



ENSAYO PATRÓN DE ALIMENTACIÓN EN MÉXICO

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In Mexico, the food factor is a topic that has always been talked about a lot, and this is due to the diseases that arise from poor diet. The eating pattern in Mexico is the result of a complex interaction between historical, cultural, economic and environmental factors. From pre-Columbian times to the present, the Mexican diet has evolved significantly, fusing ingredients and culinary techniques from various cultures and regions. The basis of the contemporary Mexican diet has its roots in pre-Hispanic times, where foods such as corn, beans, chili, tomatoes, avocado and cocoa were fundamental in the diet of indigenous civilizations such as the Aztecs, Mayans and Toltecs. These foods were not only nutritious, but also imbued with religious and social meanings. The arrival of the Spanish in the 16th century marked a turning point in the Mexican diet.

The introduction of new foods such as wheat, rice, beef and pork, as well as dairy products and European spices, enriched and transformed local gastronomy. The fusion of indigenous and European ingredients led to the creation of emblematic dishes such as mole, tamales and Mexican snacks. The colonial period also brought with it the exploitation of the land and the imposition of agricultural systems that prioritized crops intended for export, which had an impact on the availability and accessibility of food for the local population. This, along with social and racial discrimination, contributed to inequalities in access to adequate food, a problem that persists to this day. In contemporary Mexico, the diet continues to be diverse and rich in flavors and textures. However, it faces new challenges, such as the influence of fast and processed food, changing eating habits due to urbanization and globalization, as well as the prevalence of diet-related diseases such as obesity and diabetes.

Despite these challenges, food remains a central element in Mexican cultural identity. Culinary traditions are passed down from generation to generation, and food continues to be a social and family gathering point. Additionally, in recent years there has been a resurgence of interest in traditional cuisine and native ingredients, as well as a movement towards more conscious and sustainable eating. The evolutions of food selection are not specific to Mexico, in fact they have occurred throughout the world and can be explained in different ways, for example, Europe the changes have given the opportunity to reorient the diet to improve health, for example. On the contrary, the United States, these changes have oriented them towards the need to differentiate the product to attract consumers who are changing their preferences, this being a closer panorama for our country and very easy to copy.

In conclusion, the dietary pattern in Mexico is the result of a rich cultural history and a variety of influences. Through the centuries, the Mexican diet has evolved, adapting to social and environmental changes, but maintaining its essence and its importance in national identity. Promoting healthy and equitable eating is crucial to guarantee the well-being of the Mexican population and preserve the country's gastronomic wealth.

Bibliography

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