



Chapter 15. Food, nutrition, and health in Moldova

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Abstract

The traditional Moldovan cuisine, which is characterized by the dominance of products of vegetal origin, has been enriched throughout history with culinary preparations from different countries. Bread and bakery products, potatoes, beans, and peas have an important place in people's diet. Local studies have highlighted that iodine and iron deficiencies are due to poor nutrition. In Moldova, a reduced meat consumption is the cause of the iron deficiency anemia, to which is added the insufficiency of folic acid. There is an overconsumption of flour, sugar, cooking salt, and fat products, especially saturated ones. The National Program in the Field of Food and Nutrition has proposed an action plan to reduce the disability caused by noncommunicable diseases related to diet, malnutrition, and nutritional deficiencies. However, the annual reports attest that the actions provided in the program have only been partially implemented.