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FOOD, HEALTH, AND SOCIETY – CONTEMPORARY PERSPECTIVES

In contemporary society, food goes far beyond the function of meeting the body's nutritional needs. Food is directly related to health, culture, the economy, the environment, and social relations. Thus, understanding food also requires considering the factors that influence food choices and their impacts on quality of life.

Promoting healthy eating habits, ensuring access to quality food, and encouraging sustainable practices are essential actions for building a healthier, fairer, and more conscious society. The integration of health, education, public policies, and social responsibility is fundamental to addressing today's food challenges.

In this issue, RACA invites readers to explore a collection of studies that highlight the richness and complexity of contemporary discussions on food, health, and society. The contents gathered here engage with different theoretical and methodological perspectives, revealing how food practices are shaped by cultural, social, political, and economic dimensions.

Throughout these pages, reflections emerge on traditions and transformations, challenges and possibilities, as well as on the role of research in understanding and addressing the issues that mark current food systems. More than presenting scientific results, this issue seeks to foster debate, stimulate critical thinking, and contribute to the construction of pathways that promote health, equity, and sustainability.

From this perspective, in the article entitled Food, inequalities and collective actions in Brazil: anthropological readings, the author Candela Rocio Heredia presents a state-of-the-art review of anthropological and ethnographic productions on food in Brazil from 2016 to 2026, articulating classical social science categories with contemporary contributions from social studies of food.

The author Tassia Cristina Belo de Vasconcelos, in the article entitled Territorial and productive inclusion for quilombola peoples: Brazilian tools for fairer food systems, addresses the achievements and challenges of initiatives by public authorities and the Black movement in the face of the legacies of slavery and colonialism in food production in Brazil.

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In the article entitled Trajectories of food based on the dietary guidelines for the Brazilian population, the authors Lucas Araújo Dutra Rodrigues, Bráulio Silva Chaves, and Celina Maria Modena carry out a comparative analysis between the two editions of the Dietary Guidelines for the Brazilian Population (GAPB), highlighting the concepts of health education adopted and seeking to understand, based on these publications, important elements of the trajectory of food practices in Brazil.

In the article Tell me what you eat and I'll tell you who you are? Food culture, coloniality, and silencings in the Bixiga territory (São Paulo), the authors Allen Margarita Hernández De Moya El Hage and João Marcelo Flores de Bras analyze food culture in the Bixiga territory in São Paulo as a field of symbolic dispute crossed by historical processes of coloniality, memory production, and cultural hierarchization.

The article entitled Education, income, and adherence to the Mediterranean dietary pattern among Brazilian health professionals in the context of the COVID-19 pandemic, by Mariângela de Souza Ramos and Fernando Luís de Queiroz Carvalho, aimed to identify and discuss variables associated with adherence to the Mediterranean dietary pattern among different professional categories in health.

The essay entitled Biocentrism and biosemiotics in food, by Esperanza Cerón-Villaquirán and Gustavo Cediel-Giraldo, offers a reflection on food semiosphères that are threatened by anthropocentric corporate models, which rely on science and technology as ideology, often expressed in the form of nutritionism.

In the essay entitled Food experience in urban modernity: ultra-processed foods, nutritionism, and symbolic mediations of consumption, the authors Thiago Jorge, Michelle Cristine Medeiros Jacob, and Maria do Carmo Soares de Freitas examine the transformation of food experience in urban modernity and its relationship with the expansion of ultra-processed foods.

In NutriINDO – Flavors of Hope: Experience report, the authors Yasmim dos Reis Martins, Gabriela Fernandes Pinheiro Silva, Lilian Cristina de Sousa Silva, Nathália Faria Monteiro, Caroline de Fátima Oliveira Carvalho, and Cristiane da Silva Marciano Grasselli present an account of one of the projects developed by the Nutrition Tutorial Education Program (PET) at the Federal University of Alfenas in 2024, called NutriINDO – Flavors of Hope, which aimed to promote the importance of food in cancer

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prevention and treatment through activities directed both at the academic community and the external community, especially cancer patients and their families.

Among the contents of this issue, the review dedicated to the analysis of the work O Mundo dos Alimentos em Transformação (2023), by John Wilkinson, whose critical examination was carried out by the author Daniel Coelho de Oliveira, highlights the contributions, limits, and implications of this work for the field. By synthesizing the central aspects of the publication, the review expands academic dialogue and encourages new reflections on the topic.

The texts gathered in this issue inspire new readings, dialogues, and investigations, reaffirming RACA's commitment to the dissemination of scientific knowledge and to strengthening the discussions that connect food, health, and society.

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Note: Free translation from Portuguese, generated with the aid of artificial intelligence and critically reviewed by the authors.