

## ADEQUATE FOOD AS A FUNDAMENTAL RIGHT FOR SOCIAL INCLUSION

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**INTRODUCTION:** The constitutional Brazilian text and specific legislation laws determine the overall security of the Brazilians citizens access to health, but in practice, the patients who depend specifically for special foods, being socially excluded. The presence of cleft lip in infants has often changes in the diet as the swallowing reflex inefficient due to lack of oral negative pressure, lack of adequate pressure lip around the breast nipple due to the discontinuity of the orbicularis muscle; nasal food loses, airway obstruction, failure to coordinate sucking and swallowing with breathing, fatigue, low volume of milk intake and hence low nutrition that further limit their food intake and their growth and development. Several studies were conclusive about the importance of the food nutritional supplementation to the patient nutritional recuperation. **OBJECTIVE:** the aim of this study was to learn at the patients, the way to obtain, gratuitously, special foods, through a manual that was developed by our team in mind the cases in need of nutritional supplementation. **METHODS:** The main focus of the studies was the fact these patients have limit in their food intake, growth and development. In addition, the manual developed based on existing Brazilian laws and sought help, so playful, access to a patient's legal right. **RESULTS:** All interested persons may obtain it free of charge through the website [www.centrinho.usp.br/manual](http://www.centrinho.usp.br/manual) and [www.redeprofis.com.br](http://www.redeprofis.com.br). **CONCLUSIONS:** The observance of the rights of patients in need of special power is an essential factor for social inclusion and, consequently, the exercise of citizenship and hand made, and to enforce these rights, teach the way of how to do it.