Abstract

The objective of the research was to learn the characteristics of Uruguayan workers' feeding, their health situations and the context and considerations that their companies offer to the consumption of food. The descriptive and cross-sectional type of the study allowed to collect data, through a telephone survey (n=295), on relevant aspects of eating behavior. Almost all the workers had a meal time in hours of work and lunch was the meal that prevailed. Half of them chose red meat-based food followed by cooked vegetables as a second choice. Around 40 % of workers said they had diet-related pathologies. Only 8 % used the time recommended by the WHO for food consumption at work. Some companies do not respect the regulations of the Uruguayan government on the necessary conditions for the feeding of their employees. The implementation of policies that consider the feeding of the workers as a fundamental right is necessary.

Keywords

Feeding, health, rights.