



# **PATRON DE ALIMENTACIÓN EN MÉXICO**

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The eating pattern in Mexico is a unique manifestation of the cultural richness and diversity of this country. Over the years, it has undergone significant changes influenced by historical, economic and social factors. This essay will explore the evolution of the Mexican dietary pattern, analyzing its distinctive characteristics and the contemporary challenges it faces.

A dietary pattern is characterized by a strong attachment to the products that make up the eating habits of a population, in addition to a marked attachment to the country, that is, what traditions represent, a socially segmented consumption structure and an expression of what cultural, national and regional. Mexico is proud of its rich culinary heritage, which fuses indigenous ingredients such as corn, chiles and beans with European and African influences. The traditional diet includes dishes such as tacos, tamales and mole, reflecting the diversity of flavors and preparation techniques. As the country becomes globalized, there is an incorporation of processed foods and fast foods into the daily diet. This change has led to a nutritional transition, with implications for public health, such as the increase in diet-related diseases. Despite the abundance of food, Mexico faces significant challenges in terms of malnutrition. The coexistence of obesity and malnutrition in different regions highlights socioeconomic disparities and the need for equitable strategies to address dietary health. The Mexican government has implemented various policies to address food problems, from regulating food advertising to promoting sustainable agriculture. However, challenges remain in implementation and awareness creation. The current eating pattern has been taking on the trend of including high-calorie and nutrient-poor foods, which can be attributed to the fact that they are easily accessible and low-cost foods, which has gradually displaced some foods from the traditional pattern. The change in diet in Mexico is reflected in the decrease in per capita spending on recommended foods such as fruits, vegetables, dairy products and meats, and greater spending on high-calorie foods of low nutritional quality. Resulting in a food and nutritional transition, replacing the consumption of traditional foods, and being associated with the risk of being overweight and obese. The rapid transformations in food systems in recent decades coincide with the change in the population's dietary patterns. For this reason, it is urgent to promote profound changes in the ways of food consumption and production, promoting more sustainable food systems that value healthy foods, focused on balanced diets.

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