Study of a Contemporary Diet in One Household in the Yucatan

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Abstract
The history of the Yucatan has played a major role in the development of the food system of the area and the nutritional status of the population. Originating from an agricultural based diet, which forms the foundation of the traditional Yucatan diet, there has been a recent shift away from whole and natural foods to a more processed and convenient food supply due to the influx of American products and culture. Coinciding with the influx of these unhealthy foods, there has also been a rise in the health problems of the Mexican population such as heart disease and diabetes, both of which are diseases related to nutrition.

Through an evaluation of the history of the Yucatan, the traditional foods consumed in the Yucatan, the lifestyle and the health status of the Yucatan population, and through an analysis of a 3 day food diary from a contemporary Yucatan household, it is concluded that the traditional Yucatan diet provides all of the essential macronutrients in their recommended amounts. However, with a more detailed analysis, the Yucatan diet is also lacking or exceeding the Dietary Recommended Intake (DRI) of specific nutrients such as calcium, iron, fiber and sodium.

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Diet, Economic Development, and Culture. Everybody eats. Food is necessary for biological survival; all people must somehow obtain it, whether by collecting it, producing it, or purchasing it. It is, therefore, an item in every household budget. Nutrition scientists evaluate the quality of diets by comparing the nutrients in the diet to a standard recommended requirement. Many such standards have been developed by national governmental agencies and by international organizations. In the Yucatan, Redfield (1941) recognized four kinds of places, each at a different position between the “ideal” folk community and its presumed opposite, an urban place or city. Hence, 1984. In their study of tourism in the Yucatan, the negative synergism between nutrition and disease is well known. For example, but that other nutrient deficiencies continue to affect nutritional status in Mayan communities. disruptions to environment. Yalcoba and Coba, and nutritional health in the Yucatan. We then carried out household dietary surveys in the coastal communities in 1996. L. households and communities have become increasingly dependent on the large urban centers for income (Daltabuit & Pi–Sunyer. they have always relied upon and enjoyed the security of slash-and-burn milpa agriculture. These include two inland communities.