



DIETARY BALANCE

Nutritionists warn that inflation causes a change in habits

The increase in fresh food prices causes a low intake of quality products

This upward trend has influenced the diagnosis and monitoring of health problems

EL PERIÒDIC
ESCALDES-ENGORDANY
@PeriodicAND

Dieticians and nutritionists warn that the increase in prices will change the consumption habits of the population, and one of them is food. «Surely we won't buy as much, we'll look more and throw away less,» assured dietitian and nutritionist Katia Durich. In this sense, the evolution of the CPI continues to maintain an upward behavior, as can be seen, for example, in the price of fresh products, which has gone from 10.8% in the month of May to 13.3% in June. Recently, data indicate that the advanced CPI for the month of July stands at 7.6%. Therefore, not only is it more and more expensive to buy, but as a result, many families with lower purchasing power «will have to look for cheaper alternatives that do not offer the same quality or the same nutritional value», indicated the dietitian and nutritionist Yolanda Mayans.

On the part of the professionals, the following of the Mediterranean diet is promoted. However, foods such as meat, fish and olive oil itself, among others, have become more expensive, which «forces many to reject the direct consumption of those foods that they cannot afford to purchase», Mayans pointed out. Thus, with the current inflationary situation, it is more difficult to eat fresh food every two days, but Durich explained that «in 2018, the consumption of vegetables and especially fruit was already low», highlighting the reduced consumption in the younger age group, from 12 to 24 years old, in which only 9.2% complied with the recommendation of five portions a day, according to the second Nutritional Survey of Andorra (ENA 2017-2018), in which the nutritionist participated. Additionally, this detailed that compared to the 2005 ENA study, lower consumption of all food



► File image of shelves in a supermarket.

groups was observed, and only eggs and white meats increased. There were significant decreases in vegetables, fruit, milk and dairy products. Therefore, Durich analyzed that «these data will certainly not increase with the current food crisis», and also recalled that «our grandparents did not eat meat or fish every other day either, and not ingesting so much animal protein can even be healthy if we replace it with vegetable protein such

as legumes or cereals», a solution that is acquired by the vegan and vegetarian population. However, she assessed that «given the increase in prices, it is true that pulses and cereals do not offer prices as high as meat or fish, but it will depend on whether you opt for a more ecological version or not».

Otherwise, the increase in food prices can also worsen the condition of people who have health problems, «worsening their prognosis

and the lack of adherence to the same follow-up of the prescribed treatment», Mayans pointed out. Thus, dietetics and nutrition consultations are adapting to the current situation. For example, Durich assured that she, in addition to prescribing a closed menu, explains the consumption frequencies and equivalences. Thus, instead of putting salmon with green beans on Tuesday, she recommends blue fish with vegetables without po-



Katia Durich

DIETICIAN AND NUTRITIONIST

«Legumes and cereals do not offer prices as high as meat or fish, but it depends if you opt for an organic version»

Yolanda Mayans

DIETICIAN AND NUTRITIONIST

«Families will have to look for economic alternatives that do not offer the same quality or the same nutritional value»

tatoes, so as not to condition people or confuse them when it comes to following the dietary guidelines.

Finally, one of the main factors that will also influence the transformation of habits is climate change. «We will have to adapt from the ground up, not only looking at the content of the dish, but also the provenance of the ingredients, the packaging, the place of cultivation or the harvesting conditions,» said Durich. For her part, Mayans added that «it is clear that climate change is conditioning the type of food to be eaten, and the climatological variation has affected the types of crops as well as having an impact on the availability of seasonal foods.»

Your leading real estate agency in Andorra.

Our experience guarantees results, realtors since 1988.



(+376) 353 424 / (+376) 379 769

(+376) 747 747

laportella@andorra.ad

Casa Nova Olivet 10 · Ordino

www.laportella.ad

STATISTIC

The average price per square meter of flats increases by 10% in a year

The total number of real estate transactions increases by 20.4% compared to the same period in 2021

EL PERIÒDIC
ESCALDES-ENGORDANY
@PeriodicAND

The average price per square meter of real estate increases by around 10% over the course of a year, going from 2,746 euros to 3,020. In the same way, throughout the second quarter of 2022 there has been a 20.4% increase in the number of real estate transactions compared to the same period of the previous year, as well as a 21.8% increase in relation to with the accumulated of the last 12 months. Following the same direction, and as the Department of Statistics published yesterday on its web portal, with respect to the number of real estate transferred, these have increased by 27.2% if compared to the second quarter of 2021, in that all groups of housing have experienced an increase, except for the category of Commercial premises and warehouses, which shows a decrease of 22.2%. Likewise, the annual variation of the accumulated over the last 12 months has increased by 33.4%.

With regard to the value of real estate transferred, these have increased by 51.5%, standing at 314,000 euros. In fact, all groups of real estate have experienced an increase except for the group of other constructions, which decreased by 22.3%. In this sense, the annual variation of the accumulated last year shows an increase of 38.2%.

With reference to the transmit-



▶ A citizen looks at the offers available in the window of a real estate agency.

The annual variation of the index of these is below the values of neighboring countries

ted surface, expressed in square meters, this has increased by 79.1% compared to the second quarter of the previous year, in which the real estate grouping that increases most significantly is that of land and square of parking (125.2%) while the one that decreases most significantly is

that of Other constructions (-40.8%). The annual variation of the accumulated over the last 12 months reflects an increase of 44.3%.

It should be noted that, in order to carry out the analyzes and reflect the percentages of increase and decrease in real estate transactions

The figures

- 27,2% the number of homes transferred increased.
- 22,2% is the decrease in transactions of commercial premises and warehouses.
- 314.000 euros represents the average value of real estate transactions.
- 44,3% is the increase in the annual variation of transmitted surface.
- 125% land and parking operations rose.

and prices, Statistics uses the taxation database, which deals with the parameters coming from the processed quarterly settlements by the notaries regarding the tax on onerous and lucrative patrimonial transfers, as well as the constitution and assignment of real rights on immovable property. In the same way, the general indirect tax related to property transfers is also studied, that is to say, property transfers of immovable property carried out by entrepreneurs and professionals as part of their activity. ≡

Sales in large commercial areas fell by 3.4% in May

The annual variation of the index of these is below the values of neighboring countries

EL PERIÒDIC
ESCALDES-ENGORDANY

The general sales index of the large commercial areas decreased by 3.4% in May compared to the same month of the previous year. If this index is broken down into food products and the rest, the first category grows by 1% compared to the same period in 2021. As for the index of the category of the rest of products, it decreases by 7.8% with respect to the same reference. In the same way, if it is compared with the economies of neighboring countries, the annual variation of the general index is below the figure for Spain and France.

In relation to the intramonthly variations, the general index expe-



▶ Archive image of a fruit shop.

riences a decrease of 8.3% compared to April of last year, bearing in mind that these are the original data and that they do not discount seasonal factors or the effects of Calendar.

With regard to the sales index of large stores at constant prices, that is to say, once the effect of prices has been removed, the data show that in May it fell by 8.1% compared to the previous year. As for the food category index, it fell by 6.1%, while the index for the other products category fell by 11%. Therefore, the dynamics of values at constant prices follow the same trend as that of current prices. ≡

The advanced CPI for the last month of July stands at 7.6%

The performance of textile and food prices condition the increase in inflation levels

EL PERIÒDIC
ESCALDES-ENGORDANY

The advanced CPI for the month of July stands at 7.6%. If confirmed, it would represent an increase of two tenths compared to the CPI assessed in June (7.4%). According to the Department of Statistics, this increase in inflation is due to the price behavior of two groups: clothing and footwear, which is in the midst of a period of sales and the impact of these on prices has state lower than in the same month of the previous year; and the rising behavior of general food prices.

On the other hand, the moderating effect of transport group prices should be highlighted, due to a slight decrease in fuel and lubricant prices.

If you take into account the advanced calculation in neighboring countries, you can see how Spain's advanced CPI stands at 10.8%. If confirmed, it would increase by six tenths compared to the variation recorded in June. As for France, it stands at 6.1%, which would mean three tenths more than the variation recorded in June. ≡

Don't miss any special editions