EVALUATING FOOD CONSUMPTION PATTERNS IN BRAZIL'S LOW-INCOME POPULATION

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ABSTRACT

This study assesses the food consumption patterns among low-income families in Brazil and their alignment with government dietary recommendations. Using market basket analysis on recent data from the Family Budget Research, which tracks household spending, the research investigates if low-income households follow the government's recommended food choices. The study proposes to examine how economically disadvantaged families in Brazil select foods consistent with prescribed staples. The results offer insights into whether low-income dietary habits align with policymakers' guidelines. These findings have implications for public health initiatives, social welfare policies, and strategies to improve the nutritional well-being of Brazil's low-income communities. This research provides insights into promoting healthier eating habits among vulnerable populations and informs evidence-based policy decisions to address food security and nutrition disparities in Brazil.