and Rasim, 36. Despite Ensada's busy schedule, she does not rely on prepackaged foods. A typical dinner for the Dudos might consist of chicken stew served with ajvar (a preserved eggplant-and-red pepper spread) on slices of crusty bread. The children love to finish the meal with one of Ensada's homemade desserts, although they are just as happy with a store bought Kinder Surprise Egg. EXPENDITURE: \$90

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**SARAJEVO, BOSNIA: SUPERMARKET**

Ensada Dudo and her husband Rasim shop in one of the city's new gleaming stores. Although they continue to patronize the city's traditional butchers and outdoor green markets, the Dudos have come to rely more and more on the low prices and ample choices provided by big grocery stores.

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**SARAJEVO, BOSNIA: UNLOADING THE CAR**

The Dudos vividly remember the starvation their city endured during the many years of war. They are grateful that they can now buy enough food to fill up Rasim's taxi.

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**AUSTRALIA: The Browns of River View**

**FOOD EXPENDITURE FOR ONE WEEK:** 481.14 Australian dollars or US\$376.45

**FAMILY RECIPE:** Marge Brown's Quandong (an Australian peach) Pie, Yogurt

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**AUSTRALIA - \$303.75**

The Molloy family of Brisbane. John, 43, Natalie, 41, Emily, 15, and Sean, 5 on the backyard patio by their pool in Brisbane, on Australia's east coast, with one week's worth of food, in January. Cooking methods: stove, microwave, and outdoor BBQ grill. Food preservation: refrigerator-freezer. Favorite foods—John: prawns and chocolate. Natalie: fresh fruits and cheese. Emily: Mexican food and homemade dips. Sean: spaghetti Bolognese and lollies.

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Natalie Molloy at the grocery store checkout counter as she is shopping for her family's upcoming photo shoot.

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**RIVERVIEW, AUSTRALIA: TAKE-OUT TIME**

Three teenage girls enjoy the drinks and free gifts that came with their McDonald's Happy Meals. Although all three have roots in the Aboriginal community, they have little interest in outback cuisine. Mackas (Aussie slang for McDonald's) is presently their culinary mecca

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**CANADA:** The Melansons of Iqaluit, Nunavut Territory Shane, 6, Jacob, 8, Joseph, 10, Pauline, 34, and Peter, 30.

**FOOD EXPENDITURE FOR ONE WEEK:** US\$345

**FAVORITE FOODS:** narwhal, polar bear, extra cheese stuffed crust pizza, watermelon. The Melanson's favorite foods run the gamut from chocolate cereal (Shane) to narwhal and polar bear (Pauline) to donair (Peter). Pauline's father is an avid hunter and often supplies the family table with fresh meat.

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**CANADA - \$147.41**

The Finken family (Kirk, 43, Danielle, 50, Anna, 11, and Coco Simone, 16) of Gatineau, Quebec lives in a straw bale house a few blocks from Lac Deschenes. The Finkens try to eat locally produced organic fruit and vegetables and also grow vegetables in their front yard. The children are particularly fond of Indian food. Anna lists her favourite food as matar paneer, and Coco, who recently became a vegetarian, likes spiced lentils and chapatis.

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**UNITED STATES: The Revis family of North Carolina. Brandon, 16, Tyrone, 14, Rosemary, 40, and Ronald, 39**

**FOOD EXPENDITURE FOR ONE WEEK: \$341.98**

**FAVORITE FOODS:** spaghetti, potatoes, sesame chicken. The Revis family has struggled to lose weight at times, and Brandon and Tyrone, Rosemary's sons from a previous marriage, expressed shock at seeing the amount of food that everyone had consumed in a week. The family has since begun a new exercise program.

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**UNITED STATES:** The Fernandezes of Texas  
**FOOD EXPENDITURE FOR ONE WEEK:** \$242.48  
**FAVORITE FOODS:** Shrimp with Alfredo sauce, chicken mole, barbecue ribs, pizza

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**UNITED STATES:** The Caven family of California  
**FOOD EXPENDITURE FOR ONE WEEK:** \$159.18  
**FAVORITE FOODS:** beef stew, berry yogurt sundae, clam chowder, ice cream

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**JAPAN:** The Ukita family of Kodaira City. Maya, 14, Sayo, 51, Kazuo, 53, and Mio, 17

**FOOD EXPENDITURE FOR ONE WEEK:** 37,699 Yen or \$317.25

**FAVORITE FOODS:** In any given week, the Ukita family will eat at least a dozen types of fish and shellfish and three varieties of seaweed. Like many families in urban Japan, they eat out often. Kazuo's favorite food is sashimi; Maya's is potato chips. Only 2 percent of Japanese adults are obese.

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(c) Peter Menzel [www.menzelphoto.com](http://www.menzelphoto.com)

**OKINAWA, JAPAN - \$214.26**

The Matsuda family of Yomitan Village. Takeo Matsuda, 88, and his wife Keiko, 75, stand behind Takeo's mother, Kama, 100. Okinawas has the highest percentage of centenarians in the world. Compared to Americans, they eat much less meat and more fish, spend much less on health care and live longer. A common saying taught to children is Hara hachi bu "eat only until 80 percent full".

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**OKINAWA, JAPAN: MARKETPLACE**

A vendor at the Makishi public market in the town of Naha offers a sample of daikon to a potential customer. In the Makishi market, a vendor at one typical stall offers a potential customer a free sample of daikon (giant white radish). Other choices include bitter melon, prunes, pickled baby cucumber, cabbage, rakkyo (a root in the lily family), and many other delights.

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Brilliantly colored parrotfish dominate a stall in the Makishi public market in the Okinawan town of Naha. Meticulously clean, Japanese markets are a testament to the affluence of this island nation. Some scientists attribute this longevity to the island's unique, unbeatable combination of healthy eating habits, exercise, and low stress, as well as a community commitment to ensuring the quality of its older citizens' lives. Sadly, although the island is being studied for clues to the oldest generation of Okinawan's great longevity, studies say that the younger population will not live as long because of their diets higher in saturated fats and calories.

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**CHINA:** The Dong family of Beijing  
**FOOD EXPENDITURE FOR ONE WEEK:** 1,233.76 Yuan or \$155.06  
**FAVORITE FOODS:** fried shredded pork with sweet and sour sauce

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**WEITAIWU, CHINA — THE CUI FAMILY:** Haiwang, 33, Jinxian, 31, and (from left) Haiwang's father, Lianyou, 59, mother, Xianglian, 61, and grandmother, Wu, 79, and the couple's son, Yuqi, 6  
 The Cui family has a small plot of land outside their village, and they also grow tomatoes, cabbage, squash, and cucumbers in their courtyard. Because the government has granted them smaller plots of land in recent years, the family needs to purchase 90 percent of the food they eat. **EXPENDITURE:** \$65

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**WEITAIWU VILLAGE, CHINA: BICYCLE DELIVERY**

The Cui family carries goods home from the market on a **SANLUN CHE**, a type of three-wheeled cart.

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**KUNMING, CHINA: NOODLE SHOP**

Cooked in the celebrated style of the city of Guiyang (which is located 300 miles away), these egg noodles are served in a spicy broth and topped with chicken, beef, shiitake mushrooms or - most famously - pig intestines and blood.

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**BEIJING, CHINA: SNACK TRAY**

From left: skewered sea horses, cicadas and silkworm pupae are sold at a street market in Beijing.

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**MONGOLIA: The Batsuuri family of Ulaanbaatar**

**FOOD EXPENDITURE FOR ONE WEEK:** 41,985.85 togrogs or \$40.02

**FAMILY RECIPE:** Mutton dumplings

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**PHILIPPINES - \$49.42**

The Cabana family in their 200 square foot apartment in Manila. 46% of the population lives on less than \$2 per day. The Cabana family's favorite breakfast is salty bread, pan de sal, with Cheez Whiz. Seated are Angelita Cabaña, 51, her husband, Eduardo Cabaña, 56 (holding sleeping grandson Dave, 2), and their son Charles, 20. Eduardo, Jr., 22, his wife Abigail, 22, and their daughter Alexandra, 3, stand in the kitchen. Behind the flowers is the youngest son, Christian, 13. Cooking method: gas stove. Food preservation: none.

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Vendors selling a variety of vegetables at the Divisoria market, Manila, Philippines

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McDonald's fast food chain in Manila, Philippines

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**BHUTAN:** The Namgay family of Shingkhey Village  
**FOOD EXPENDITURE FOR ONE WEEK:** 224.93 ngultrum or \$5.03  
**FAMILY RECIPE:** Mushroom, cheese and pork

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**INDIA:** The Patkars of Ujjain. Neha, 19, Akshay, 15, Jayant, 48, and Sangeeta, 42

**FOOD EXPENDITURE FOR ONE WEEK:** 1,636.25 rupees or \$39.27

**FAMILY RECIPE:** Like most devout Hindus, the Patkars are vegetarians. A typical breakfast includes thinly sliced potatoes, onions, and chili peppers fried in vegetable oil and mustard seed, served with rice and chopped cilantro. Sangeeta notes that the Patkars are more flexible about their vegetarianism than her family was when she was growing up. Akshay, for one, says that he has eaten chicken and likes it.

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**MEXICO:** The Casales family of Cuernavaca

**FOOD EXPENDITURE FOR ONE WEEK:** 1,862.78 Mexican Pesos or \$189.09

**FAVORITE FOODS:** pizza, crab, pasta, chicken

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**HABANA, CUBA — THE COSTA FAMILY:** Lisandra, 16, Ramón Costa Allouis, 39, Sandra Raymond Mundi, 38, and Fabio, 6. In the early 1990s, the Costas, like many Cuban families, raised pigs in their courtyard, but nowadays meat is more readily available in Havana. Government food rations vary according to availability — a pound or two of protein and often coffee, sugar, salt, bread, beans, rice, and oil. EXPENDITURE: \$64

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**GUATEMALA:** The Mendozas of Todos Santos  
**FOOD EXPENDITURE FOR ONE WEEK:** 573 Quetzales or \$75.70  
**FAMILY RECIPE:** Turkey Stew and Susana Perez Matias's Sheep Soup

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**TODOS SANTOS, GUATEMALA: BUTCHERING THE MEAT**

Festival days are occasions for lavish feasts, for which Guatemalan families raise turkeys and sheep

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**ECUADOR:** The Ayme family of Tingo. Orlando, 35, and Ermelinda, 37 (at right), with seven of their eight children  
**FOOD EXPENDITURE FOR ONE WEEK:** \$31.55  
**FAMILY RECIPE:** Potato soup with cabbage. The Ayme family live for most of the year on food that they grow themselves. If they can afford it, on market days Orlando and Ermelinda indulge the family's sweet tooth by buying some brown cane sugar for everyone to nibble on during the week. Orlando's favorite food is pea-flour porridge with potatoes. *A. Carbajal. Dpto Nutrición. F. Farmacia. UCM*



Los Andes

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**TURKEY:** The Celiks of Istanbul  
**FOOD EXPENDITURE FOR ONE WEEK:** 198.48 New Turkish liras or \$145.88  
**FAVORITE FOODS:** Melahat's Puffed Pastries

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**ISTANBUL, TURKEY: DINNER TIME**  
 The Cinar family gathers on the floor of their living room to share the morning meal: feta cheese, olives, leftover chicken, bread, rose jam and sweet, strong tea.

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**EGYPT:** The Ahmed family of Cairo. Mamdouh, 35 (wearing glasses), and Nadia, 36 (with dark-brown head scarf), their three children (far left), six members of Nadia's extended family, and a family friend  
**FOOD EXPENDITURE FOR ONE WEEK:** 387.85 Egyptian Pounds or \$68.53. **FAMILY RECIPE:** A favorite Ahmed family recipe is Nadia's tajine, a slow-cooked stew with okra and mutton.  
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**KUWAIT:** The Al Haggan family of Kuwait City. Wafaa Abdul Aziz, 37 (with beige head scarf), Saleh Hamad 42 (at right), the couple's four children, and the family's two Nepali servants. **FOOD EXPENDITURE FOR ONE WEEK:** 63.63 dinar or \$221.45  
**FAMILY RECIPE:** Chicken biryani with basmati rice. A typical breakfast for the family consists of olives, tomatoes, cucumbers, eggs, feta, Kraft and Laughing Cow cheeses, and flatbread. Because of poor soil and lack of water, most food in Kuwait is imported. Forty nine percent of Kuwaiti women and thirty percent of Kuwaiti men are obese.  
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#### DUBAI, UNITED ARAB EMIRATES: STOVETOP RECIPE

A mother prepares lunch in a kitchen building separate from her family's home. She is covered from head to toe, as she would be in public, because she is entertaining guests from outside her family

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#### CHAD - \$18.33 plus \$25.44 in homegrown food

The Mustapha family in their courtyard in a village near Abeche, Chad's second largest city, with a week's worth of food. . Gathered around Mustapha Abdallah Ishakh, 46 (turban), and Khadija Baradine, 42 (orange scarf), are Abdel Kerim, 14, Amna, 12 (standing), Nafissa, 6, and Halima, 18 months. Lying on a rug are (left to right) Fatna, 3, granddaughter Amna Ishakh (standing in for Abdallah, 9, who is herding), and Rawda, 5. Cooking method: wood fire. Food preservation: natural drying. Chad has more than 1 billion barrels of oil reserves. 2% of households have access to electricity. Life expectancy is less than 50 years for both men and women.

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**CHAD:** The Aboubakar family of Breidjing Camp  
**FOOD EXPENDITURE FOR ONE WEEK:** 685 CFA Francs or \$1.23  
**FAVORITE FOODS:** soup with fresh sheep meat

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**BREIDJING REFUGEE CAMP, CHAD: WATER BEARERS**  
 A woman and child carry drinking and cooking water from a distribution point back to their tent

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**BREIDJING REFUGEE CAMP, CHAD: UNITED NATIONS FOOD DISTRIBUTION CENTER**

A refugee woman sifts through sand in order to pluck out any bits of grain which might have dropped to the ground during the previous day's ration disbursement.



**BREIDJING REFUGEE CAMP, CHAD: STIRRING THE POT**

Sudanese refugee D'jimia Souleymane prepares a pot of *AIYSH*, a thick porridge which she and her family eat three times a day



**HARGESIA, SOMALIA: BUTCHERS' MARKET**  
Residents shop for beef, mutton and camel meat.

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**MALI:** The Natomos of Kouakourou. Soumana, 46 (in blue), with his two wives, Pama, 35 (immediate left), and Fatoumata, 33 (immediate right), their children, and members of the extended family  
**FOOD EXPENDITURE FOR ONE WEEK:** 17,670 francs or \$26.39

**FAMILY RECIPE:** the family says that they don't think in terms of favourites. All of their meals centre on a millet porridge called tô, which is eaten with various soups and sauces.

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**GREENLAND:** The Madsens of Cap Hope  
**FOOD EXPENDITURE FOR ONE WEEK:** 1,928.80 Danish krone or \$277.12  
**FAVORITE FOODS:** polar bear, narwhal skin, seal stew

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**CAP HOPE, GREENLAND: THE BIG HAUL**  
 Cousins Abraham and Julian Madsen drag a freshly killed seal toward their house. Seal meat, cooked with rice and onion, is a family favorite.

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