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The Health Benefits of Mexican Food



According to [Wikipedia](#), Mexico is the largest country in the Americas and the thirteenth largest independent nation in the world: The free, online encyclopedia says this about the country's food: "Mexican cuisine is known for its intense and varied flavors, colorful decoration, and variety of spices. Most of today's Mexican food is based on pre-Columbian traditions, including the Aztecs and Maya, combined with culinary trends introduced by Spanish colonists."

Although their food varies by region, on the whole the Mexican people eat beef, pork, chicken, and fish—flavored with wine, garlic, onions, and a medley of chile peppers—served with rice and refried beans. In restaurants, corn

tortillas and salsa are always offered with the management's compliments before a meal, which can start with soup like *ceviche*, a cold seafood soup/appetizer, proceeded by a choice of exotic fare such as: baracoa, carnitas, menudo, pozole, tamales, quesadilla, and more. Dessert, often an assortment of rich, creamy cakes and flans, adds the finishing touch.

Seeing that most dishes like chalupas, chimichangas, flautas, and tacos are deep-fried and served with cheese, sour cream, and chile sauces, it is no wonder that Mexican food has earned the reputation for being high in fat content, sodium, carbohydrates, and—therefore—in calories.

On the upside, many of the ingredients in Mexican food have a high nutritional value. For instance: The [tomato](#) in salsa is rich in vitamins A and C, while the [cilantro](#) provides phytonutrients, flavonoids, and active phenolic acid compounds, which help control blood sugar and help fight inflammation. The [avocado](#) in guacamole is an excellent source of monounsaturated fat oleic acid, which helps lower cholesterol and helps protect against breast cancer. The active ingredient in chile peppers— [capsaicin](#) has been found to fight cancer, prevent sinusitis, fight inflammation, help burn fat, and provide pain relief. Pinto and [black beans](#) are rich in antioxidants and dietary fiber. Seafood, like [shrimp](#), is rich in omega-3 fatty acids.

The good news is that Mexican food, the same as all cuisines, can be prepared in many different ways. By avoiding deep frying and choosing ingredients that are low in fat, sodium, carbohydrates, and calories, you can eat healthy and feel great.

For easy Mexican and Tex Mex recipes, go here: [Simply Recipes](#).
Enjoy!

Article By: Belinda Nicoll (Official Anon Source Writer)

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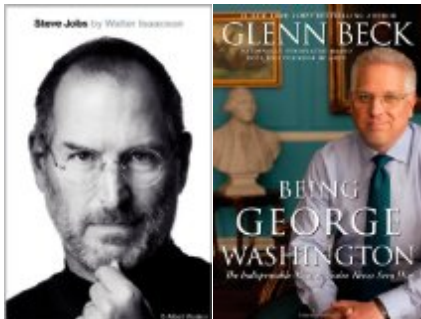
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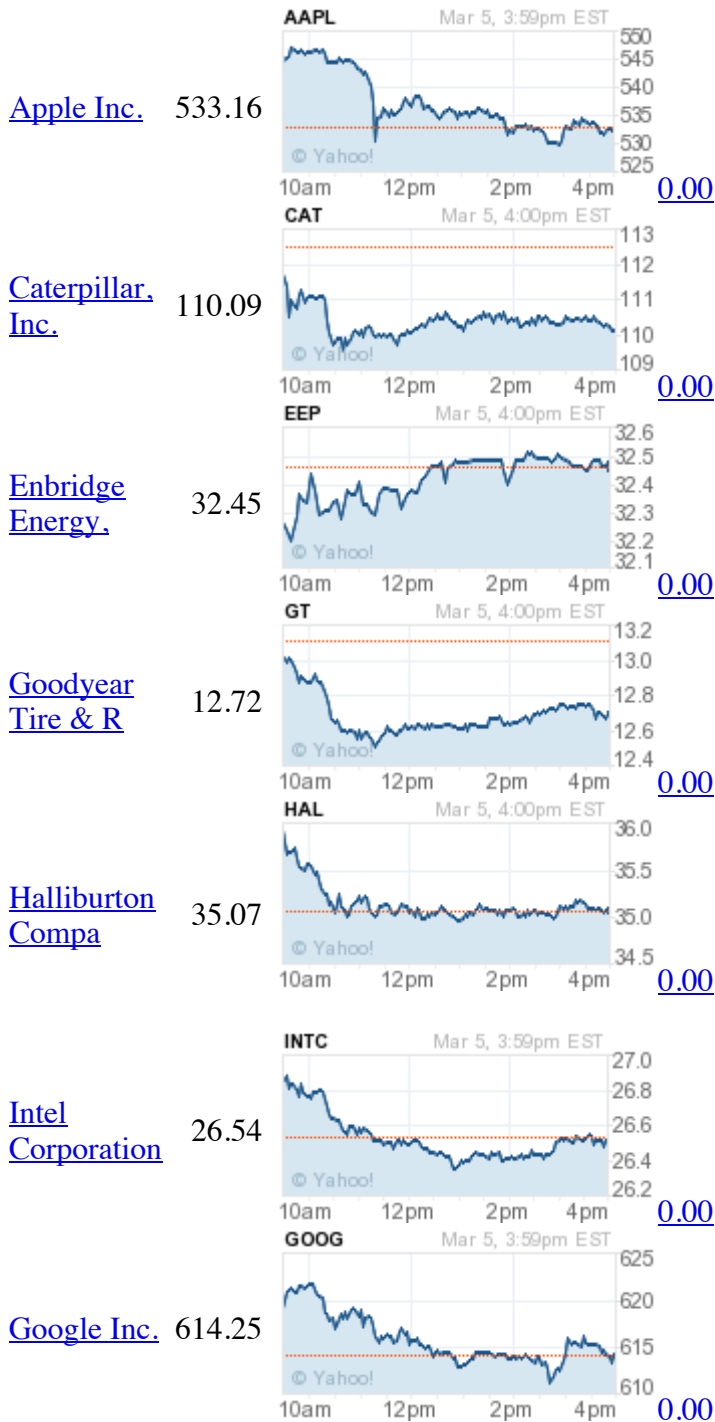
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