



**ensayo : “Feeding pattern in Mexico.”**

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Tapachula, Chiapas

09 de Marzo del 2024

## INTRODUCTION

Food is essential for the well-being and health of people. Mexico's traditional food pattern, which is distinguished by its cultural richness and regional diversity, has been recognized as an invaluable heritage. However, as a result of modernization and the accelerated pace of modern life, this pattern has undergone significant changes in recent decades. Mexican cuisine, based on a long tradition and regional diversity, is a fundamental element of the country's cultural identity. The objective of this essay is to analyze the Mexican food pattern, highlighting its strengths and weaknesses, as well as the challenges it faces today. The importance of traditional Mexican cuisine, changes in eating habits, health consequences and strategies to promote healthy and sustainable eating will be some of the topics to be discussed.

The eating habits of a population, which reflect its cultural, national and regional traditions, are called food pattern. It is a socially segmented consumption structure that reflects the nutrition of the population. A food pattern is the set of products consumed by an individual, family or household, usually once a week or even more frequently. The physical environment, availability of resources, attitudes and social values determine a traditional dietary pattern. The dietary behavior and health-related processes of an individual or population are also influenced by culture, traditions, lifestyles and beliefs. Most Mexican foods are grains, tubers, legumes and pulses, along with some herbs and seasonings. Some foods have been eliminated from the traditional Mexican diet, while others are consumed in an exotropical or nuanced form, such as insects. Mexican cuisine, based on a long tradition and regional diversity, is a fundamental element of the country's cultural identity. Its richness is reflected in the variety of dishes, ingredients and culinary techniques that have been developed over time as its foods such as corn, beans, chili and squash are considered the basis of pre-Hispanic cuisine, and a large number of traditional dishes have been created from them. In addition, the arrival of European, African and Asian ingredients has further enriched Mexican gastronomy, giving rise to a wide range of flavors and aromas. Despite the transition from traditional food patterns and the influence of a globalized world that offers greater accessibility to different cultures, foods and diets, Mexican gastronomy is considered a heritage and part of our culture. Arid America and Mesoamerica are two ethnographic areas that comprise the history of Mexican food. In Aridoamerica, the Chichimecas, a nomadic and semi-nomadic group, fed primarily by hunting and/or fishing, like their predecessors. The Toltec, Olmec, Zapotec, Mixtec and Aztec cultures domesticated chile, avocado and squash in Mesoamerica, as well as corn and fish. Pre-Hispanic Mexican cuisine was modified after the conquest of 1521,

mixing ingredients and culinary techniques with Spanish cuisine. Some foods that were introduced included wheat, rice, chickpeas, olives, cherries, grapes, peaches, apples, pork, sheep, chickens, eggs, milk and derivatives. Food use shifted from raw food consumption to the food preparation process.

In recent decades, the traditional Mexican dietary pattern has undergone significant changes. The consumption of processed foods, sugars and saturated fats has increased considerably, while the consumption of fruits, vegetables and legumes has decreased. These changes have been associated with urbanization, sedentary lifestyles and globalization, which have modified the lifestyles and dietary practices of the population where The per capita cost of recommended foods such as fruits, vegetables, legumes and meats has decreased as a result of the shift in the current dietary pattern in Mexico toward foods that are high in calories and low in nutrients, easily accessible and inexpensive. and an increase in the cost of foods that are high in calories but lacking in nutrients. This has led to changes in diet and nutritional habits, which has increased the risk of developing diabetes and obesity by replacing traditional consumption. The economic situation, the opening of a globalized market and the acceleration of urbanization since the 1950s are responsible for the changes. This has resulted in a decrease in physical activity, the introduction of processed foods and changes in unhealthy lifestyles, contributing to the acceleration of obesity and diabetes rates, as well as the increase in dietary patterns related to inadequate nutrition. In Latin America and the Caribbean, five countries (Mexico, Chile, Argentina, Uruguay and Costa Rica) contribute the highest consumption of processed foods in the world, with 129.6 kilos per capita per year. These changes have focused on the need to differentiate the product to attract consumers who change their preferences, a situation that is more common in our country. The amount of energy available in Latin America and the Caribbean has exceeded the usual requirements of the population, and the consumption of added sugars has exceeded three times the recommended amount, with sugared beverages as the main products. The increased participation of international companies, urbanization and the growth of supermarket chains have improved access to a variety of nutritious foods, but sugary drinks and highly processed foods that have little or no nutritional value also benefit.

The supermarket chains have improved access to a variety of nutritious foods, but sugary beverages and highly processed foods that have little or no nutritional value also benefit. In 2019, Mexican families spent approximately 35 % of their daily expenditure on food and beverages, with meat as the most consumed item each quarter. However, between 1994 and 1996 there was a

decrease in the consumption of fruits and vegetables, while there was an increase in the intake of fat, sugars and carbohydrates in soft drinks. The academic energy of sugars in the Mexican diet has effects on health and disease. Valerino-Perea examined traditional dietary patterns in Mexico and focused on areas with different levels of food availability. In the north, the variety of foods is smaller, but there is still chicken, milk and mammal products. Fish and seafood are more common in the center, while fruits are less common. In the south there are vegetables such as onions, beans and fruits. Lozada et al. found three distinct dietary patterns for poor urban, rural and western adolescents. The poor urban groups consumed mainly meats and derivatives (20%), industrialized foods (17%), wheat (10%) and soft drinks (7.54%). In rural areas, meats and derivatives (48.1%), wheat, wheat (10%) and soft drinks (7.54%) were the main foods consumed by the poor. Overweight, obesity and chronic diseases such as diabetes and cardiovascular disease are becoming more frequent. The central region of the country has a greater variety of foods, with fish and seafood being more common, while fruits are less frequent. Traditional foods such as huauzontle are present, while in the south, nuts, seeds, insects, pinole, guaje, papaloquelite, quintoniles, nanche, ramón, lard, sorrel, chipilín and condiments are present.

## CONCLUSION

In Mexico, the dietary pattern is at a crucial moment. To build a future where health and wellness are fundamental pillars of Mexican society, it is necessary to recover the ancestral wisdom of traditional cuisine and adapt it to the challenges of today's world. It is necessary to encourage a return to traditional eating habits, valuing Mexican gastronomy as a source of health and wellness. The preparation of meals at home and the consumption of fresh and seasonal foods should be encouraged. As well as learning to enjoy Mexican food as a taste and pride of Mexico because it is what distinguishes us as Mexican people we are recognized mainly for our culture and food is to maintain it with pride.

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