

# Mexican Culture



- ◆ Over half of the Hispanic/Latino population in the United States is Mexican-American.
- ◆ In Illinois, according to Census 2000, there are 1,530,262 Hispanic/Latinos. Seventy-five percent are of Mexican origin and ten percent are of Puerto Rican origin. Cubans, Guatemalans, Ecuadorians and Colombians each make up approximately one percent of the Hispanic/Latino population.
- ◆ Food preferences, preparation and customs vary among the Hispanic/Latino cultures.
- ◆ Today's Mexican diet is a blend of Spanish, French and American cultures.
- ◆ A typical Mexican diet consists mainly of corn, corn products, bread, rice and beans. Protein sources in the diet are from beans, eggs, fish, shellfish, beef, pork, poultry and goat.
- ◆ Some foods are high in fat because they are fried.
- ◆ Mexican diets vary because incomes, geographic location, education and family customs influence food choices.
- ◆ Traditionally, Mexicans ate four to five meals each day. In the United States, Mexican's eat about three meals a day but this may vary.
- ◆ The family unit is the single most important social unit for Hispanics. Family comes before anything else. Male dominance exists so the father is the leader of the family and the mother runs the household. These traditional roles are changing as children become exposed to American society.



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