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**Trabalhos Científicos**

**Título:** Adequate Food As A Fundamental Right For Social Inclusion

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**Resumo:** Introduction: According to Machiavelli, is choosing and govern the decisions of rulers, and invariable inevitably favor certain groups or members of society in the same extent that harm others. Thus, before such a finding, the great secret of art is to invent a policy-making mechanism that generates more favored than hindered. In 1948, the United Nations Organization adopted the Universal Declaration of Human Rights, which are planned and defined the basic rights and fundamental freedoms that belong to all human beings, without distinction of race, color, sex, age, religion, political opinion, origin national or social or other. The Federative Constitution of Republic of Brazil, it brings in his essence the respect to the most basic human rights beings guaranteeing to all citizens, the universal and egalitarian access to the actions and services for the promotion, protection and recuperation of health. According the Act of Law nº 136/2003, despite an adequate and varied diet, in normal circumstances, provide the human being all the substances necessary nutrients in amounts specified and recommended by scientific evidence for its proper operation and maintenance, in a good state of health, not always this ideal is achieved, both in relation to food quality and the quantity for specific population groups. It follows then, the use of food supplements to complement the nutrient intake in a normal diet, which, in turn, contains wide range of nutrient substances and other ingredients, including vitamins, minerals, amino acids, essential fatty acids, glucose polymers, fiber, etc. In the same way the clarity