

The Diet Of Costa Ricans And How It Keeps Them Healthy

Located between Panama and Nicaragua in Central America, Costa Rica boasts a proud culinary heritage. Many scorn Costa Rica food selections for being high in saturated fats, but in actuality Costa Ricans are far more active than other cultures.

Costa Rican's, locally called Ticos, never eat excessively. Limiting their portions is one way they stay so healthy. Also, lunch is the most important meal of their day. In fact, like many Latin nations, businesses and schools close down for a couple of hours at lunch so that employees and students can go home and have a leisurely meal with their family. This allows both a strong focus on family life, but also on slowing down a meal. In America, a typical school lunch lasts a mere twenty minutes at most and work breaks are usually an hour tops, so many must eat at their desk or machine. A Costa Rican's lifestyle is completely different.

Costa Rica food often revolves around rice and beans, such as Gallo Pinto, a dish that translates to "Spotted Rooster". Gallo Pinto is a dish that includes black beans at a three to two ratio to rice. Also added are onions, garlic, and salt. Meats are eaten sparingly, while beans provide a high content of fiber. Fiber can help counteract the saturated fats. Costa Rica food choices rarely include dairy or cheese.

As Costa Rica has water on both sides with the Pacific to the west and the Caribbean to the east, fresh seafood is always available. Unfortunately, the seafood is also extremely expensive as the country exports the bulk of its seafood. Chicken, pork, and beef are the more popular meats. Costa Rica food supplies use organ meat as well; so expect to find dishes involving stomach, brains, and other organs on the menu. Other staples of Costa Rica food choices include fresh vegetables such as tomatoes and a variety of beans, fruits, including plantains, and rice.

Costa Rica's capital city, San Jose, is packed with outstanding restaurants and cafes. In San Jose, one can experience bold foods and beverages. Staple beverages such as sugarcane soaked in hot water are second only to the nation's delicious Costa Rican coffee. Drinks mixing corn meal and milk are also common. Plantains are similar to bananas in appearance, but they cannot be eaten raw. Plantains are pounded flat, battered, and fried tender.

As one travels to other regions, the choices for Costa Rica food also decrease and become more traditional with the beans and rice dishes. Beans and rice dishes are usually served alongside a carrot and cabbage or lettuce and tomato salad. Sometimes Arroz, (fried shrimp or chicken), are found on the table instead of beans and rice. The salads are typically larger than the portion of beans and rice and that helps the Ticos to stay fit.

It is possibly to choose healthy selections of Costa Rica food. Stick to plenty of fresh fruits and vegetables and enjoy the delightful blend of culinary flavors.

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