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Eating Pattern in Mexico

With the passage of time in our country, various health problems have been reflected in the population, due to changes in the diet that have been acquired and that lead to unfavorable consequences for people, changes such as the excessive intake of calories paid to the lack of physical activity. But the lack of variety of nutritious foods such as fruits, vegetables, legumes and fish, cause a decrease in our intake of vitamins and minerals. And although it may not seem like it at first, this will translate into facing economic and social challenges in the future, since the **Chronic Non-Communicable Diseases (NCDs) will become the cause of long-term loss of human capital.**

On the positive side, social and economic development has allowed us to prosper as a society and, of course, to have more comforts and luxuries as well as advances in health, however, just as this represents a decrease in infectious diseases, a decrease in infant mortality and an improvement in life expectancy, it also implies the presence of numerous diseases such as **obesity, high blood pressure, diabetes mellitus, cardiovascular diseases, osteoporosis, and even some types of cancer.** There is even mention of the socioeconomic observation that the higher a person's income, the higher the intake of foods of animal origin and the lower the consumption of complex cereals and vegetables that provide fiber. And in this way it is important to mention the main factors that intervene in the selection of people's food, these are **personal tastes, preparation time and budget,** this mainly because at the end of the day, eating food is an activity that generates taste, satisfaction and pleasure.

Now, to talk about eating patterns, we have to keep in mind the conditions, traditions, habits, social and economic situation of people. That said, an eating pattern is characterized by a strong attachment to the products that make up the eating habits of a population or person, in addition to denoting a deep-rooted attachment to their country, which translates into the intake of products that are usually abundant in the geographical area where they are found. The pattern of food consumption is made up of a set of foods that the person or group of people usually eat. In our country, the main examples of this case are: corn, beans, chili, tomatoes and onions along with some herbs and condiments. And although in the past, a diet rich in nutrients predominated in our territory, over the years it has changed and has become more and more a diet where high-calorie foods predominate and not very nutritious with a great decrease in fruits, vegetables and foods that nourish our body, this mostly due to the accessibility and low cost of ultra-processed foods in addition to hyper-palatability, which causes an excessive consumption of this type of food and gives entry to develop conditions such as overweight or obesity, among others.

An alarming fact to mention is that in recent years the need for calories in the daily intake of the population in our country has increased, going from 2380kcal on average to 2750kcal per day. In addition to this, according to Popkin and Reardon, the consumption of added sugars in Latin America and the Caribbean is triple the recommended, exceeding the limit in most cases due to sugary drinks and with Mexico, Argentina and Chile being the main protagonists due to their high demand for consumption of these beverages. This change is due to the greater participation of international companies, in addition to accelerated urbanization and the development of supply chains.

supermarkets, where retail stores that sell fresh food have been affected, resulting in conditions to favor the logistics of the distribution of food with a higher degree of processing.

In conclusion, our country has a latent and severe health problem due to poor eating behaviors and patterns that indicate a lack of movement, which causes in the long term a large number of people affected by chronic non-communicable diseases and, Therefore, a decrease in the quality of life, all this due to various factors that affect us individually to a greater or lesser extent, but at the end of the day, we are in a country rich in gastronomic diversity and that provides many very nutritious foods for our body and our health.

Web-graphy

Miss. Gabriela A. Galán Ramirez, [Patrón de alimentación en México – Alimentación y Salud \(unam.mx\)](#)