

# Daily rhythms of eating in Santiago, Chile

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## Abstract

### Purpose

The purpose of this paper is to explore the daily rhythms of eating, namely, the times at which food intake occurs during a day-long period, in Santiago, Chile.

### Design/methodology/approach

The data used in this research come from a first time-use survey applied in Santiago in 2007 and 2008, which works with a retrospective activity journal to document the amount of time dedicated to different activities during the 24 hours of the previous day. Descriptive analysis and multinomial regressions were performed on a sample size of 2,282 cases, corresponding to those individuals over the age of 12 who responded to the daily activity prompt in full.

### Findings

This study shows that people in Santiago tend to eat according to the same timetables (morning, midday and evening) and that socio-demographic variables have limited influence on the synchronization of this intake between Monday and Friday.

### Research limitations/implications

The data did not allow for the exploration of the duration of food intake, commensality and its variation over time.

### Practical implications

These data reveal that, for Santiago residents, eating is far from becoming de-structured towards a mode of constant grazing throughout the day, contradicting the thesis of alimentary modernity.

### Originality/value

These results yield evidence that calls into question the applicability of the thesis of alimentary modernity within a Latin American context, which has not before been subject to investigation.

**Keywords:** Chile | Time use | Daily rhythms of eating | Eating patterns | Mealtimes

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