Corn as Cultural Heritage

Indigenous Knowledge, Nutrition and Health in Mexico

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A legacy of thousands of years

- Mexico is a center of origin and diversification of maize.
- Corn was domesticated from teosinte thousands of years ago.
- Mexico has 64 reported maize races, 59 of which are considered native.







Nixtamalization: Ancestral Knowledge Meets Nutrition



- An ancient Mesoamerican food-processing technique.
- Increases the calcium content of corn.
- Improves niacin (vitamin B3) bioavailability.
- Reduces phytates, improving mineral bioavailability.

1. Cook with lime



2. Rest and wash



3. Grind into masa



The Milpa: More Than an Agricultural System



Corn
Energy and carbohydrates





Beans
Plant-based protein and fiber

Squash
Fiber and micronutrients





Quelites
Vitamins, minerals and fiber

Preserving Our Food Heritage

- Native maize diversity.
- Traditional agricultural knowledge.
- Ancestral food preparation techniques.
- Intergenerational knowledge transmission.
- Indigenous cultural identity.







More Than Food, A Living Heritage



“Preserving maize means preserving knowledge, identity and generations of innovation.”

- Culture
- Nutrition
- Identity

Thank You

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