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**“DOES FOOD CAUSE DISCOMFORT? A STUDY OF HOW CONSUMERS'
PRACTICES AND PERCEPTIONS INFLUENCE THEIR SATISFACTION WITH
FOOD”**

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The food system exhibits numerous contradictions that are giving rise to widespread disquiet amongst citizens and hindering the transition to a fairer, healthier and more sustainable system. In essence, concerns regarding nutrition are indicative of the discord between the principles of a nutritionally balanced and environmentally responsible dietary regime, and the sociocultural and economic factors that impede the realisation of these dietary objectives. Consequently, the extent of dissatisfaction does not impact all stakeholders uniformly; rather, it varies according to their respective roles and the initial positions they occupy, giving rise to disparate levels of tension.

In this context, the project Food unease: the transition towards a healthy, sustainable and fair food system (SALMA-Food) (PID2021-122721OB-C21)

aims to analyse the manifestations of this unease and understand how different actors perceive and respond to the challenges of the food system. To this end, 52 semi-structured interviews were conducted with representatives from diverse segments of the agri-food chain, encompassing production, industry, distribution, catering, and consumer domains, in Spain.

In order to understand consumer food practices and the problems they face in implementing them, this communication will analyse the results of the ten interviews conducted with consumers. The present analysis seeks to explore the contradictions present in their discourses and to identify the central issues that cause them discomfort with food. The analysis is in its early stages, so it is not yet possible to provide definitive results.

Palavras-chave: food system; food practices; sustainable diets; inequalities; qualitative analysis.