



Ensayo “Patrón de alimentación en México”

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The Feeding Pattern in Mexico: An In-Depth Exploration.

The eating pattern in Mexico is a topic of great relevance and complexity, encompassing cultural, economic, social and public health aspects. In this essay, we will analyze this topic in depth, exploring its various dimensions and its impact on Mexican society.

1. Historical and Cultural Context

The history of food in Mexico is rich and diverse, influenced by pre-Hispanic indigenous cultures, the arrival of the Spanish and the subsequent influence of other cultures, such as African and Asian. Corn, beans, chile, tomato and avocado are some of the basic ingredients of the traditional Mexican diet, which have been used for centuries in the preparation of a wide variety of dishes.

Mexican cuisine is known for its diversity of flavors, colors and textures, as well as its creative use of herbs, spices and cooking techniques. Mexican dishes, such as tamales, tacos, pozoles and moles, are representative of this rich culinary tradition that has been recognized as Intangible Cultural Heritage of Humanity by UNESCO.

2. Demographic and Social Changes

In recent decades, Mexico has experienced important demographic and social changes that have had a significant impact on the dietary pattern of the population. Urban growth, internal migration, globalization and the incorporation of women into the labor market have altered eating habits and the structure of family meals.

In urban areas, fast-paced lifestyles and the availability of processed foods have led to an increase in the consumption of fast and convenience foods, which are often high in calories, saturated fats, sugars, and sodium. This has contributed to increased rates of obesity, type 2 diabetes and cardiovascular disease in Mexico, which represents a significant burden on the public health system.

3. Impact of Globalization and International Trade

Globalization has had a significant impact on eating patterns in Mexico, facilitating access to a wide variety of imported food products and processed foods of foreign origin. This has raised concerns about the nutritional quality of foods and their impact on the health of the population.

Increased consumption of ultra-processed foods, such as sugary drinks, snacks and fast food, has been associated with an increased risk of chronic diseases and nutritional deficiencies in the Mexican population. In addition, dependence on imported foods can have implications for food security and national sovereignty, especially in times of economic or political crisis.

4. Challenges and Opportunities

Mexico's dietary pattern faces a number of challenges, but also offers opportunities to promote healthier and more sustainable diets. The promotion of a diet based on fresh, local

and seasonal foods, as well as nutrition education and the promotion of active lifestyles, are fundamental to address food-related public health problems.

In addition, it is important to encourage policies and programs that promote sustainable agricultural production, equitable food distribution, and access to healthy food in urban and rural communities. This requires collaboration between government, the private sector, civil society and the international community to develop comprehensive strategies that address the underlying causes of food and nutrition problems in Mexico.

5. Conclusions

In conclusion, the dietary pattern in Mexico is the result of a complex interaction of cultural, economic, social and environmental factors. While traditional Mexican cuisine is rich in flavors and nutrients, the influence of globalization and lifestyle changes have led to an increase in the consumption of processed foods and a decrease in the quality of the population's diet.

Addressing Mexico's food-related challenges requires a comprehensive approach that includes policies and programs aimed at promoting healthy and sustainable diets, as well as ensuring equitable access to nutritious food in all communities. Only through coordinated and collaborative efforts can we create a future in which all Mexicans have access to healthy and nutritious food.

<https://alimentacionysalud.unam.mx/patron-de-alimentacion-en-mexico/>)

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