



ENSAYO “PATRÓN DE ALIMENTACIÓN EN MÉXICO”.

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Over the years, a radical change in diet and physical activity has been widely demonstrated. It has been proven that not maintaining good nutrition control and, above all, without exercising or any type of other activity has brought with it series of diseases that are caused by poor control, especially the great increase that exists in overweight and obesity in the population, mostly in our country, Mexico. In large part it is due to the excessive consumption of food and its calories, but it is also due to the non-use of vitamins, minerals. Considering the current situation, if this trend continues, Mexico will face an even greater economic and social burden, since chronic non-communicable diseases (NCDs) caused by inadequate nutrition mean a greater loss of human capital. The emergence of non-communicable diseases is associated with social and economic changes. Socioeconomic development has led to higher standards of living and improvements in environmental health have been evident, resulting in fewer infectious diseases, lower infant mortality rates, and longer life expectancy. However, just as there are good points, there are also bad ones. That is, we have introduced changes that entail the following undesirable consequences: B. Changes in food consumption and people's lifestyles. The only thing that will result will be diseases such as obesity, high blood pressure, diabetes, and other cardiovascular diseases, osteoporosis and even some cancers tend to increase due to poor dietary education. Economic growth has changed not only daily life but also eating and exercise habits. Higher incomes lead to a greater availability of energy, a greater consumption of animal foods and a lower consumption of complex cereals (fiber) and vegetables, since in our country unfortunately poverty in the population remains high and this level is an obstacle to good nutrition since it has always been an expensive luxury to have a correct diet. Talking about food is not easy. Even more so when talking about eating habits, since both are complex phenomena. Food or nutrition meets biological needs, but not all people do so in the same way. "Eating patterns" are determined by social, cultural and economic factors. To talk about dietary patterns, we must take into account not only the situation of people, but also the traditions, customs and social and economic circumstances in which they live.

Dietary patterns are characterized by a strong attachment to the land, to what traditions represent, to socially segmented consumption structures and to cultural expressions, as well as to the products that make up the eating habits of the population. , countries and regions. A food consumption pattern is a set of products that an individual, a family or a group of families is normally estimated to consume once a week, or in sufficient quantities to be remembered 24 hours after consumption by an individual. It consists of products.

Food consumption patterns are therefore an important element in imagining food systems, as they not only reveal the functioning of food systems but also determine the nutritional status of populations. Therefore, to define traditional dietary behavior, we must consider the physical environment, the availability of resources, the social attitudes and values that actually relate to income and expenditure possibilities, etc. over time. There are factors that intervene. Culture, traditions, lifestyles and beliefs explain how we eat, what we eat and how we prepare our food and, therefore, are determinants in individual and/or collective eating behavior and in the processes of health and sickness. It is known that the foods that characterize Mexico are mainly from the groups of grains and tubers, legumes and vegetables; of which corn, beans, chili, tomato and onion stand out, in addition to some herbs and condiments, all or most of them have prevailed in the dietary pattern of Mexican families throughout our history, since others They have disappeared from the usual diet of Mexicans, some consumption is non-existent or in an exotic way, such as some insects. Speaking of traditional models, it is worth mentioning that Mexican cuisine is considered heritage and part of our culture, leaving its mark on our way of eating despite the transformation of culinary models and the influence of a globalized and opening world, we must deciding on greater exposure to different cultures and therefore different foods and dietary patterns. In recent years, national food culture has adopted trends aimed at homogenizing consumer behavior through the gradual introduction of new foods into the national diet. Although not all of them are of as good quality as the foods introduced previously. Corn syrup, soy, sugar, high-calorie snacks and meat products.

Current eating behavior tends to incorporate high-calorie, low-nutrient foods due to their easy availability and low cost, and some foods are being phased out of traditional patterns. Changes in Mexico's diet are reflected in a decrease in spending by the capital on recommended foods such as fruits, vegetables, dairy products and meat, and increased spending on high-calorie foods with low nutritional value. This leads to food substitutions and dietary changes in the intake of traditional foods, leading to the risk of overweight and obesity. Changes in nutritional behavior are due, on the one hand, to the economic situation of the countries, the opening of commodity markets that offer a variety of products, globalization and new forms of distribution. On the other hand, urbanization accelerated after the 1950s. The combination of these factors has allowed the introduction of product innovations aimed at meeting the needs of urban consumers who do not have time to prepare meals at home, but also decreased physical activity and preference for processed foods to improve diets. unhealthy. . Foods to change lifestyle habits. This is

causing an accelerated increase in overweight and obesity, which in turn leads to an increase in non-communicable diseases related to inadequate nutrition. The development of food choice is not exclusive to Mexico, but is happening all over the world and can be explained in different ways. For example, changes in Europe gave people the opportunity to reorient their diets to improve health. For example, in the United States, these changes have created the need to differentiate products to appeal to consumers with changing tastes. This is a narrow panorama of our country, very easy to copy. This change is due to the growing involvement of international companies, the acceleration of urbanization and the development of supermarket chains, which have affected the points of sale of fresh products and, consequently, the logistics of food distribution. processed. A favorable situation has been created While major supermarket chains have made it easier to access many nutritious foods, they have also favored sugary drinks and highly processed foods with little or no nutritional value.

We can affirm how the economic situation of the country influences changes in the eating habits of Mexicans, but sociodemographic conditions such as age, gender, socioeconomic level, education, ethnicity and household composition are also factors. Changes in eating habits According to the 2006 National Health and Nutrition Survey (Ensanat), the northern regions and the least happy populations had the lowest consumption of fruits and vegetables compared to other regions of the country. Subsequently, data from Ensanat 2012 found a greater consumption of fruits, vegetables, dairy products, fats and sugars in urban areas, northern regions and higher socioeconomic levels. Keep in mind that there are factors that determine the consumption of certain foods in Mexican households, depending on the state you live in, whether you live in an urban or rural area, or your socioeconomic level. We know that our eating habits are constantly changing and are in a state of potential change, which allows us to maintain traditional characteristics, but whose characteristics are subject to models that propose a large number of proposals that do not change much. confronted. Given the persistent unequal distribution of income, differential access tends to emerge and weaken. However, some eating habits resist change because people have managed to inherit them. As with all this, despite the changes, influences and availability of all types of foods, some ingredients remain the basis of the pre-Hispanic diet, especially corn, beans and chili.

Economic changes and a globalized world have brought positive advances in a variety of areas, but it is about eating any of them. Thanks to these advances we can learn more about the foods and diets of other countries, some of which are widely accepted and have beneficial effects. However, excessive use of some unhealthy foods can have negative effects and affect your health. Mexican eating habits have undergone many changes throughout history through food and its preparation, resulting in a shift towards a "traditional" diet (based on grains, high in fiber and with few energy-rich foods). . A nutritional transition emerged from the transition.) With the shift to a "Western" diet (rich in foods of animal origin, fats and foods with a high glycemic index), the prevalence of chronic non-communicable diseases has increased. Analysis of dietary patterns can help determine the nutritional adequacy of common diets and create relevant, targeted messages that are more understandable to the public. As a goal, we can define that all human beings should put more effort into taking care of our health, which includes what we eat, so we can avoid the diseases already mentioned and be able to obtain a healthy body, and a better nutritional education for the next generations and also taking care of giving due respect to our common home since it is she who provides important elements for our survival.

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