

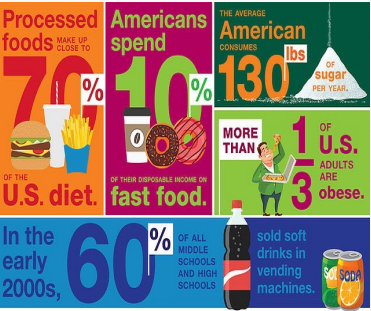


# American, Ghanaian and Greek food culture

Nhyira Owusu Asante, Thessaloniki, Greece, summer 2022, CHST



## What do Americans eat?



According to The Nutritional American Survey the typical American diet consists of “2100 calories a day, 16% calories from protein, 47% from carbohydrate, 36% from fat and 22% of all calories from added sugars.

Americans typically eat a lot of fast food. The most popular foods in America are burgers, fries, pizza, hot dog and wings. GMO produce is also more common than organic produce.



The Ghanaian diet mainly consists of rice, cereals, tuber, eggs, plantain, maize and beans. Organic produce is more common than GMOs. Flea markets are very common in Ghana, so people have open access to fresh produce. The most popular foods in Ghana are waakye, jollof, banku, and fried or boiled yam.



## Ghanaian eating culture

The Ghanaian eating culture is more similar to the Greek eating culture than the U.S. In Ghana food is usually eaten with family all together. A huge portion is made and split among everyone into individual portions. Food is also more social rather than individual. There is also not a lot of fast-food restaurants in Ghana



The typical Greek diet consists of a lot of olive oil and feta cheese. While the Greek diet is based on the Mediterranean diet, the Greek diet has changed overtime and is now not fully based of the Mediterranean diet. Greeks are consuming more fats and calories. Processed foods and fast food are also now a part of the typical Greek diet. Greek food also uses local ingredients and also have many flea markets. The most popular Greek foods are gyros, tzatziki, souvlaki and stuffed peppers.



## Greek eating culture

Greeks have a saying “Don't eat to live but live to eat”. Eating in Greek culture is seen as a way to socialize. A very important part of Greek culture is eating in groups and sharing food. It is not very common for people to eat alone in restaurants in Greece. It is also not common to split the bill in Greece



## American eating culture

Fast food is a huge part of American eating culture with many different kinds of fast-food restaurants. Americans also tend to “Eat and run”. There are many drive-thrus where people can get food quickly to go.

The portions also tend to be more Individualized, and the food is not usually shared among everyone. It is also very common to split the bill when eating out with other people.