



ENSAYO PATRÓN DE ALIMENTACIÓN EN MÉXICO

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The diet of most Mexicans is very high in carbohydrates and fats, since they usually eat a lot of fried and floury food, such as empanadas, gorditas, golden tacos, etc.; and this leads to an increased probability of cardiovascular diseases. An important point to know is that culturally and geographically the Mexican diet is based on “the milpa diet”, this consists of foods derived from corn and high in carbohydrates, but not everything is bad about this diet, since it is difficult to exceed protein due to the contribution of fiber that stimulates satiety. In addition, foods with vegetable protein provide soluble and insoluble fiber, which inhibits the absorption of cholesterol, reducing the risk of cardiovascular diseases. This diet also favors the acid-alkaline balance because vegetable protein has a greater contribution of calcium and magnesium, therefore, more adequate values of renal acid potential and a lower contribution of fats. The milpa diet favors the elimination of toxins through its contribution of substances that favor the lower formation of toxic substances in metabolisms and the optimization of the elimination of these substances.

Talking about food is not an easy thing, much less talking about an eating pattern, since both are complex phenomena, it is true that eating, feeding ourselves, covers a biological need, but not all individuals do it in the same way. The “food fact” is determined by social, cultural and economic factors. To talk about a eating pattern, we must keep in mind the conditions of the population, as well as the traditions, habits and social and economic situation in which they live. Eating patterns in Mexico are diverse and influenced by a combination of cultural, economic, geographic and social factors. The Mexican diet is known for its richness in flavors, colors and textures, as well as for the wide variety of ingredients used. However, it also faces challenges related to malnutrition and obesity. Some important aspects of eating patterns in Mexico are explored below:

1. **Traditional Mexican cuisine:** Mexican cuisine is recognized worldwide for its diversity and flavor. Basic ingredients such as corn, beans, chili peppers, tomatoes, avocados, and various herbs and spices form the basis of many dishes. Traditional Mexican food is characterized by being fresh, colorful and nutritious, with a balanced combination of carbohydrates, proteins and fats.
2. **Carbohydrate consumption:** Corn is a staple food in the Mexican diet and is consumed in various forms, such as tortillas, tamales, pozole, among others. However, increased consumption of processed and refined foods has led to excess carbohydrates in the diet, contributing to health problems such as obesity and diabetes.

1. Beans and legumes: Beans are an important source of protein and fiber in the Mexican diet. They are consumed in a variety of dishes, such as refried beans, black beans, charros, among others. In addition to being nutritious, beans are affordable, making them a staple food for many Mexican families.

2. Fruits and vegetables: Mexico is rich in a wide variety of fruits and vegetables, many of which are consumed fresh, in salads, juices or as part of main dishes. However, fruit and vegetable consumption may be insufficient in some populations, contributing to nutritional deficiencies and health problems.

3. Street food and fast food: Street food, such as tacos, quesadillas and Mexican snacks, is an integral part of Mexico's food culture. However, excessive consumption of these types of foods, which are often high in fat and calories, can contribute to health problems such as obesity and cardiovascular disease.

4. Changes in eating habits: Urbanization and globalization have led to changes in eating habits in Mexico, with an increase in the consumption of processed foods, sugary drinks and fast food. These changes have contributed to increased rates of obesity, diabetes and other chronic diseases.

In summary, eating patterns in Mexico are diverse and influenced by a combination of factors. Although traditional Mexican cuisine is rich in flavors and nutrients, the introduction of processed foods and changes in eating habits have generated challenges in terms of public health, highlighting the importance of promoting a balanced and nutritious diet.

Bibliografía

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