

ABSTRACT

The initial concept stemmed from an honors project collaboration. The project was a research paper on the evolution of El Salvador's food culture. Topics discussed were El Salvador's food culture, focusing on the history, staple foods, food medicine, dietetics, and how the country has been impacted by the expansion of globalization. Additionally, the relationship between medical conditions and how dietitians respond to them are further explored. Globalization has negatively impacted El Salvador's health status, dietary practices, and ingrained poor habits that will be carried on for generations.

GLOBALIZATION AFFECTS

Traditional foods with nutritional value are being swapped out with modern foods that consist of minimal to no beneficial nutrients. This exchange is caused by El Salvador receiving consumer goods from the United States. The outcome is traditional foods being replaced and diseases related to lifestyle started becoming more prominent. Globalization did not just affect food consumption in El Salvador, but also impacted farming practices. The country has started to concentrate on the types of crops that can be mass produced, which are reliant on modern agricultural practices.

EL SALVADOR'S FOOD CLOCK

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BACKGROUND

El Salvador is located in central America bordering Honduras to the northeast, Guatemala to the northwest, and the Pacific Ocean to the south. The country has a lower socioeconomic status with roughly half of the population living in poverty. This issue has been linked with high malnutrition rates in El Salvador. On the other hand, obesity is a topic of concern because globalization and changes in their diet have increased access to energy dense foods with poor nutritional value.

CONCLUSION

El Salvador had retained traditional food consumption practices; however, globalization has caused dietary changes. This resulted in the Salvadorians steadily increasing modern food consumption with less nutrient intake. Medical practices and cultural foods are left behind and replaced with modern techniques and foods causing harm to the people. A reexamination of El Salvador's food practices and reacquiring the traditional foods promoting health benefits need to be done in order to make a positive shift in the country's health status.

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