

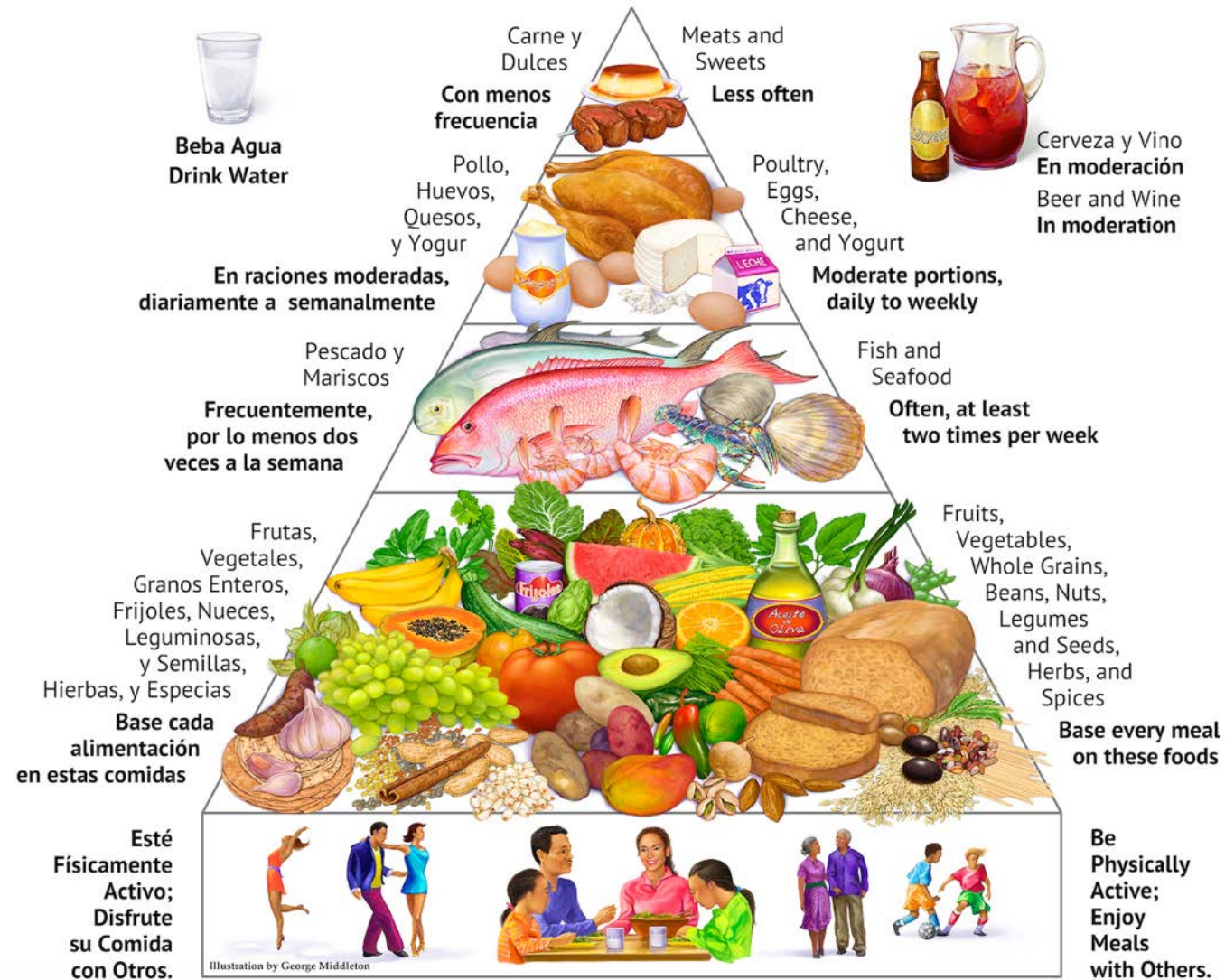
A Taste of Latin American Heritage

Sara Baer-Sinnott

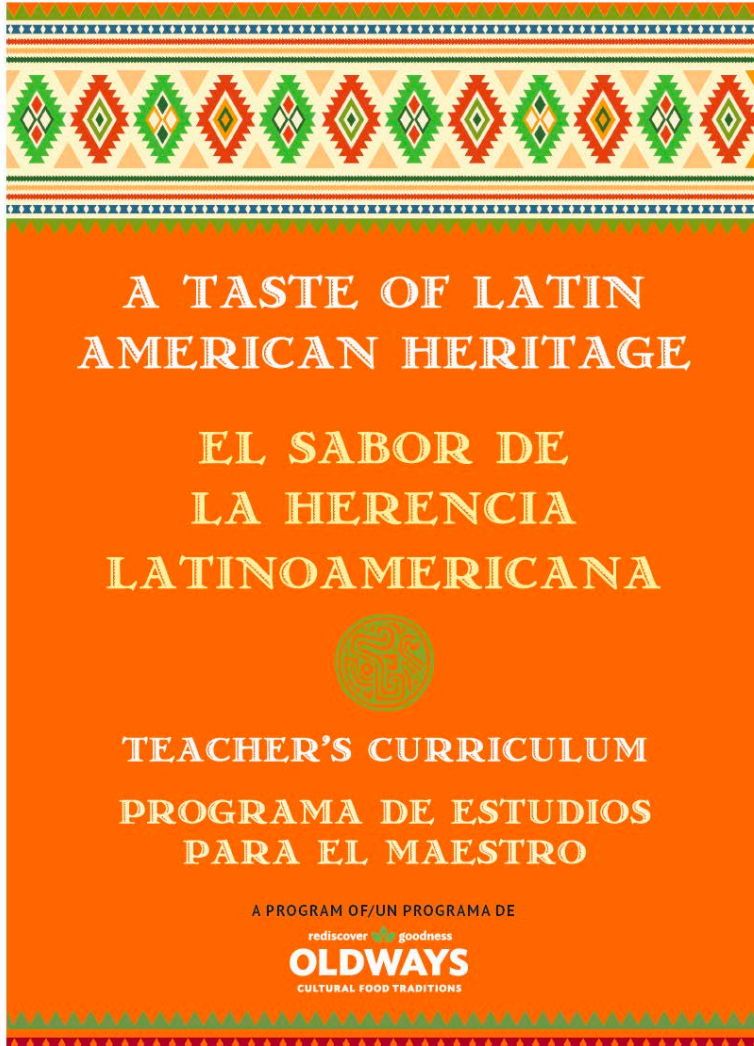
About Oldways

- A food and nutrition nonprofit
- Vision: A healthier, happier life through cultural food traditions.
- Mission: Inspire people to embrace the healthy and sustainable joys of the old ways of eating
- To fulfill our mission, we create and share healthy “how-to” resources & recipes and organize educational programs and events.
- We believe food is heritage’s great gift

Latin American Heritage Pyramid



A Taste of Latin American Heritage Curriculum



- Lesson 1: Herbs & Spices
- Lesson 2: Tubers
- Lesson 3: Whole Grains
- Lesson 4: Fruits & Vegetables
- Lesson 5: Pulses
- Lesson 6: Nuts & Seeds

History, Culture, Nutrition and.....

- A Taste of Latin American Heritage was inspired by the success of A Taste of African Heritage.
- Bi-lingual. Each page opens to English on one side, Spanish on the other.



Cooking and Eating!

- All of the recipes are completely plant-based, and include dishes from Mexico, Argentina, Ecuador, Cuba, Dominican Republic, Bolivia, Spain, Chile, and Peru.



Dr. Hannia Campos

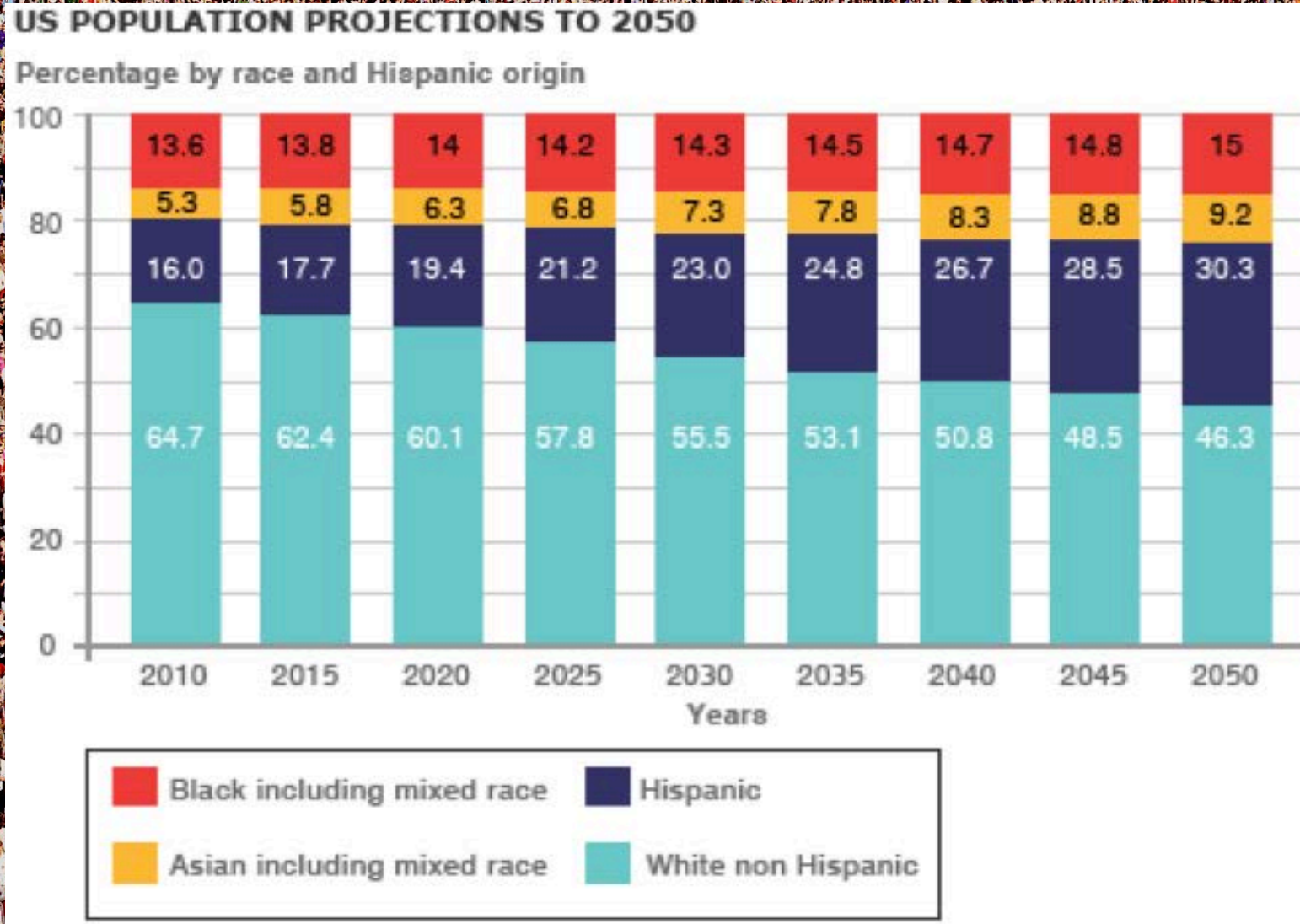
- **Latin American Diet Pyramid**
- **Nutrition and Health Disparities in Latin American Communities.**



Nutrition and Health Disparities in Latin American Communities

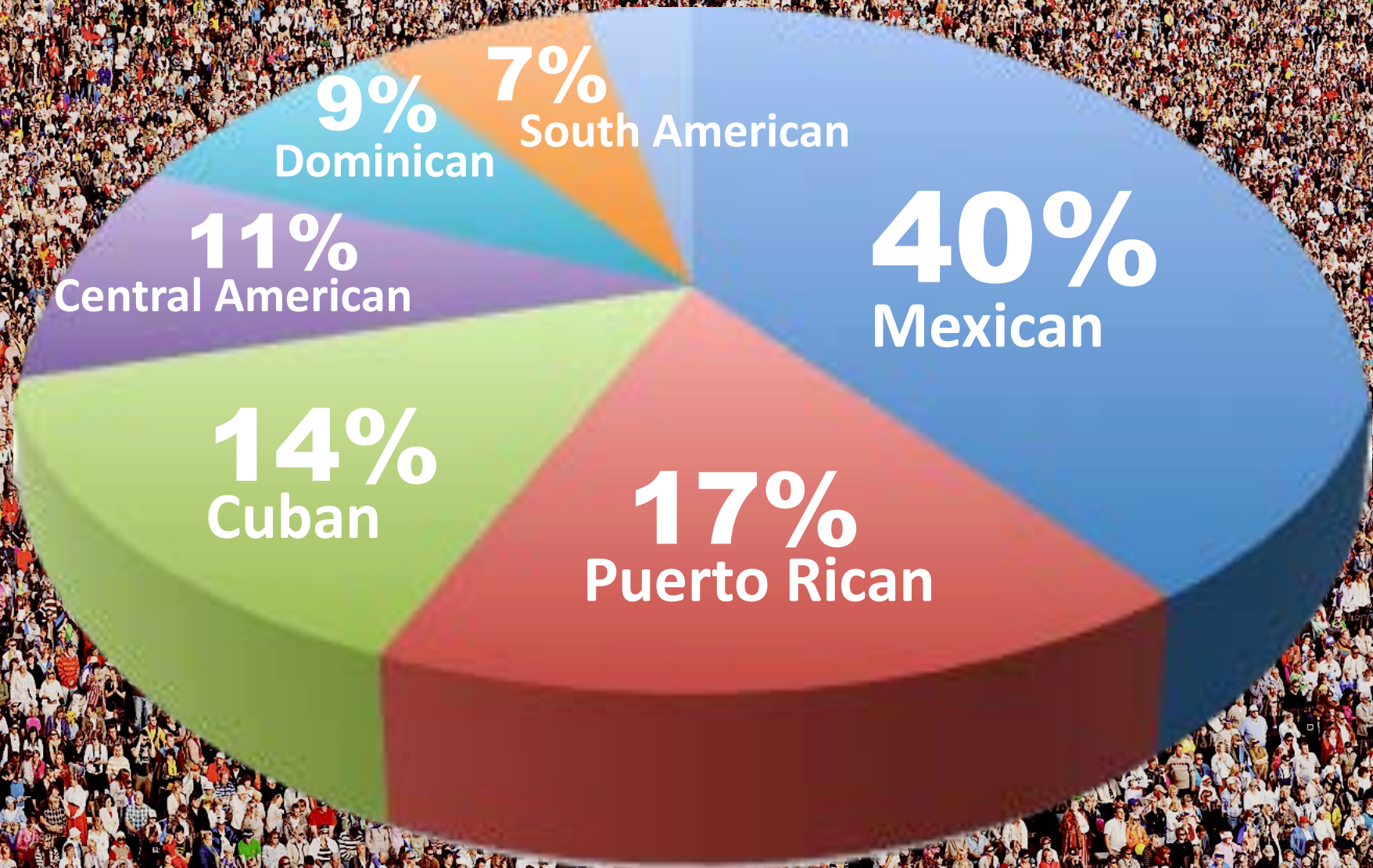
Hannia Campos, Ph.D.

Hispanics/Latinos are the largest minority group in the U.S.



U.S. Census Briefs. *The Hispanic Population*. Washington, DC, U.S. Census Bureau, 2010





U.S. Census Briefs. *The Hispanic Population*. Washington, DC, U.S. Census Bureau, 2010





Why nutrition & health?



Unhealthy diet

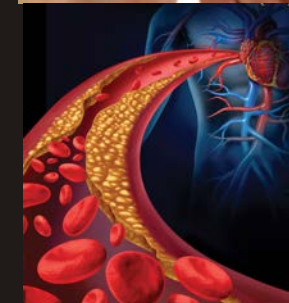
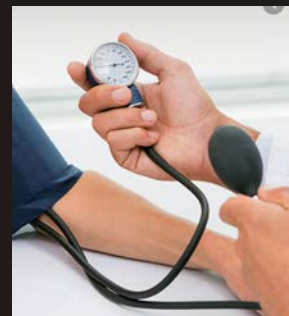


Sedentary lifestyle



Excess body weight

Risk factors



Chronic diseases



OBESITY

The Hispanic Community Health Study/Study of Latinos

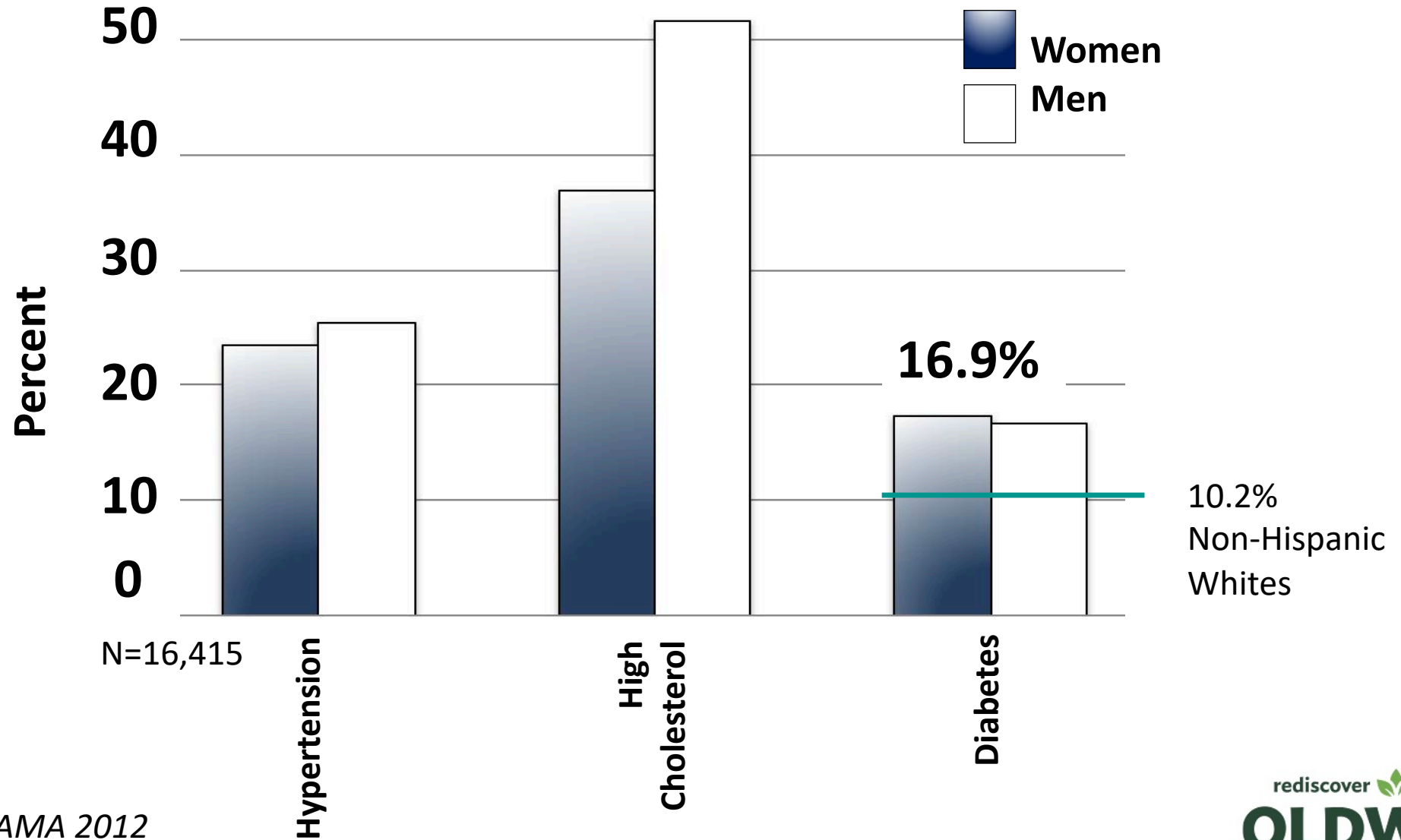
42.6%

Women

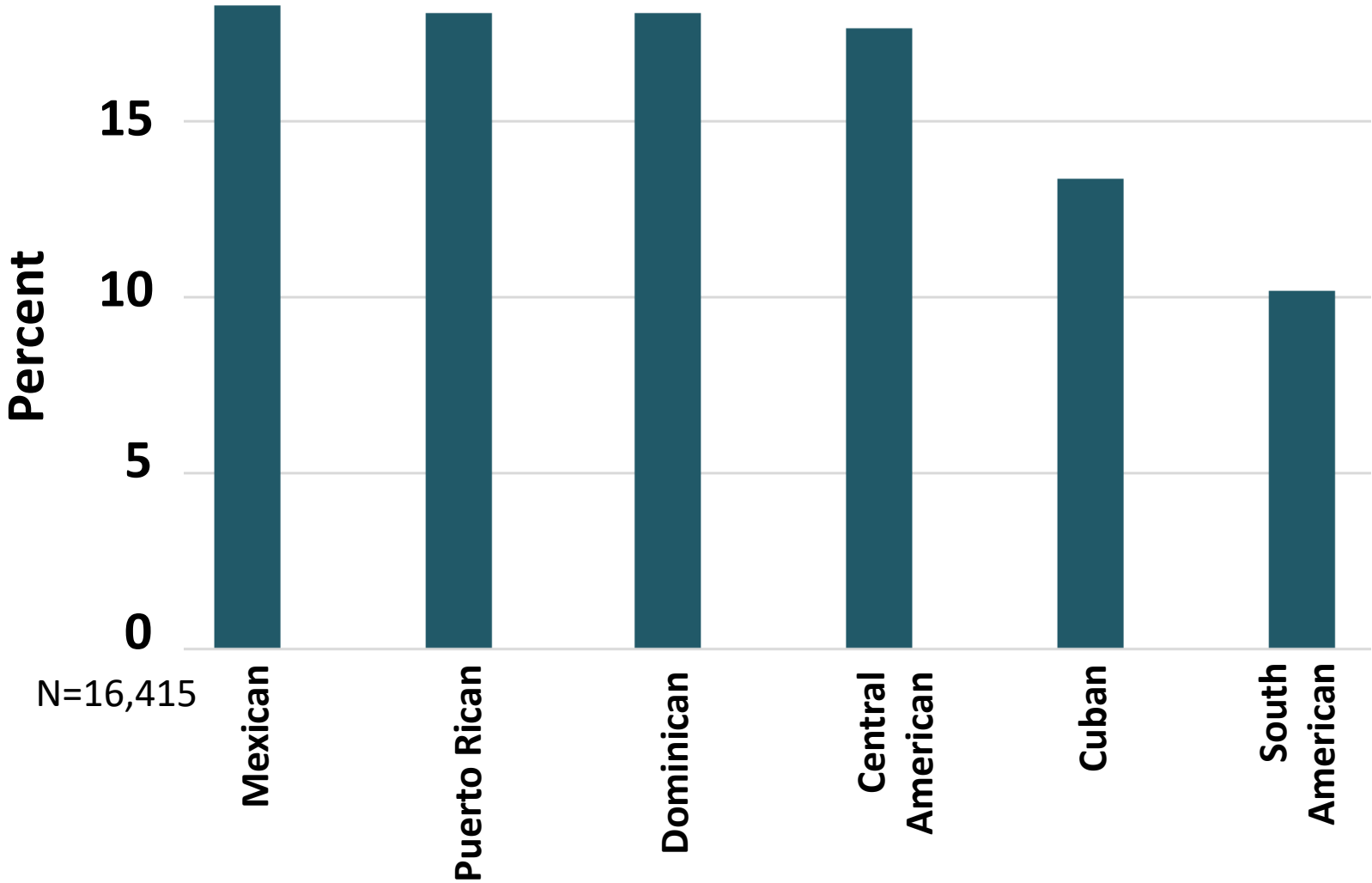
36.5%

Men

Prevalence of cardiovascular risk factors in the Hispanic Community Health Study/Study of Latinos

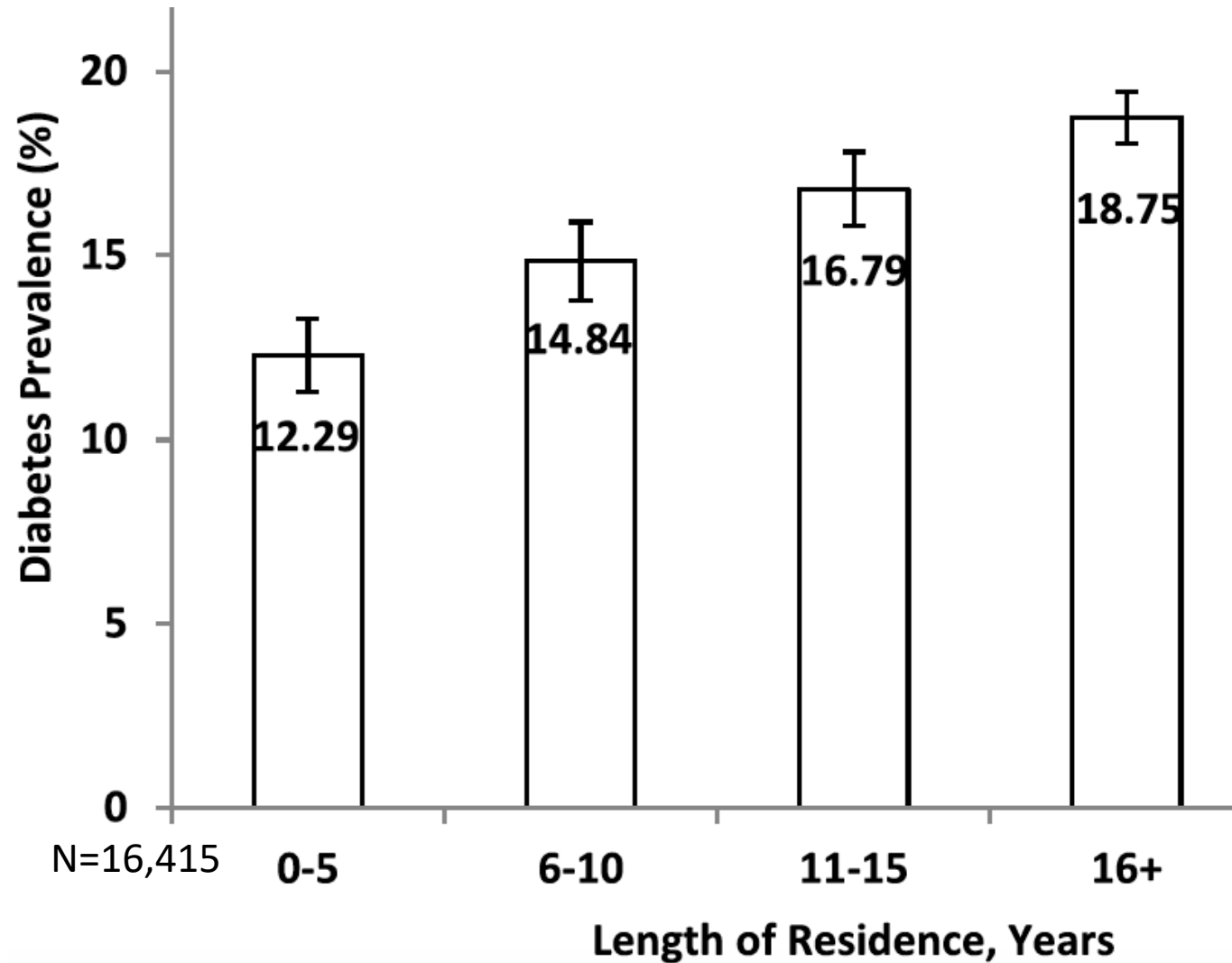


Prevalence of diabetes by Hispanic/Latinos groups



Schneiderman N et al Diabetes Care 2014

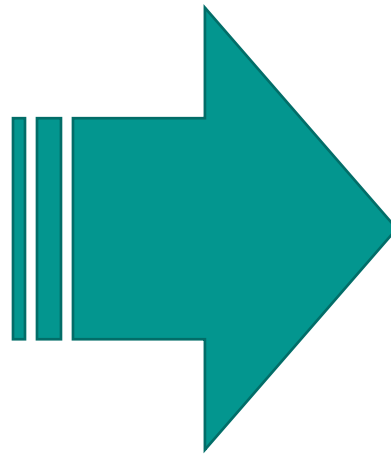
Prevalence of diabetes by length of residence in the U.S. in the Hispanic Health Study/Study of Latinos



The nutrition transition has been a major contributor to the adverse health trends among Hispanic/Latino communities



**Unprocessed, plant-based foods,
prepared at home**



**Processed, animal-based foods,
away from home**



Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana

Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana

Desserts
Red meats

Chicken, eggs
Dairy products

Fish & seafood

**Non-starchy
vegetables**

Fruits

**Healthy
oils**




Beba Agua
Drink Water


Cerveza y Vino
En moderación
Beer and Wine
In moderation

Legumes

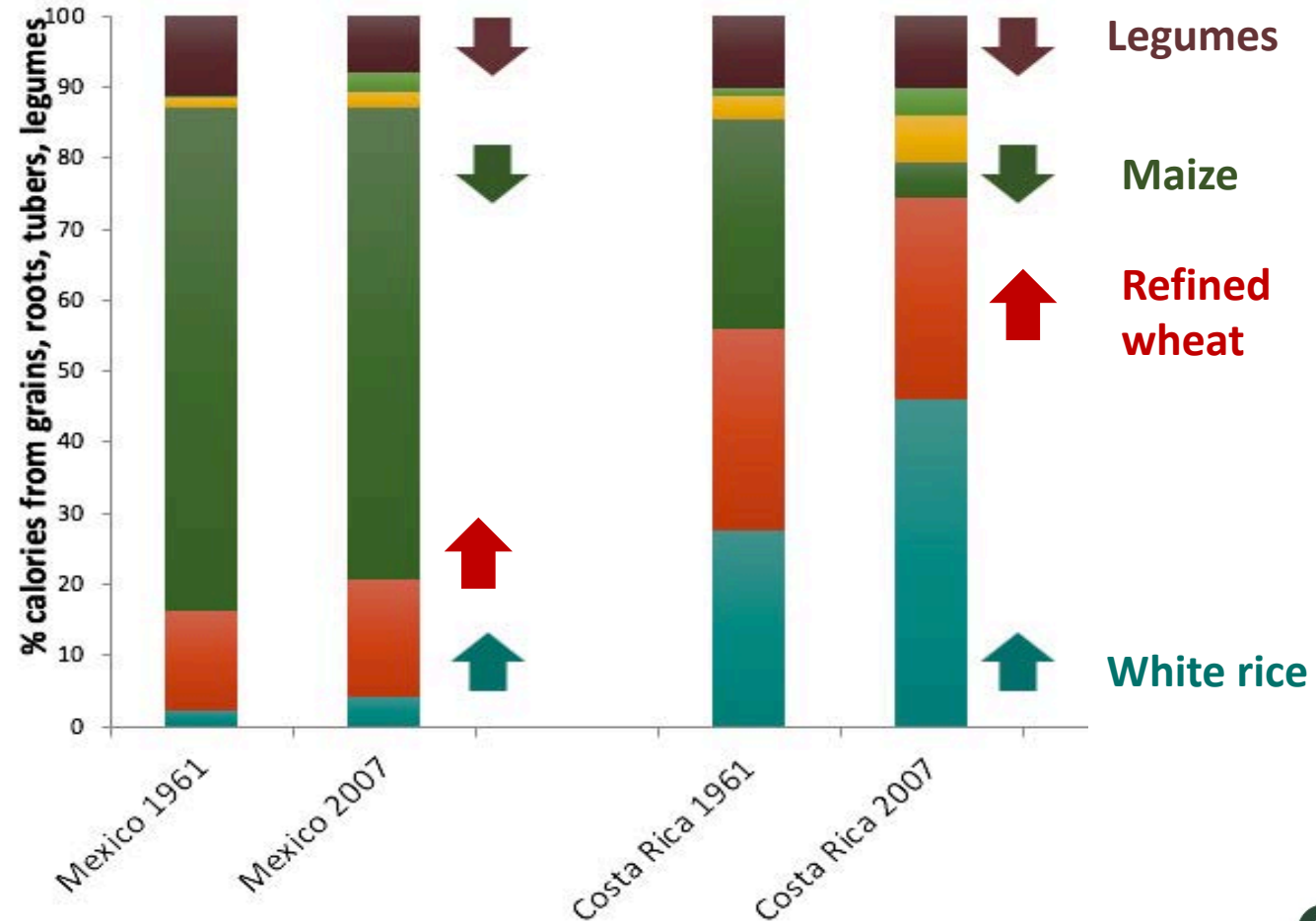
Nuts & seeds

Whole grains

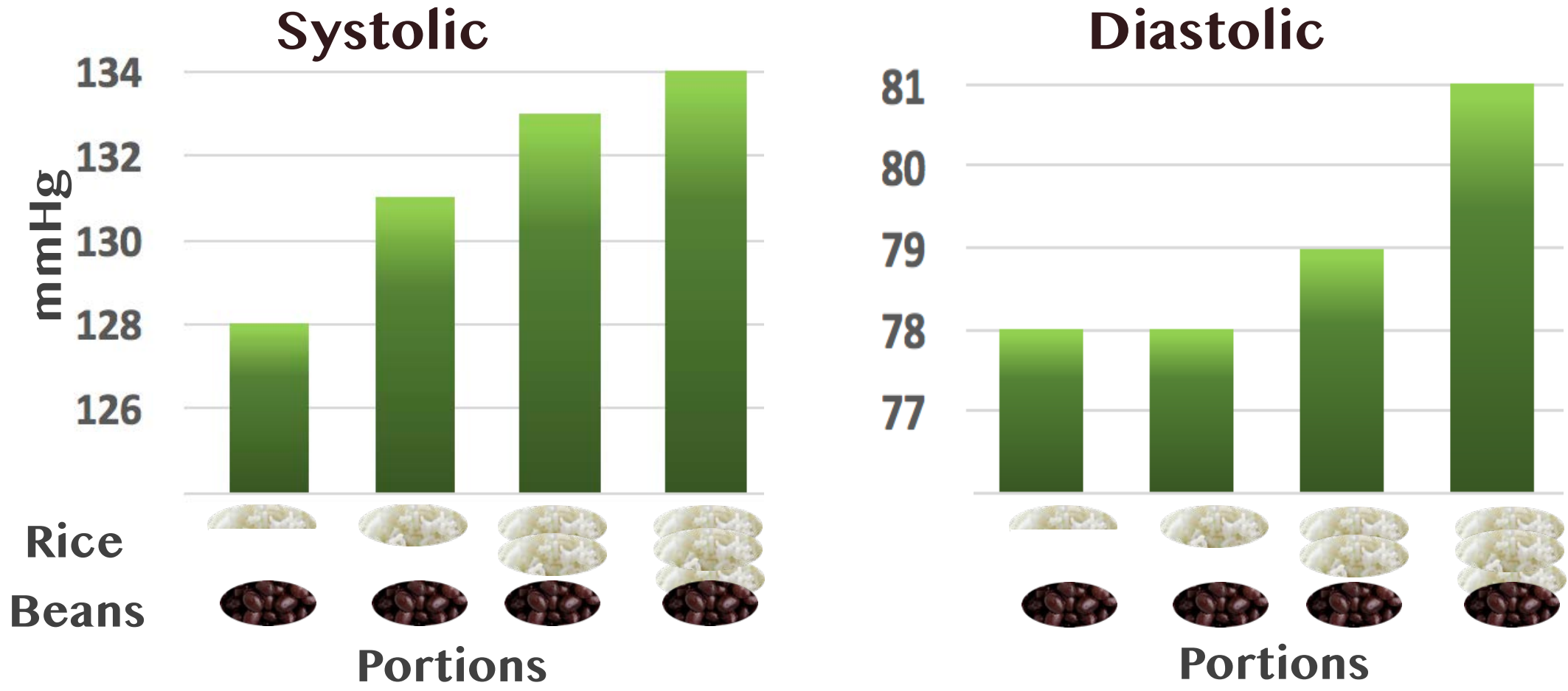
Illustration by George Middleton

Staple foods in two Latin American countries, 1961-2007

■ Rice ■ Wheat ■ Maize ■ Roots ■ Other grains ■ Legumes



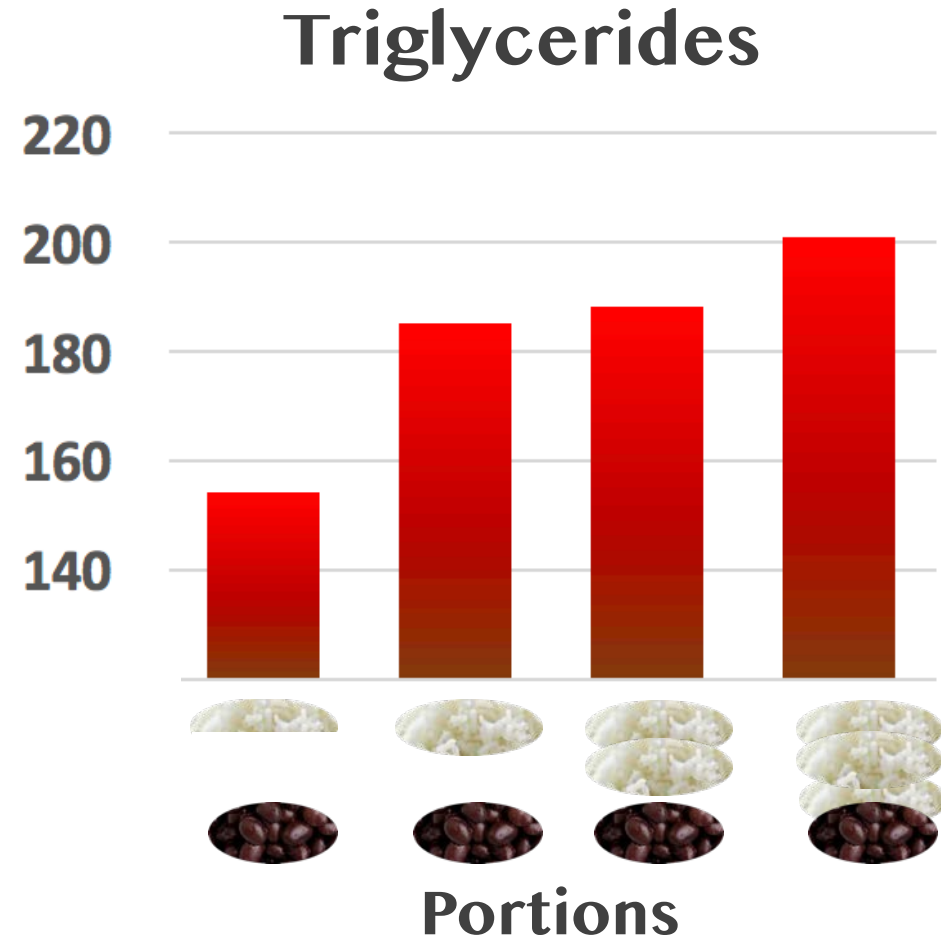
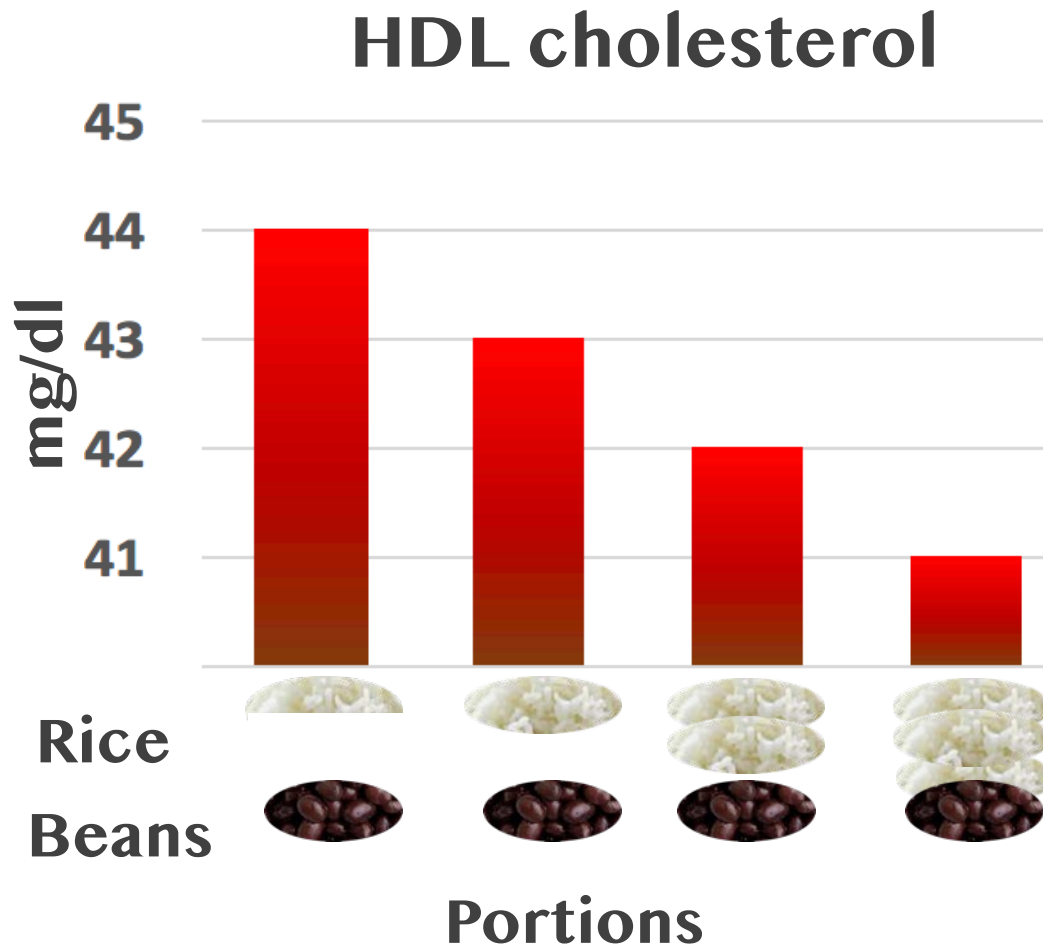
A higher proportion of white rice to beans is associated with higher blood pressure



p for trend < 0.001

Mattei, Campos et al AJCN 2011

A higher proportion of white rice to beans is associated with a more adverse lipid profile



p for trend < 0.001

Mattei, Campos et al AJCN 2011

Blue Zones



Nicoya Península



< Regions of the world where people have the longest and healthiest lives >

Blue Zones

Diet in the Nicoya Peninsula

1-3 times per day



Fruits & vegetables 74%

Black beans 83%

Corn tortillas 74%

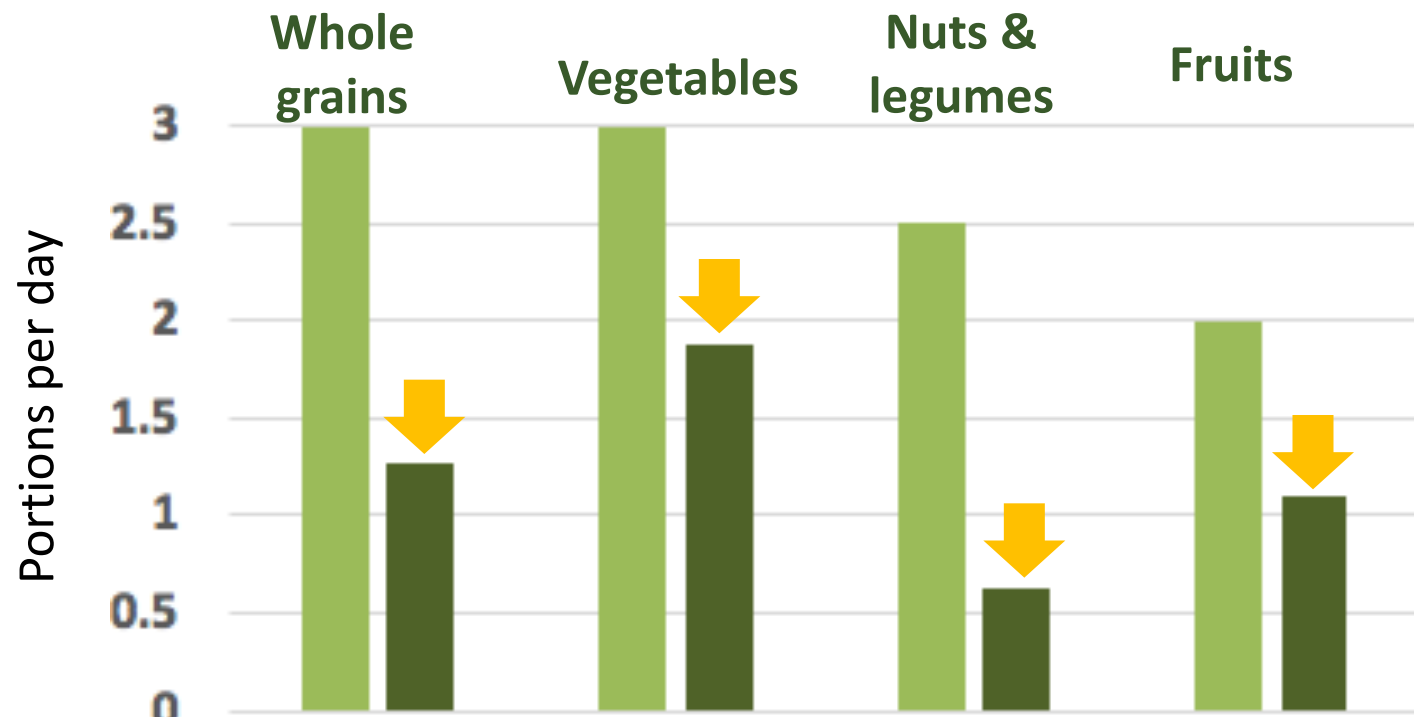
Eggs 56%

Dairy 80%

Chicken/fish 3%

Red meat 0%

Dietary intake in the Hispanic Community Health Study/Study of Latinos



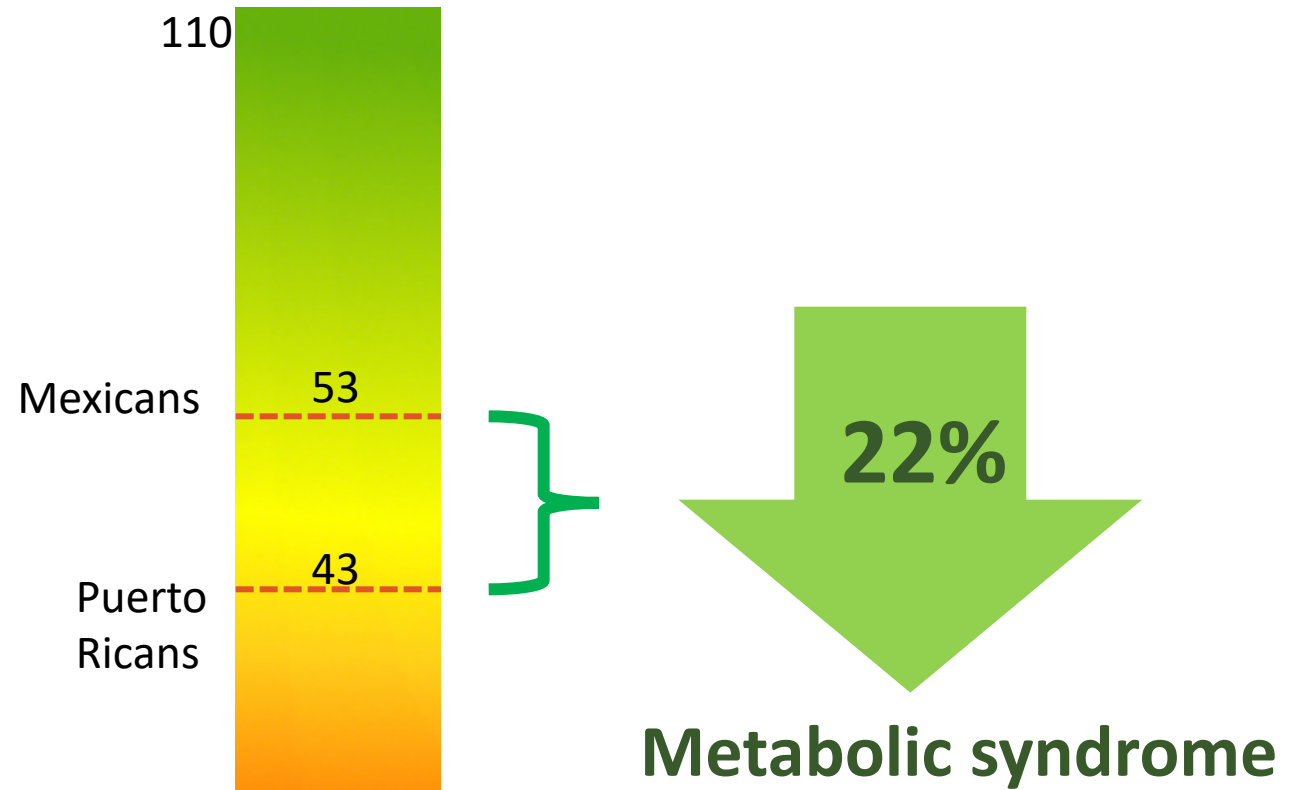
N=12,406



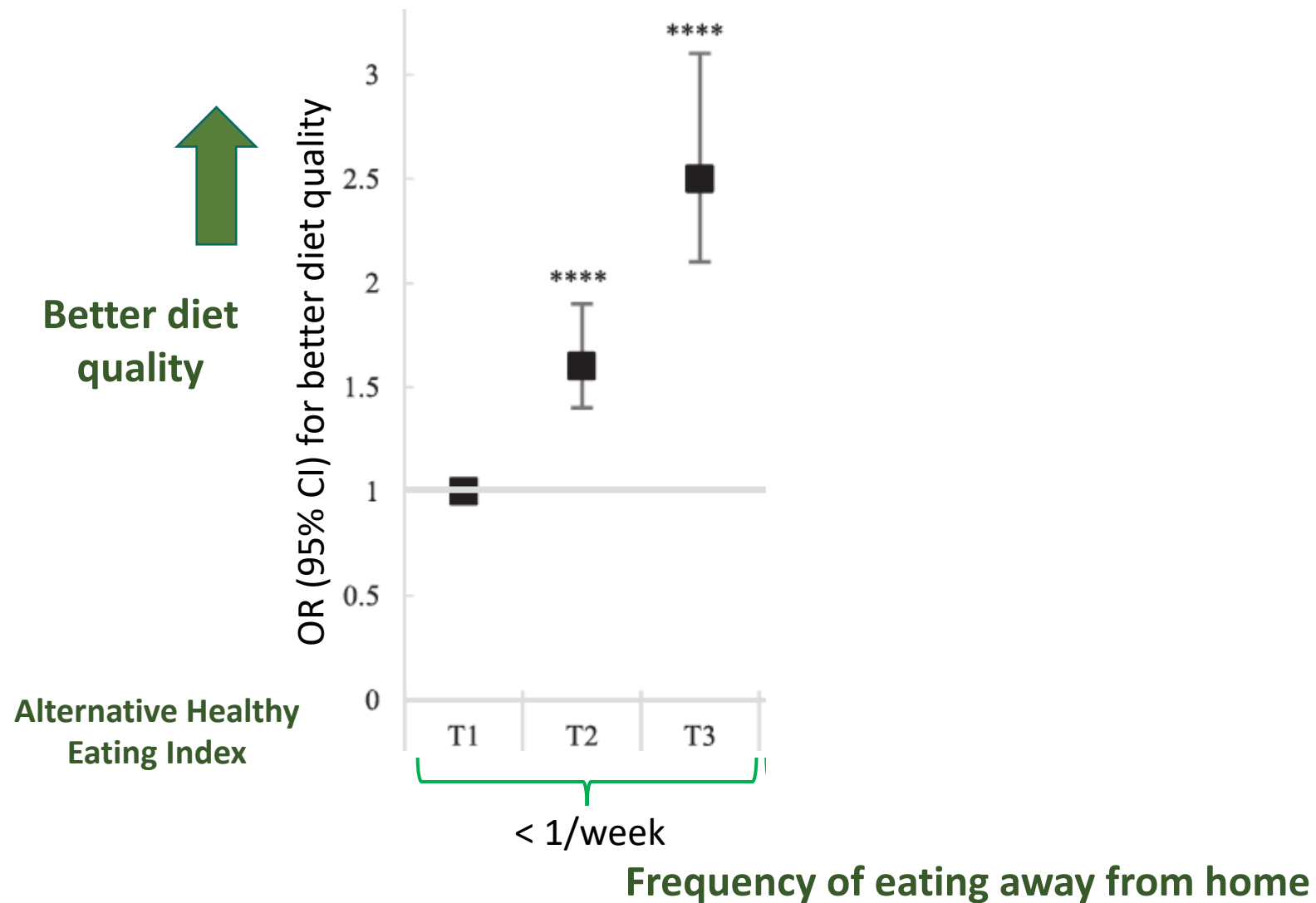
Hispanic Community Health Study/Study of Latinos

Alternative Healthy Eating Index

- Whole grains
 - Vegetables
 - Nuts & legumes
 - Fruits
 - Sugar-Sweetened beverages
 - Red/processed meats
 - Healthy oils
 - Omega-3
 - Sodium
 - Alcohol
- N=12,406



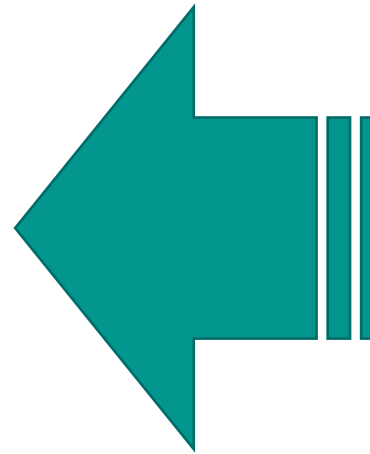
Eating away from home is a major determinant of poor diet quality in the Hispanic Health Study/Study of Latinos



We need to look at ourselves and make a change..



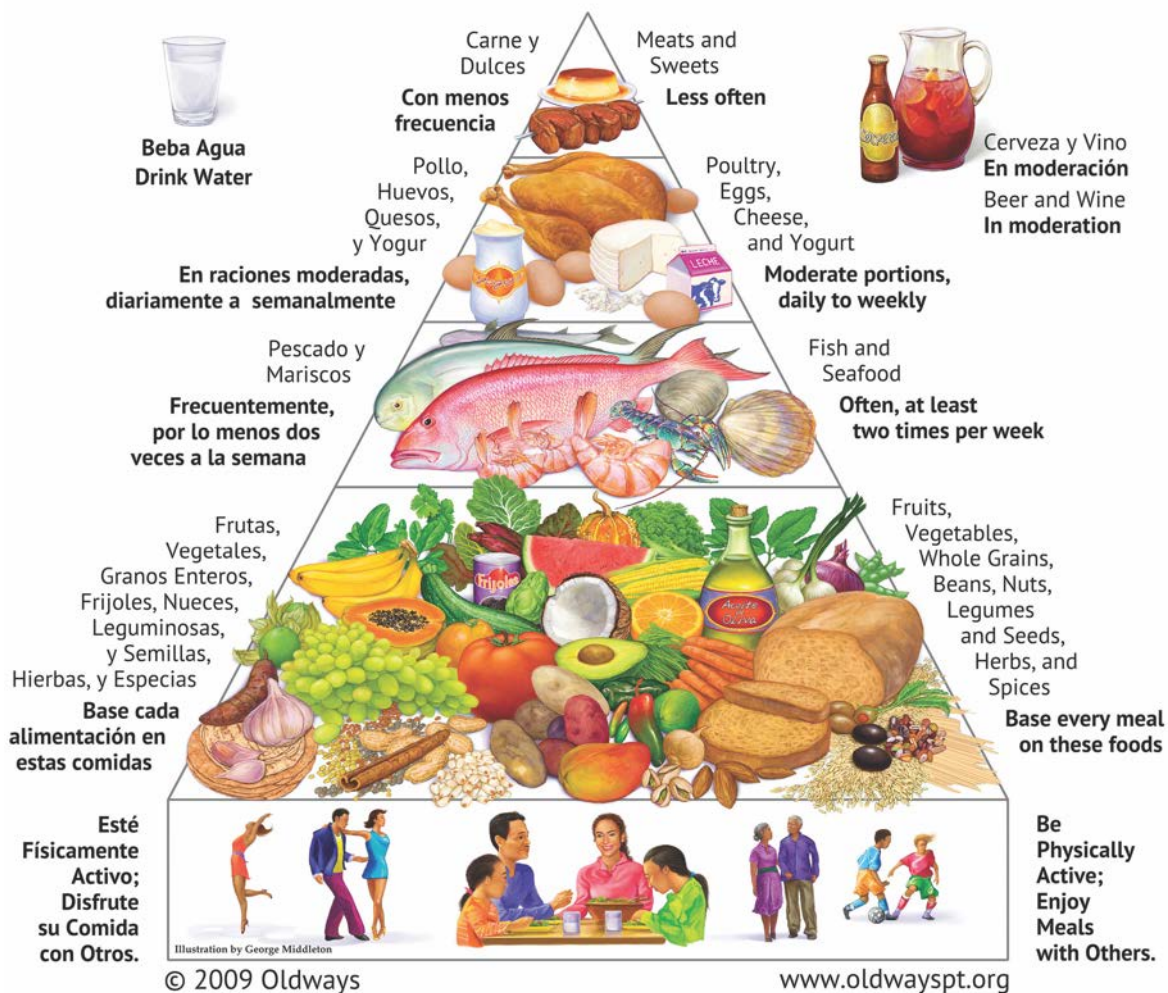
**Unprocessed, plant-based foods,
prepared at home**



**Processed, animal-based foods,
away from home**

Latin American Diet Pyramid

La Pirámide de La Dieta Latinoamericana



© 2009 Oldways

www.oldwayspt.org

<The OLDWAYS Latin American Diet Pyramid provides culturally relevant evidence-based recommendations to promote better diets for Hispanic communities >

Small changes can have a big impact!

Dr. Sylvia Meléndez Klinger

- **The Healthy Food Traditions of Latin America**



A Taste of Latin American Heritage

Sylvia E. Klinger, DBA, MS, RDN

Disclosures

- Presentation with Oldways
- Member, Grains Food Foundation Scientific Advisory Board
- Member, Bayer Crop Science LEAD Network
- Consultant to the Soyfoods Council
- Consultant to the Glutamate Association



Hello! It's us!

My family



Latino/Hispanic/Latinx Demographics

LATINOS IN THE U.S. ARE...



16.3%



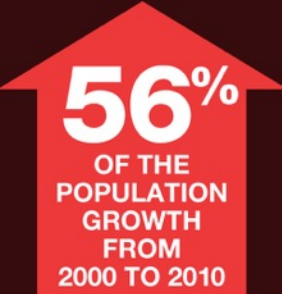
OF THE POPULATION



1 IN EVERY 6 INDIVIDUALS



1 IN EVERY 4 CHILDREN



65.5%	MEXICAN
9.1%	PUERTO RICAN
3.6%	SALVADORAN
3.5%	CUBAN
2.8%	DOMINICAN
2.2%	GUATEMALAN
1.9%	COLOMBIAN

...AND MORE



LATINO
BRANDINGPOWER

SOURCES: U.S. CENSUS BUREAU, PEW HISPANIC CENTER, SELIG CENTER FOR ECONOMIC GROWTH | VISIT: WWW.LATINOBRANDINGPOWER.COM

Hispanic women still own their kitchen

Male, 18-34

36%

MALE, 35+

40%

Female, 18-34

56%

Female, 35+

72%



Latinas View a Homemade Meal as the Gold Standard

Hispanics are 23% more likely than the total US population to be categorized as a “Cooking Enthusiast”

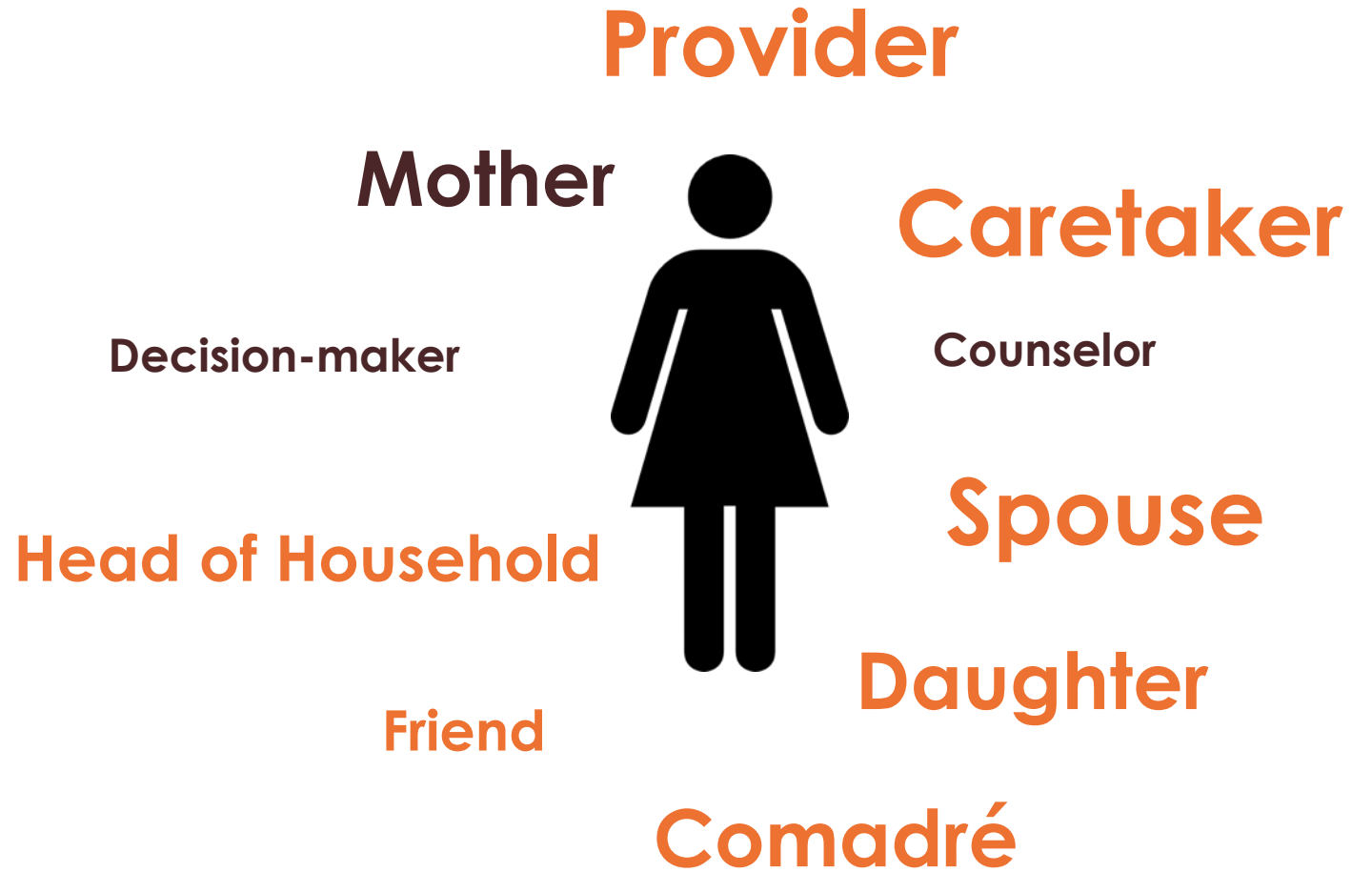
- Functional: Larger families
- Emotional: Cooking is an act of love, a conduit for gathering around the table and enjoying family



Source: Mintel

Source: Ahzul. 2016.

But Today's
Hispanic Women
Wear Multiple Hats



Improving Consumption of healthy foods: Involve the Family in Food Decisions

80% of Hispanic shopping trips conducted with family and friends

INSIGHT: Market to the family, not just mom.



Source: Mintel

91%

of Hispanic grocery shoppers will ask their family members “what they want” as part of their planning (vs. 77% of the general population)

39%

of Hispanic shoppers say they “love” grocery shopping

44%

of Hispanic grocery shoppers say they’ll buy a brand because “the kids asked for it” (vs. 16% of the general population)

Typical Latino Diet

- Traditionally, Latino diet is filled with whole grain corn, vegetables, fruits, beans, rice, herbs and spices has combined with a strong emphasis on family life, to support good health
- As Latin Americans adopt a more typically Americanized diet and lifestyle, however, they are at higher risk for many chronic diseases

Hispanics and Health

- Worry about their health on behalf of family
 - A life-threatening illness can affect their ability to provide for their family
- Focus on *wellness and prevention*



Thinking about Food and Diet

- Food = Love
 - Bonds the family
 - Mom interested in trying to cook healthier
- Superstitions or myths about food
 - Foods may be considered hot or cold - meals need to be balanced



Thinking about Food and Diet

- Cooking from scratch
 - Source of pride and self-expression



Lifestyle Characteristics

- Questionable habits:
 - Acceptance of large portions
 - Lack of nutrition education
- Lack of exercise
- Cultural isolation
- Longer time spent in U.S. generally = more western foods added to their diet



Lifestyle Characteristics

- Perceptions of healthy weight
 - Acceptance of larger body size
 - Sign of wealth, health, strength
- Cultural celebrations centered around food
 - Traditional dishes may be high in calories, fat, salt and/or sugar



Characteristics of the Hispanic Diet

- Influenced by country of origin
- Traditional Hispanic diet revolves around:
 - Grains
 - Beans
 - Fresh fruits and vegetables

Heise, D. USDA, ARS. www.nal.usda.gov/outreach/HFood.html

Food Differences by Hispanic Subgroup



Grains/Starches	Commonly Used in:
Corn & Amaranth	Mexico
Wheat, Quinoa & Potatoes	South America
Rice	Caribbean, coastal regions of Latin America

Food Differences by Hispanic Subgroup



Beans	Commonly Used in:
Black	Cuba, southern Mexico, Central America, Venezuela
Pinto	Northern Mexico, Dominican Republic, Puerto Rico
Red Kidney	Cuba, Central America, Caribbean
Green Pigeon Peas	Puerto Rico, Dominican Republic
Chick Peas (Garbanzo)	Venezuela, Brazil

Food Differences by Hispanic Subgroup

- Differences in heat, spiciness and sweetness
 - Sofrito – used to flavor many dishes
 - Spanish: tomatoes and is sweet
 - Puerto Rican: cilantro and is robust
 - Cuban: parsley, tomatoes and is mild
 - Heat or spiciness
 - Cooks from the Caribbean (e.g., Cuba, Puerto Rico and Dominican Republic) tend not to use chilies in their cooking (maybe only as a condiment)



Characteristics of the Hispanic Diet

- Hispanics less likely to consume three meals per day, but more likely to eat any two meals.
- Hispanics consumed lower mean amounts of total fat, saturated fat, vitamin A, folate, vitamin E & calcium

What We Eat in America, age 2 and older, NHANES 2007-20082

Flavoring con Sabor

- Herbs and species such as cumin and smoked paprika
- Add more onions, garlic, cilantro, chiles, etc.
- Flavor desserts with more cinnamon, vanilla, ginger, citrus juices or zest and coconut



Portion Control and Food Combinations



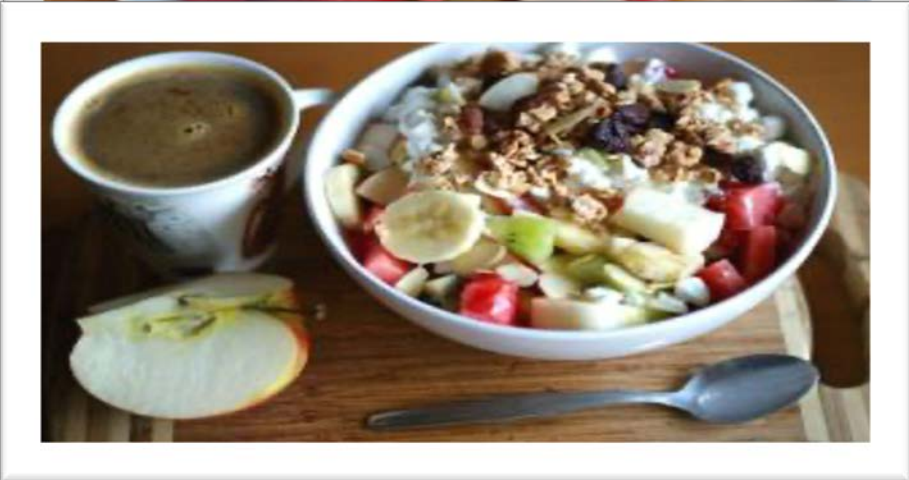
Methods of Preparation



How to Increase Fruits and Vegetables



How to Increase Fruits and Vegetables



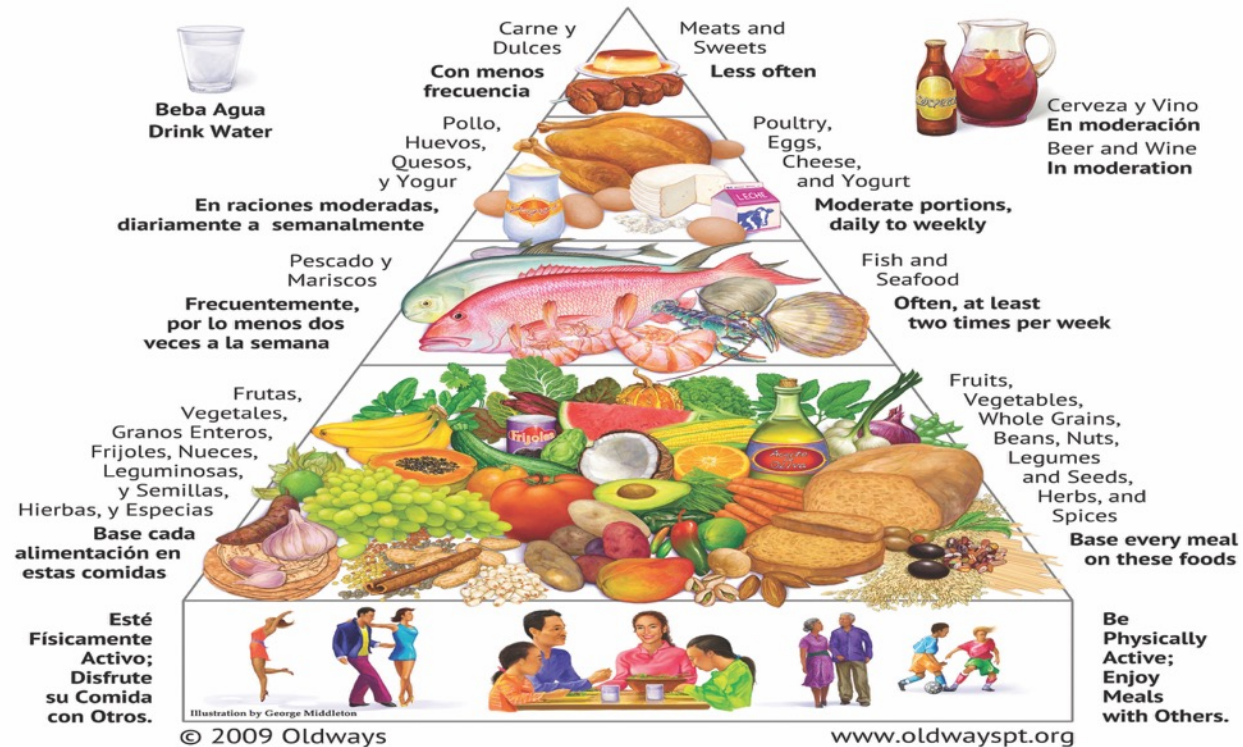
My Plate Guide to Portion Control



A Guide to Healthy Eating

rediscover  goodness
OLDWAYS
CULTURAL FOOD TRADITIONS

Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana



rediscover  goodness
OLDWAYS

Focus on Hero Foods

- Hispanic “hero” foods are:
 - Highly nutritious
 - Variety = more power
 - Often lower in fat and calories
- Includes:
 - Grains
 - Beans/legumes
 - Fruits
 - Vegetables
 - Nuts and Seeds



Hispanic Hero Foods - Fruits

- Sample Hero Fruits
 - Avocado
 - Barbados Cherry (Acerola)
 - Guava
 - Mango
 - Orange
 - Papaya
 - Passion Fruit
 - Sapodilla



Hispanic Hero Foods - Vegetables

- Sample Hero Vegetables
 - Chayote
 - Chiles
 - Jicama
 - Pumpkin (Calabaza)
 - Sweet Peppers
 - Sweet Potato (Camote)
 - Tomatillo
 - Yuca (Cassava)



Hispanic Hero Foods – Grains, Seeds, Nuts

- Sample Hero Grains, Seeds & Nuts
 - Corn
 - Quinoa
 - Pumpkin Seeds (Pepitas)
 - Sunflower Seeds
 - Sesame Seeds
 - Almonds



Hispanic Hero Foods – Beans/Legumes

- Sample Hero Beans
 - Black eyed Peas
 - Black Beans
 - Chickpeas
 - Kidney Beans
 - Lima Beans
 - Gandules
 - Soybeans



Summary

- US Hispanic market is growing rapidly
- Hispanic women still owns the kitchen
- Spend more money on food purchases
- Interest in healthy food purchases and home cooking.
- Diets generally healthier, but need variety and moderate portions
- A significant number of favorite foods are nutrient dense

Closing Thoughts



Regardless of age and country of origin, the majority of Hispanics are retaining their unique identity and preserving their culture.



- nielsen
.....

A woman with dark hair, wearing a red long-sleeved top, is smiling and pushing a shopping cart in a grocery store aisle. She is reaching up to a shelf to pick up a product. The background shows other aisles and a blurred figure of another person.

Gracias

For more information:

Sylvia@hispanicnutrition.com

www.hispanicnutrition.com

630.930.7963

Twitter/IG: @sklingerrd

Facebook: Sylvia Klinger