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**“A COMPARATIVE STUDY OF DIETARY GUIDELINES IN BRAZIL, THE US,
PORTUGAL, AND SPAIN”**

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In recent decades, contemporary societies have undergone significant nutritional transitions, characterised by changes in dietary patterns, rising rates of chronic non-communicable diseases, and the increasing presence of ultra-processed foods. These changes occur within a broader context of multiple crises, including the climate crisis and growing social inequalities. In this scenario, food constitutes a strategic focus for public policies that integrate health, environmental sustainability, and social justice.

National dietary guidelines serve as a central tool for public guidance on food, reflecting not only nutritional recommendations but also conceptual framework,

policy priorities, and visions for the food system. However, there is limited comparative analysis examining, from a qualitative perspective, how these guidelines incorporate—or exclude—sociocultural, environmental, and political dimensions of food.

This study comparatively analyses the dietary guidelines of Brazil, the United States, Portugal, and Spain. Its objective is to identify the approaches and concepts that structure their recommendations and to examine how they address contemporary nutritional, climatic, and social challenges. A qualitative review of the main dietary guidelines currently in force in these countries was conducted.

The analysis is guided by the following questions: i) Which governmental sector is responsible for developing the guidelines? How long has each country had dietary guidelines, and what is known about their development process? ii) What are the central concepts mobilised (e.g., food and nutrition security, healthy eating, sustainability)? iii) How is food conceptualised in terms of food groups and its relationship with aspects such as agroecology, climate change, short supply chains, and regional diets?

Preliminary findings suggest that sociocultural factors occupy a marginal role in all four countries, with dietary guidelines predominantly nutrition-centred. This focus limits their potential to comprehensively address contemporary challenges within the food system, highlighting the need for broader sociocultural perspectives in policy development.

Palavras-chave: dietary guidelines; social inequalities; dietary transition; food change; comparative perspective.