where it was integrated to the ecosystems of the continent, at present it is found in adjacent areas of rivers and lakes, looking like a wild plant. It is also valued as a source of food for its easy propagation and reproduction in different environments in addition to the diversity of uses in the culinary gastronomy of the world. However are still unknown the nutritional contributions that this plant can contribute to the diet.

Objectives: The aim of this research was to analyze the macronutrient content in watercress (*N. officinale*), and to promote the benefits that this plant can bring to human nutrition.

Methods: The work was carried out in two phases, the first in the summer of 2017 in the municipality of Rayón, State of Mexico. The samples of complete plants of fresh watercress were collected under a targeted sampling and with safety and hygiene measures. In the second stage, the botanical classification and the proximal chemical analysis on a dry basis according to the methods of the AOAC, 1995.

Results: The botanical description of the plant indicates that this Brassicaceae corresponds to the genus *Nasturtium*, species *officinale*. The percentages obtained expressed values of humidity 87.7%, dry matter 12.3%, protein 27.2%, inorganic matter 3.37%, lipids 2.65%, fiber 13.9% and soluble carbohydrates 52.88%. Watercress contains high percentage of humidity, however, the macronutrient content is still relevant.

Conclusions: The Watercress is a wild plant that is available most of the year and is a product accessible to the population that by being included in the daily diet combined with other nutrient-rich foods can improve the nutrition of different social groups.

Keywords: food / watercress / nutrition

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CONTENT OF FOOD ADITIVES ACCORDING NOVA FOOD CLASSIFICATION IN EDIBLE PRODUCTS ADVERTISED ON COLOMBIAN TELEVISION IN 2018

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Safe, healthful and sustainable food

Introduction: The use of additives is increasingly common in the food industry. In turn, multiple studies show that a large amount of ultra-processed edible products are advertised on television. There is a lack of evidence in Colombia about the content of additives present in these products.

Objectives: This paper aims: 1) describe the percentage of edible products according NOVA food classification [I)natural or minimally processed foods, II) culinary ingredients, III) processed foods and IV) ultra-processed products], 2) comparing the amount of additives present in non-ultra-processed foods (NUPF) vs ultra-processed edible products (UPF), and 3) compare the content of food additives in NUPF vs UPF.

Methods: Information regarding ingredients and food additives were recorded according to Codex STAN 192-1995 v. 2019, as early as the collection of available labels of edible products (n=55) scheduled on Colombian television in august 2018. For the analysis was performed: 1) the percentage of edible products according NOVA food classification, 2) the amount of additives present in NUPF vs UPF was compared, and 3) the content of food additives (total additives/total ingredients) in NUPF vs UPF was compared. Nonparametric statistics were used for comparison between two groups (Mann-Whitney) using STATA: 15.1.

Results: It was identified 55 edible products. According to the NOVA food classification, 21.8% (n=12) were natural or minimally processed foods, 0.0% (n=0) culinary ingredients, 1.8% (n=1) processed foods and 76.4% (n=42) ultra-processed products. It was found that NUPF (n=13) had a median of 0 additives, while UPF (n=42) a median of 6 additives (IR: 4-9), $p<0.001$. In the case of the comparison of the content of additives, the NUPF group presented a median of 0 additives per ingredient, while for the UPF it was 0.392 additives per ingredient (IR:0.258-0.579), $p<0.001$.

Conclusions: From edible products advertised on Colombian television in 2018, 76.4% are NUPF, characterized by having a higher content of food additives vs UPEF. Additional studies are required to evaluate the possible public health effect of the consumption of additives in the Colombian population, given the increasing availability of UPF.

Conflict of Interest: The authors declare no conflict of interest.

Keywords: food additives / NOVA / ultra-processed edible products / television advertising

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ANALYSIS OF FOOD ACCESS AND CONSUMPTION OF VENEZUELAN CITIZENS UNDER HUMAN MOBILITY STATUS

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