Abstract
This paper examines different approaches to nutrition and food consumption practices in Mexico in terms of conceptual focus, analytical tools and major debates. Four approaches are analyzed: research that examines Mexican public policy vis-à-vis food production and distribution; economic studies focusing on the analysis of the national food pattern; anthropological investigation based on cultural feeding habits and research from a nutritional perspective, studying food consumption and its relation to population nutritional status. This paper points out that the above approaches do not consider a gender perspective, and reviewing some studies based on a gender category as their central analysis tool, the paper underlines the need to conduct further research on gender differences between men and women and their access to productive resources, income management and food distribution and consumption.

Keywords
Food consumption, state, economics, anthropology, nutrition.