



Fresh & Healthy
MEXICAN
Healthy Eating Guide



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Mexican Decent

Traditional Mexican diets are a vibrant blend of Native Mesoamerican and Hispanic foods, typically including corn-based dishes, chilies, garlic, onions, herbs, beans, squash, citrus fruits, rice, meats, and lard. While rich in carbohydrates from staples like corn tortillas, beans, rice, and bread, the diet also includes a variety of proteins from beans, eggs, fish, shellfish, pork, and poultry. Popular fruits and vegetables include tomatoes, squash, sweet potatoes, avocado, mango, pineapple, and papaya. Drinks often include coffee with milk and sugar, atole, and aguas frescas.

Healthy Substitution Tips:

- **Limit Starchy Vegetables:** Restrict corn, potatoes, plantains, or yucca to one portion per meal. Add leafy greens to at least two meals daily.
- **Beans or Rice:** Choose one per meal, avoiding both simultaneously.
- **Tortilla Moderation:** Limit corn/flour tortillas to three per meal (5-7 inches). Opt for low-carb tortillas when possible.
- **Avoid Sugary Drinks:** Steer clear of jarritos, horchatas, aguas frescas, fruit juices, and sodas.

Common Nutritional Approaches

Mexican cuisine's frequent use of frying makes the diet high in fat. To counter this, focus on healthier cooking methods and nutrient-dense ingredients to maintain a balanced diet.

Healthful Eating Plan & Meal Ideas

Breakfast Ideas:

- **Breakfast Burritos:** Use low-calorie, high-fiber tortillas filled with scrambled eggs, cheddar cheese, and black beans. Top with cilantro and avocado slices.
- **Chocolate Smoothie Bowl:** Mix 1 cup of low-fat Greek yogurt with cocoa powder, whipped cream, and honey. Top with fresh berries and coconut flakes.
- **Yogurt and Fruit:** Combine 1 cup of plain Greek yogurt with 1/2-1 cup of fresh fruit (mango, pineapple, papaya, or apple), add honey, and top with coconut flakes.



Lunch/Dinner Ideas:

- **Fish Taco Bowls:** Use cabbage slaw or lettuce for the base, grilled salmon or tilapia for protein, and top with guacamole, fresh sweet mango, and vinaigrette.
- **Steak Tacos:** Use corn or low-carb tortillas topped with seasoned flank steak, guacamole, pico de gallo, queso fresco, and lime.
- **Shrimp Quesadilla:** Use corn or low-carb tortillas filled with grilled shrimp seasoned with orange juice and garlic, grilled onions, peppers, and Monterey Jack cheese. Top with sour cream and salsa.
- **Chili:** Prepare with low-fat ground beef, kidney and pinto beans, vegetables (celery, diced tomatoes, onions, peppers, garlic). Top with sour cream and shredded cheddar cheese.
- **Grilled Chicken Salad:** Use romaine lettuce as the base. Add seasoned grilled chicken, tomatoes, avocado, and peppers. Dress with a vinaigrette made from olive oil, honey, salt, and pepper.
- **Cheese and Chorizo-stuffed Jalapenos:** Fill medium-size jalapeno peppers with ground chorizo, mushrooms, and whipped cream cheese. Bake at 400 degrees F for 15 minutes.

Clinical Pearls

- **Spice Usage:** Enhance flavors without adding calories or fat using various spices.
- **Tortilla Consumption:** Rather than omitting tortillas, focus on limiting their quantity.
- **Baked Goods Education:** Inform about the high carbohydrate and glycemic index content in sweet breads and pastries.
- **Healthy Snacks:** Pair guacamole, sour cream, and salsa with vegetables for a low-carb snack.
- **Family Meals:** Encourage preparing and sharing meals with family for a wholesome experience.

For more personalized dietary advice and healthy eating plans, visit PearMD.com

