Aging of the Latin American population is becoming a challenge for region governments and the healthcare system. Latin America has a high percentage of indigenous populations; however there is also a great diversity of ethnic populations and many spoken languages. Research and publications regarding the menopause addressing Latin American mid-aged women has increased in the recent years. Data provided by the Latin American Network for Research of the Climacteric (REDLINC) indicates that these women display a high degree of menopausal symptoms and sexual dysfunction, possibly related to ethnicity, and in this sense to the indigenous component. On the other hand, updated evidence has determined that eliminating unhealthy habits and lifestyle may increase longevity in developed countries, especially those from the Mediterranean region in which the diet has particular components. Hence, there seems there could be an interesting role for the translation of these dietary patterns to our Latin American scenario. This lecture will focus on ethnic and environmental differences related to aging, and how dietary recommendations should be translated to the aging Latin American population.