

Differences in nutritional strategies among cultures

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Different countries have different nutritional strategies including the procuring, selecting, preparing, preserving, cooking and consuming foods. The lifestyle varies from culture to culture. China has the most renowned food preparation and lifestyle. They have many different cuisines. Chinese are food oriented and health conscious. They choose and use many ingredients carefully for their food. They also believe that food is a great factor in one's health that is why they serve and cook food according to one's health condition, there should be a balance between fan (grains and starch foods) and tsa'i (meat and vegetables).

In traditional Chinese dinner, a complete meal triangle with soup, vegetables, rice and meat were dish up. They want their food served or eaten while it is still hot. Mexican dishes has been the second most varied and vast in the world because of the intense flavors, colorful decorations, and spices of the cuisine. They have many festivals and celebrations that is why their food preparation seems like there is always a party. American standards of food are easy to make, convenient, and presentable. That is why many rely on fast food restaurants wherein the foods are quickly served.

They don't like putting much effort in preparing food. They also choose foods that look good and make them look good as well that is why many eat in expensive restaurants because it will make them look good. Beer has also been one of the favorite drinks in America. Our choice of food tells about our basic ethics and beliefs. The Chinese value their health and tradition in preparing foods, which could be the reason why they seem to have a longer

life and healthy lifestyle than the Americans, who were mostly obese. Proper diet and nutrition is the key for a healthy lifestyle.