

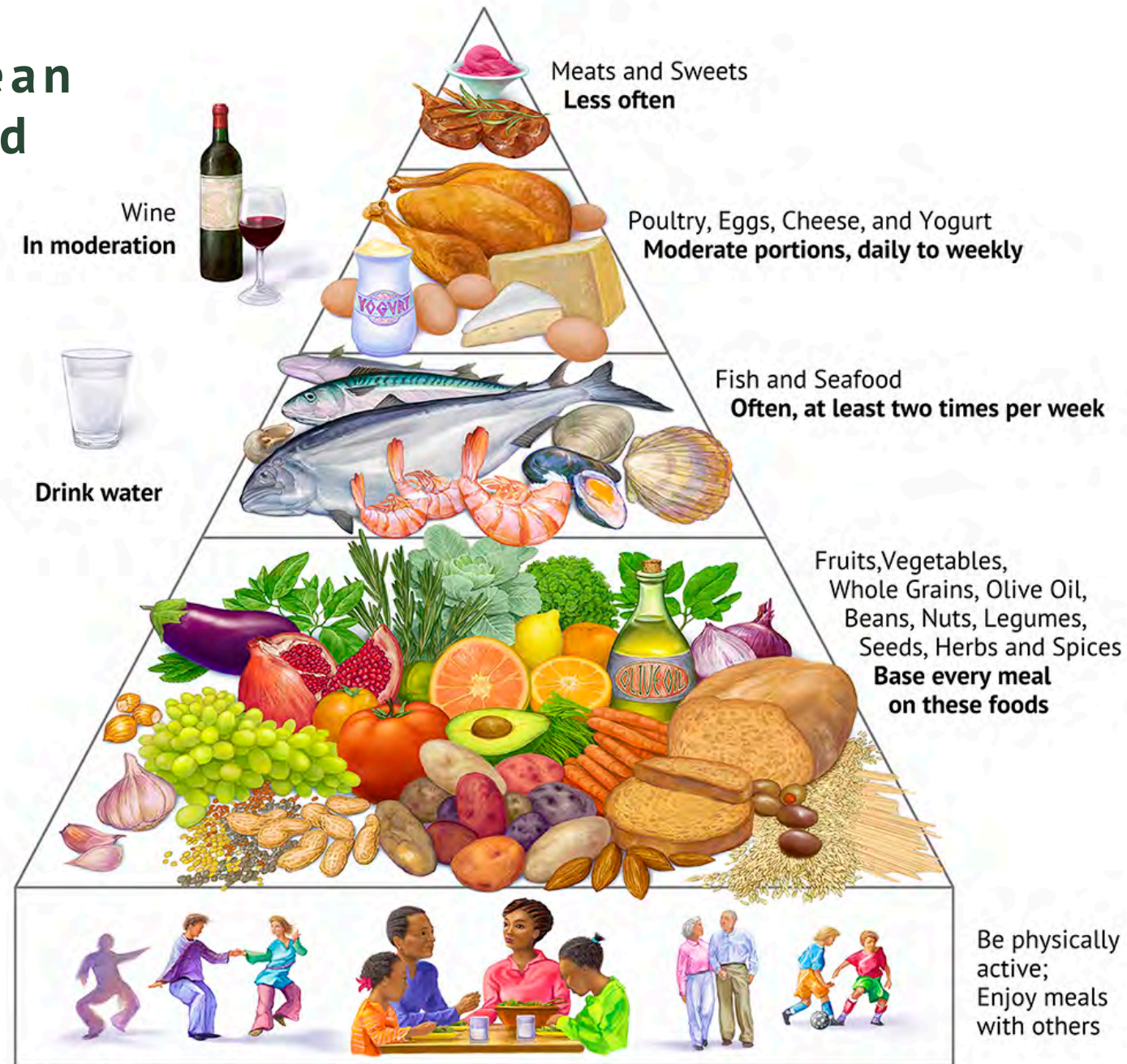
An RD's Guide to Cultural Humility & Heritage Diets

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

Mediterranean Diet Pyramid



Asian Heritage Diet Pyramid

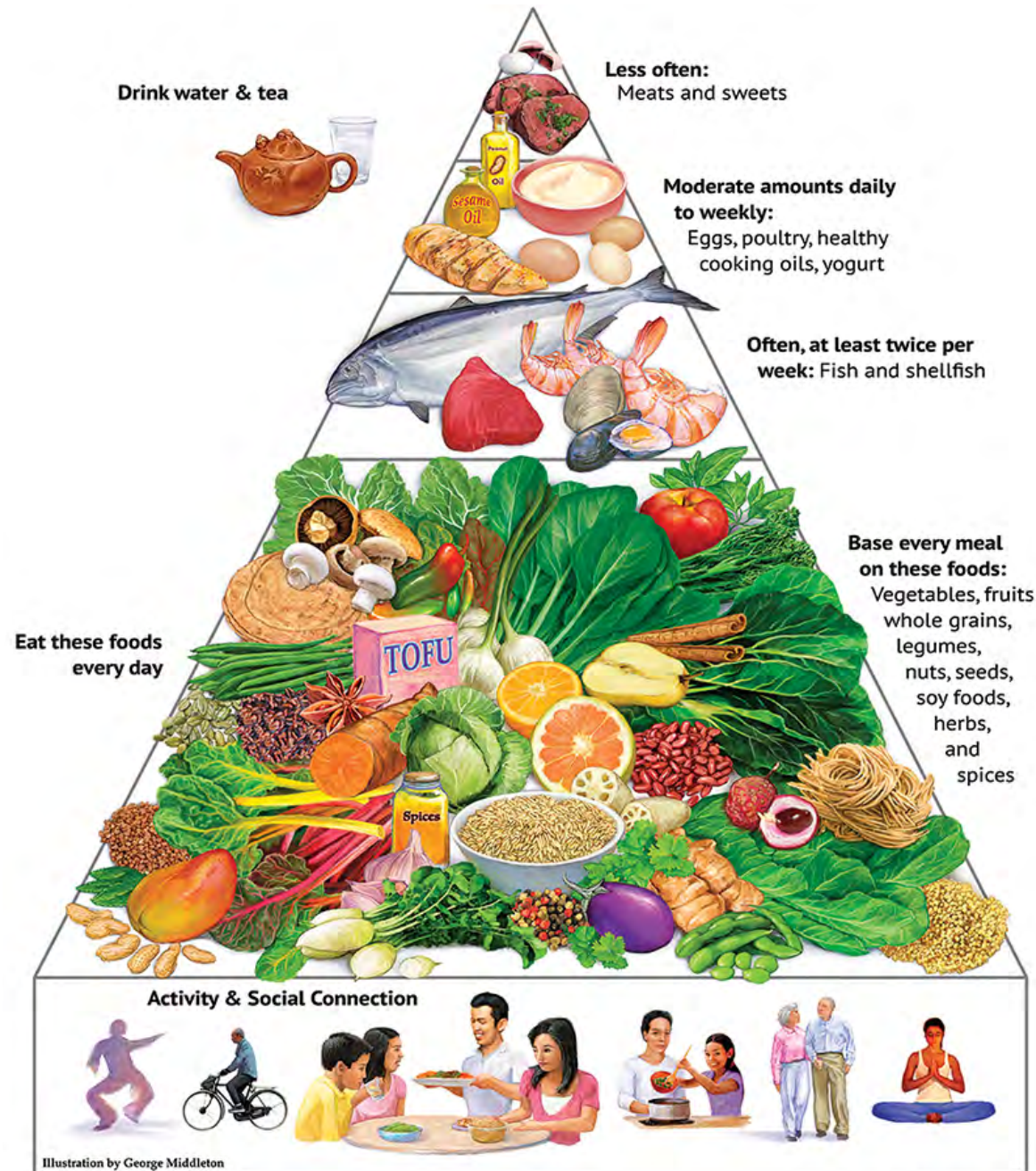


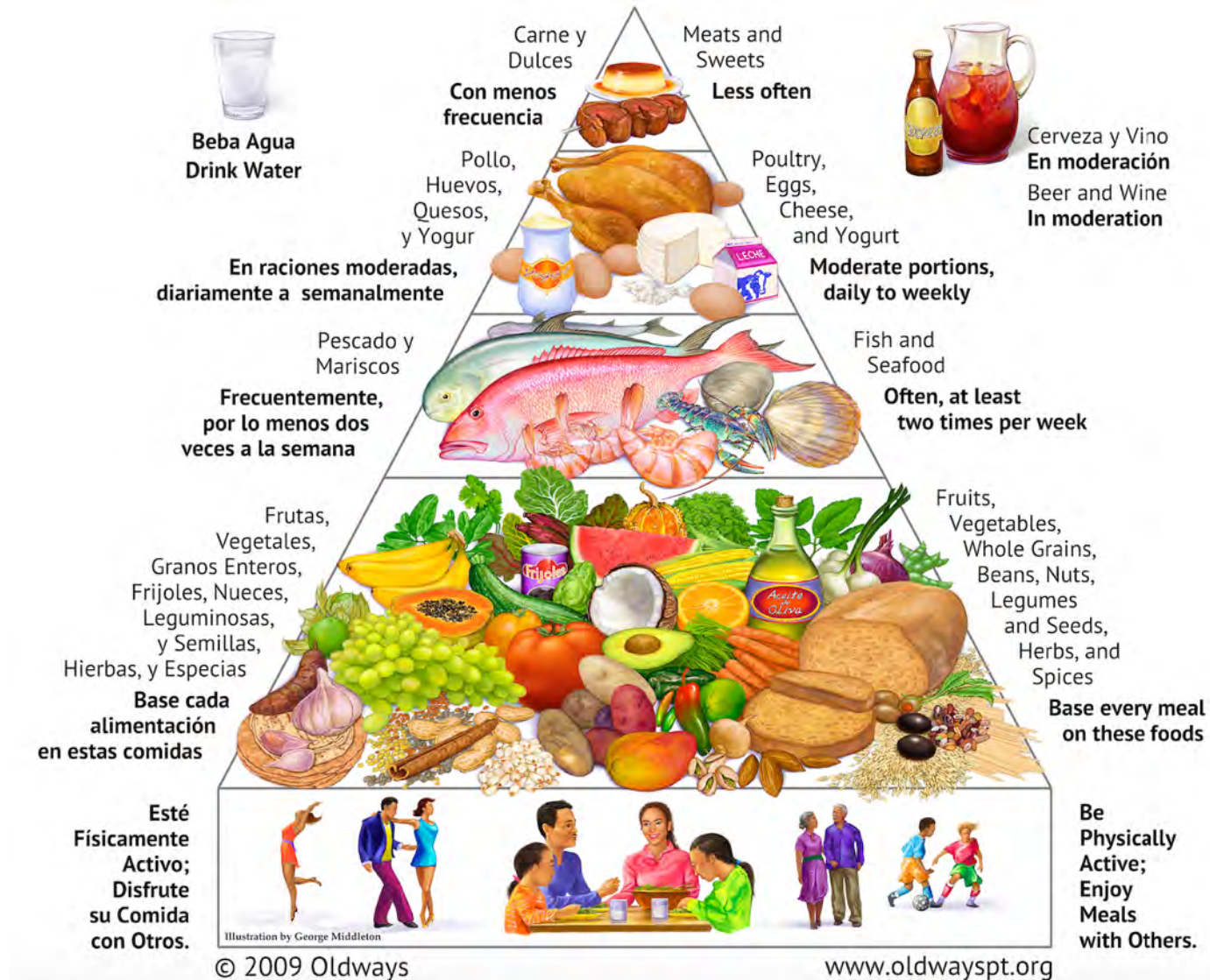
Illustration by George Middleton

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Latin American Heritage Diet Pyramid



Vegetarian & Vegan Diet Pyramid



Eat these foods every day



Illustration by George Middleton

Be active.
Enjoy meals with others.

African Heritage Diet Pyramid

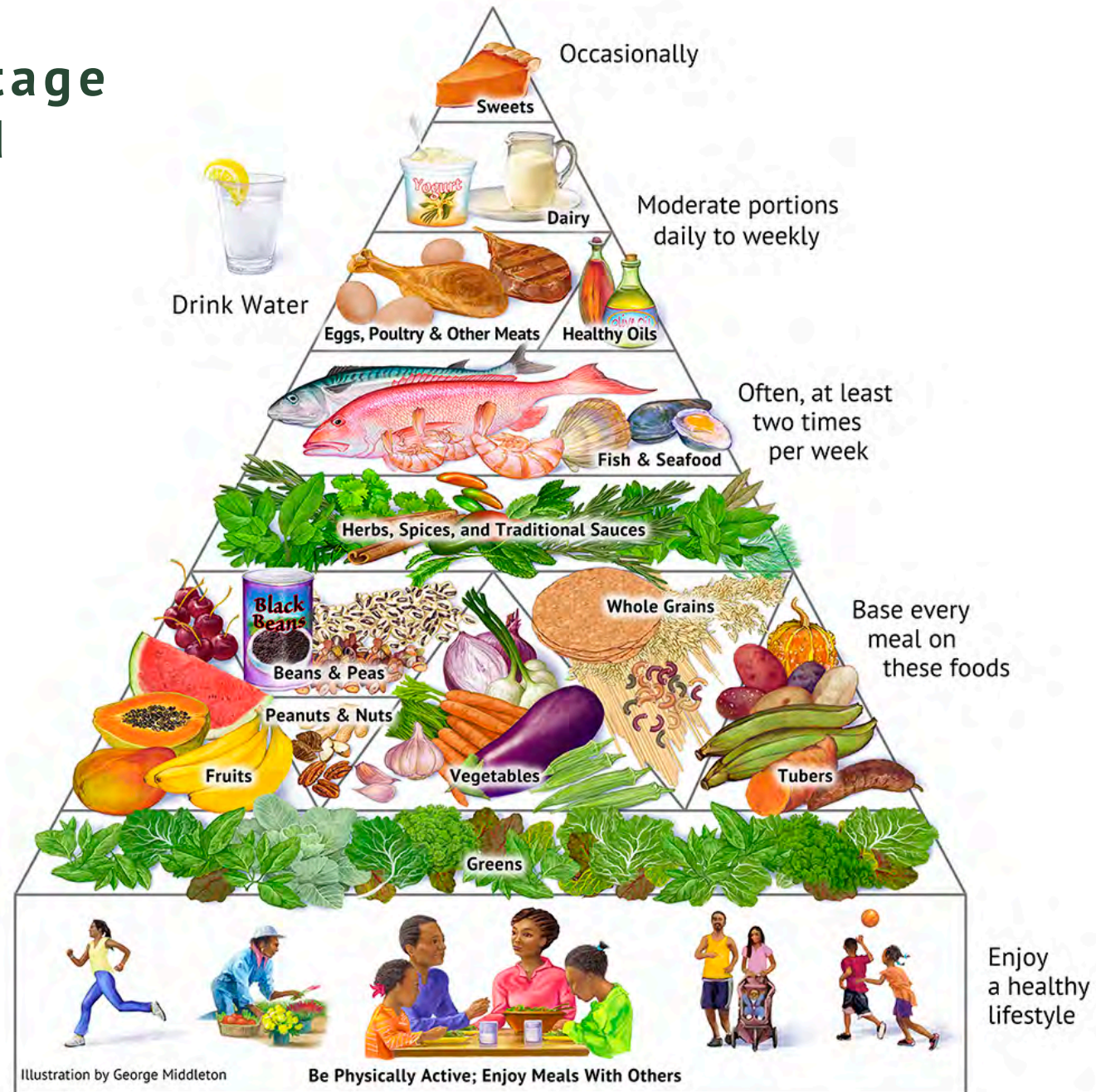
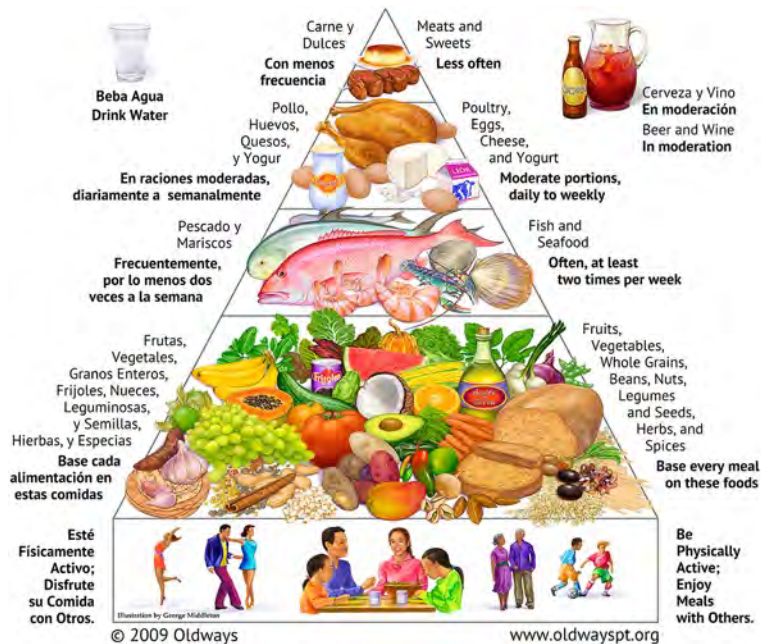
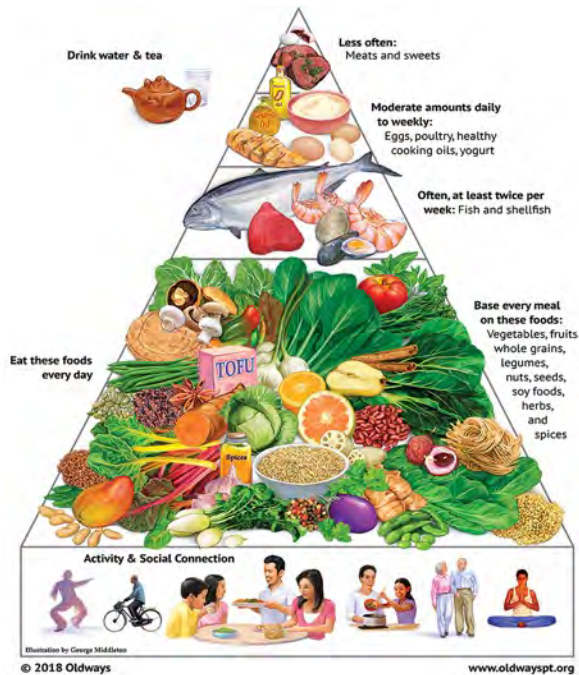
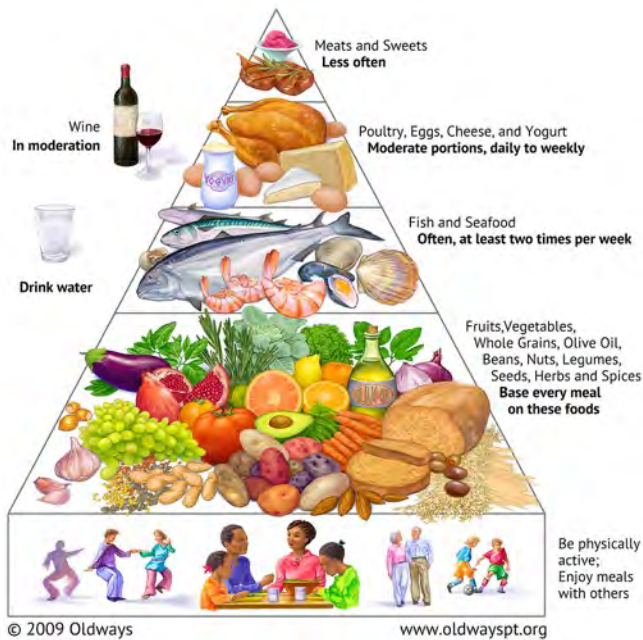


Illustration by George Middleton

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VEGETARIAN & VEGAN DIET

GOODNESS REDISCOVERED through healthy and delicious plant-based foods.

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OLDWAYS
 CULTURAL FOOD TRADITIONS

OLDWAYS
MEDITERRANEAN DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of the Mediterranean.

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 CULTURAL FOOD TRADITIONS

OLDWAYS
LATIN AMERICAN HERITAGE DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of Latin America.

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 CULTURAL FOOD TRADITIONS

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AFRICAN HERITAGE DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of African ancestry.

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 CULTURAL FOOD TRADITIONS

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ASIAN HERITAGE DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of Asia.

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MAKE EVERY DAY MEDITERRANEAN

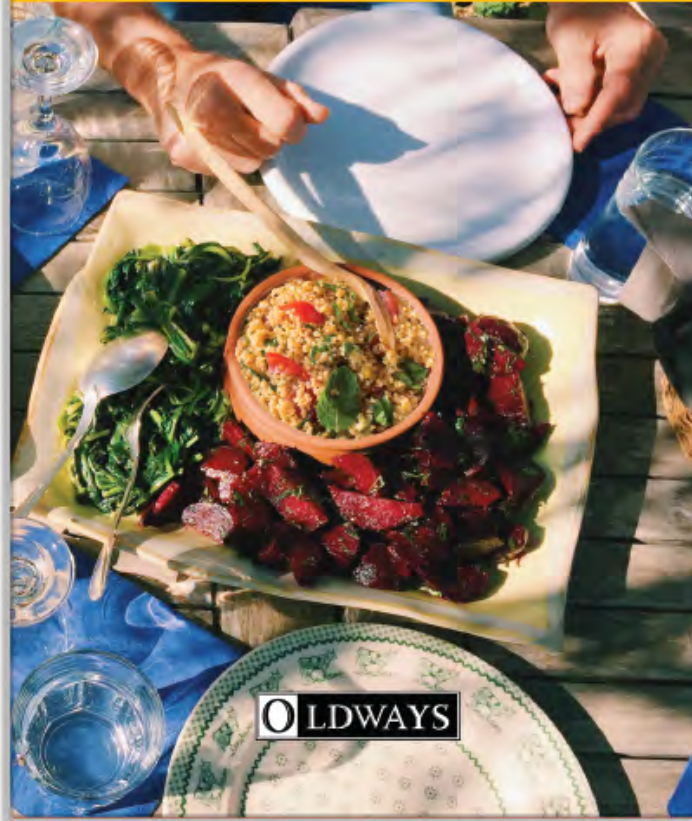
AN OLDWAYS 4-WEEK MENU PLAN



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CULTURAL FOOD TRADITIONS

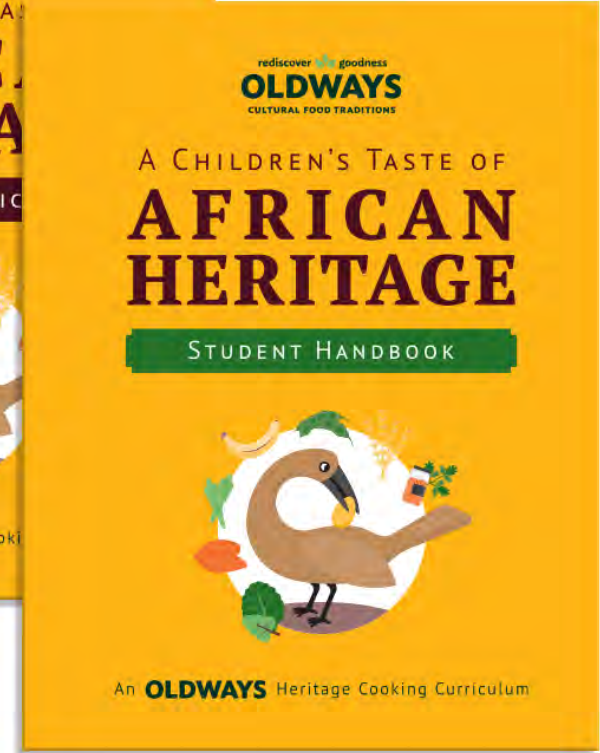
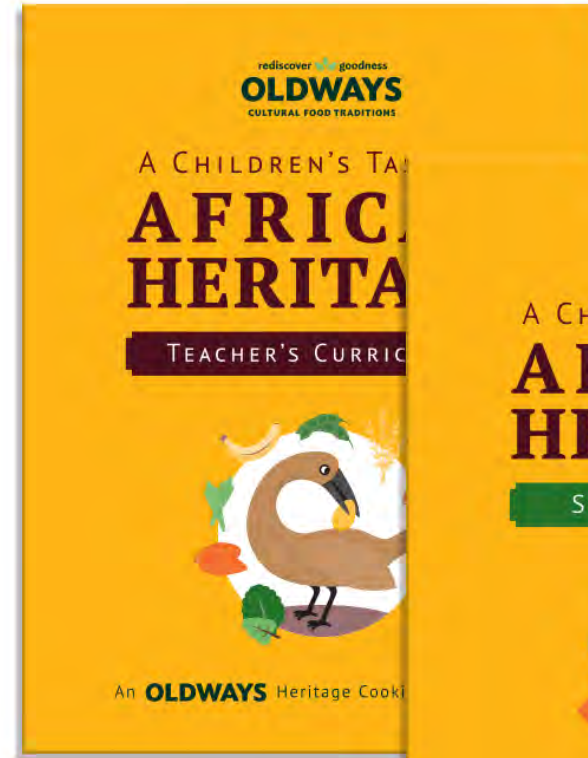
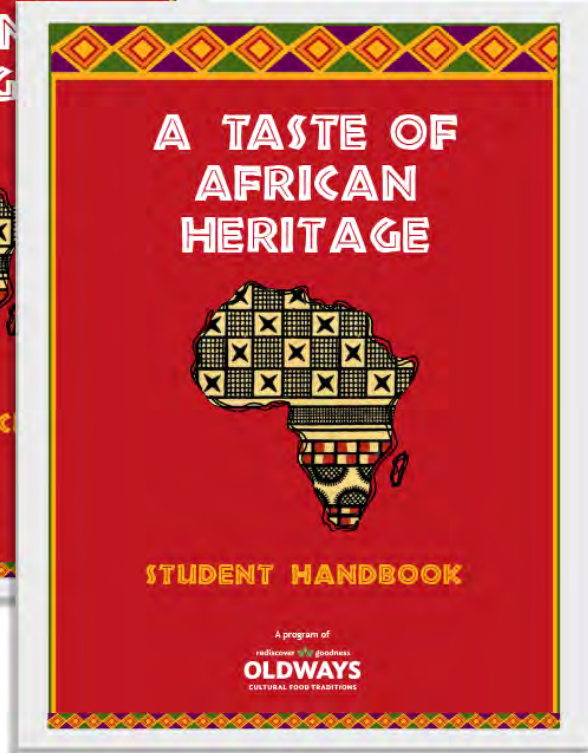
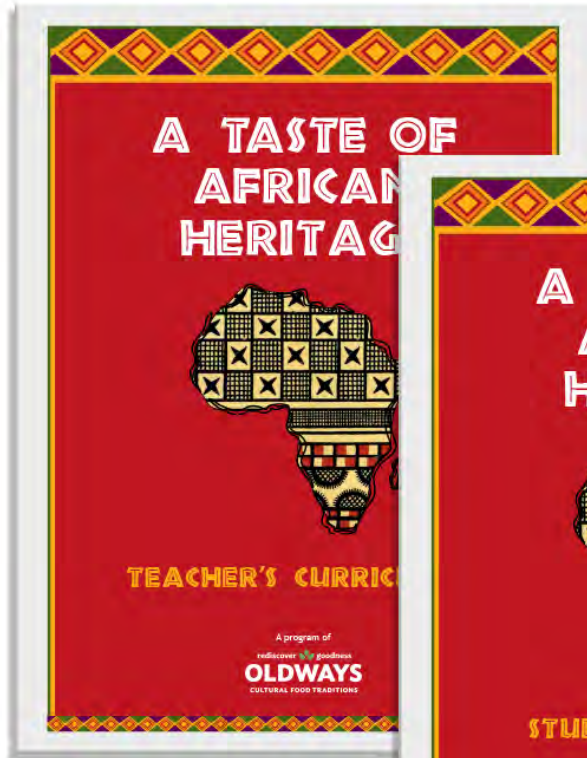
WHOLE GRAINS AROUND THE WORLD

An Oldways 4-Week Menu Plan

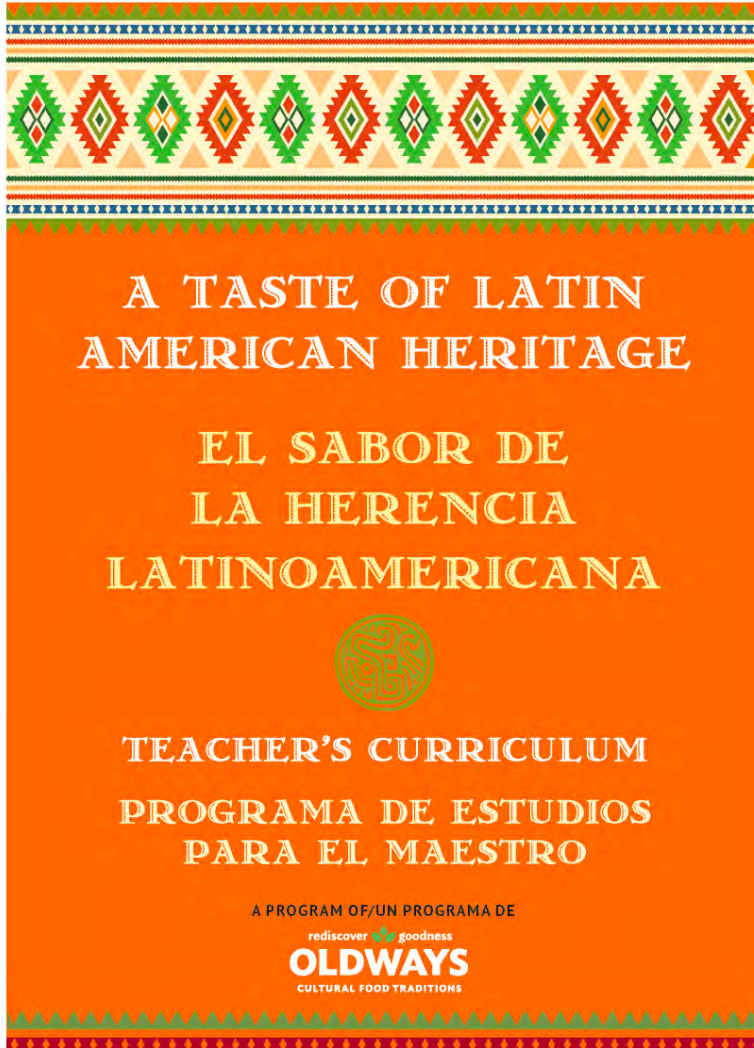


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A Taste of Latin American Heritage Curriculum



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

Honoring cultural differences

- At Oldways, the foundation of our work for the last 30 years can be summed up in the words of Michael Pollan,
- “The more we honor cultural differences in eating, the healthier we will be.”



Honoring cultural differences

- We encourage you to join us in amplifying the culinary legacy and often-unsung cultural ownership of healthy eating for people of all cultures.
- We all still have a lot of work to do, but we know that the more we honor and respect the contributions of African Heritage, Asian Heritage, Latin American Heritage, among other cultures, the healthier, safer and happier our world will be.

Cultural humility and clients

- Those who practice **cultural humility** work to increase their self-awareness of their own biases and perceptions and engage in a life-long self-reflection process about how to put these aside and learn from clients



Cultural competence and clients

- Honor and recognize and understand history, cultures, languages and traditions.
- Value individual's different capacities and abilities.
- Respect differences in families' home lives.



Constance Brown-Riggs, MSED, RD, CDE, CDN

- Identify the primary health disparities faced by Black people in the US and their causes
- Highlight some of the characteristic foods and food traditions from across the African diaspora
- Tips for RDs working to help reduce health inequities in Black patients using cultural humility and culturally relevant programming



Karen Lau, MS, RDN, LDN, CDE

- Identify the primary health disparities faced by Asian Americans and their causes.
- Describe the characteristic foods and food traditions that are common across Asia.
- Tips for RDs working with Asian American patient populations / how to integrate culturally relevant components into dietary interventions.



Sylvia Meléndez Klinger, DBA, MS, RDN, LDN, CPT

- Identify the primary health disparities faced by the Latin American community and their causes.
- Describe the characteristic foods and food traditions that are common across Latin America.
- Tips for RDs working with the Latin American community / how to integrate culturally relevant components into dietary interventions & reduce health inequities.



An RDs Guide to African Heritage

Constance Brown-Riggs

MSEd, RD, CDE, CDN

Award winning author of “The Diabetes Guide to Enjoying Foods of the World” and “The African American Guide to Living Well With Diabetes”

Past Chair, Diabetes Dietetic Practice Group, Academy of Nutrition and Dietetics



Disclosures

- Consultant to OldwaysPT
- Honoraria from OldwaysPT
- No conflict of interest exists for this program

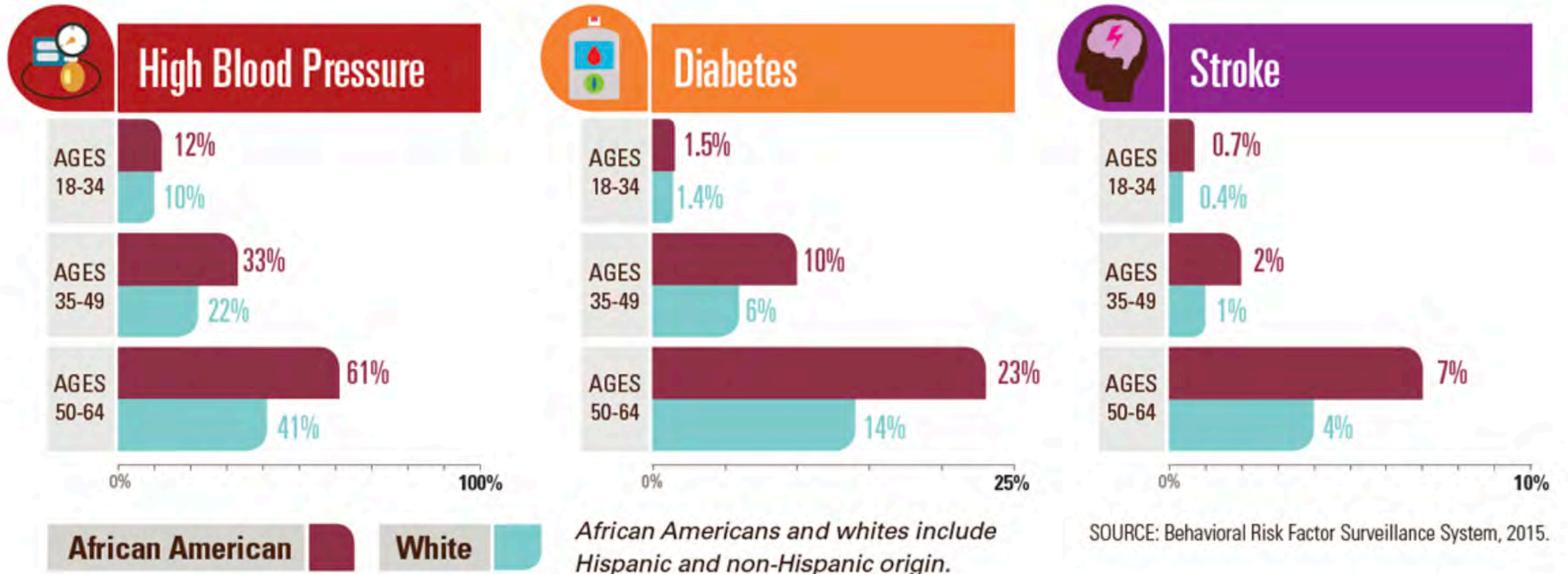


TODAY'S OBJECTIVES

- Discuss African American health disparities observed in the US.
- Highlight some of the characteristic foods and food traditions from across the African diaspora.
- Provide tips for RDs to reframe nutrition education using cultural humility and culturally relevant programming.

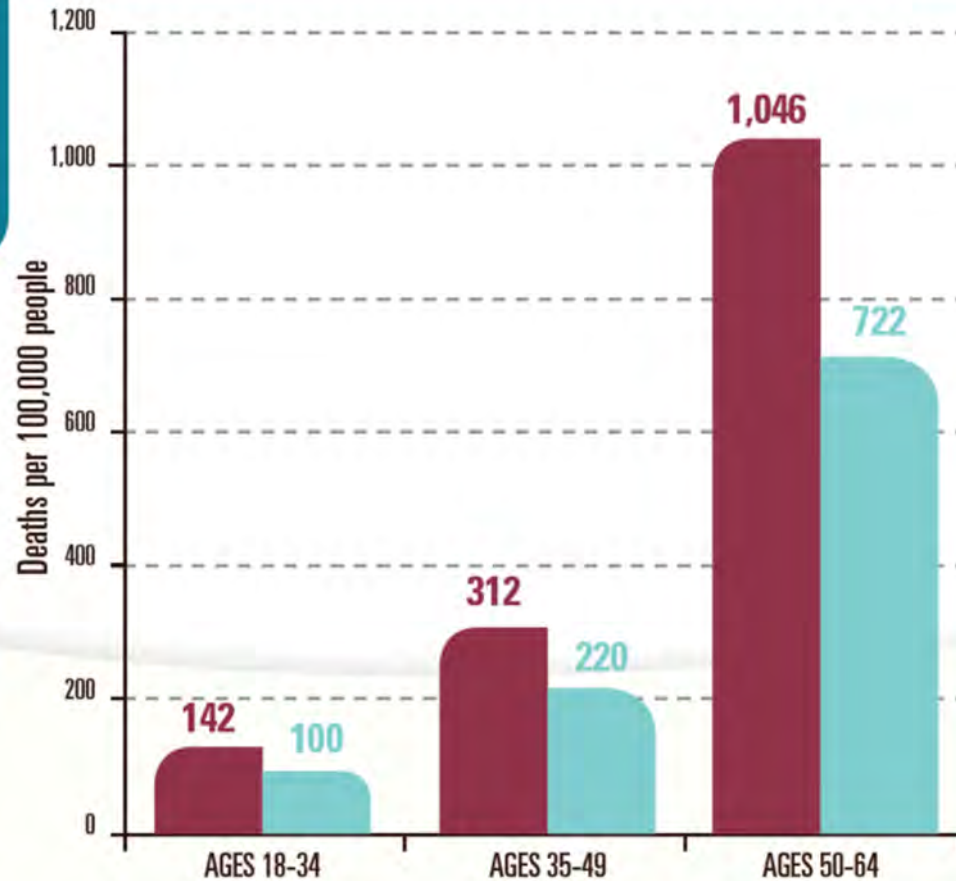


Young African Americans Are Living with Diseases More Common at Older Ages



Diseases Starting Early Lead to Earlier Death

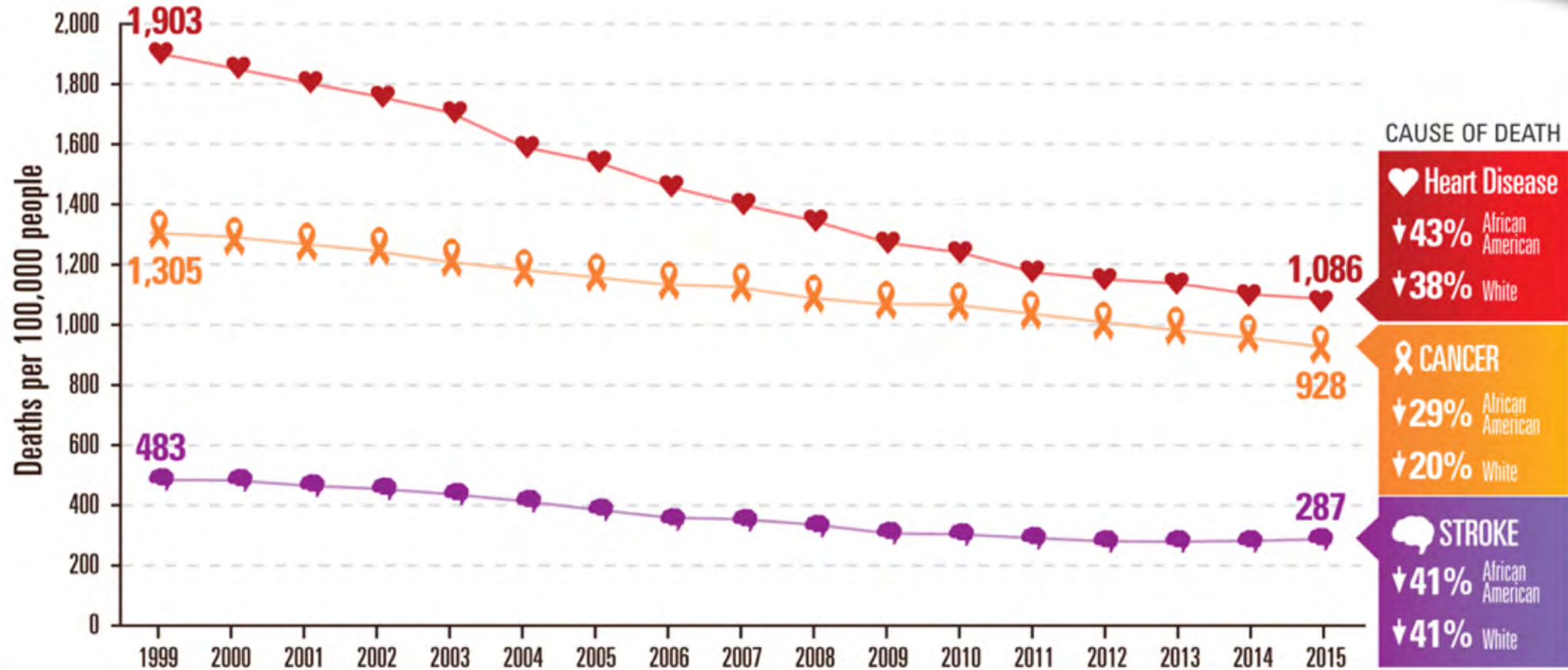
African Americans are more likely to die at early ages from all causes.



SOURCE: US Vital Statistics, 2015.

The leading causes of death for African Americans have decreased from 1999–2015.

Deaths in African Americans ages 65 years and older



SOURCE: US Vital Statistics, 1999–2015.

Comorbidities and COVID-19

	Death Rate
Cardiovascular Disease	10.5%
Diabetes	7.3%
Respiratory Disease	6.3%
High Blood Pressure	6.0%
Cancer	5.6



Cultural Humility Requires Historical Awareness

Who are African Americans?



- Black racial groups of Africa
- In US for generations
- Recent immigrants
 - Africa, Caribbean, West Indies
- Southeast and mid-Atlantic
 - Louisiana, Mississippi, Alabama, Georgia, South Carolina and Maryland

Health Beliefs

- Mistrust
 - Tuskegee
 - 1997 eight survivors
- Low priority
 - AIDS, crime, education
- Susceptibility
 - Low income
- Spirituality
 - Fatalistic view



Is SOUL FOOD PUTTING THE “DIE” IN DIET?



TRADITIONAL AA SOUTHERN DIET





The Great Migration

Early 20th Century

Movement from rural South to large cities in the North and West changed eating habits of African migrants.

Shifts From Traditional Eating to Industrialized Meal Patterns

Health Outcomes:

- Metabolic syndrome and obesity increases in Botswana
- New rates of hypertension in West Africa
- Urbanization linked to poor dietary quality and greater risk for chronic disease

Fat, fibre and cancer risk in African Americans and rural Africans

Nature Communications **6**, Article number: 6342 (2015)

TWO WEEK FOOD EXCHANGES

AA fed African-style diet

55g high-fiber

16% fat

Rural Africans fed Western style diet

12g low-fiber

52% fat

“African Americans experienced a reduction in inflammation of their colons, improved markers for cancer, and an increase in the diversity of their healthy gut bacteria. On the other hand, rural Africans who ate a Western-style diet produced more bile acid—a risk factor for colon cancer—and experienced a decrease in the diversity of healthy gut bacteria.”

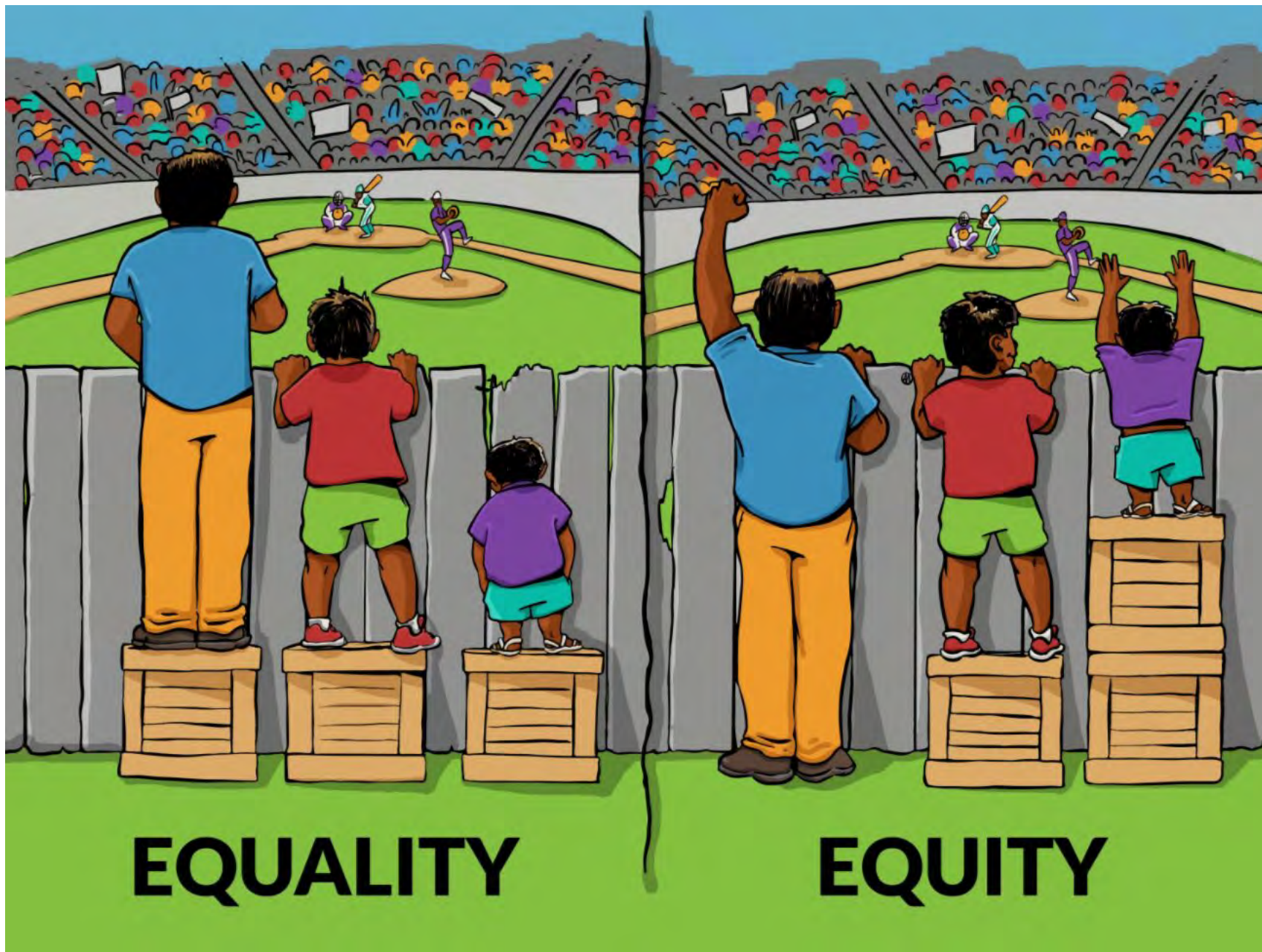
Helping AA Reclaim Their Cultural Heritage

Tips for Healthcare Providers



‘WHITE PEOPLE FOOD’ CREATING AN UNATTAINABLE PICTURE OF HEALTH

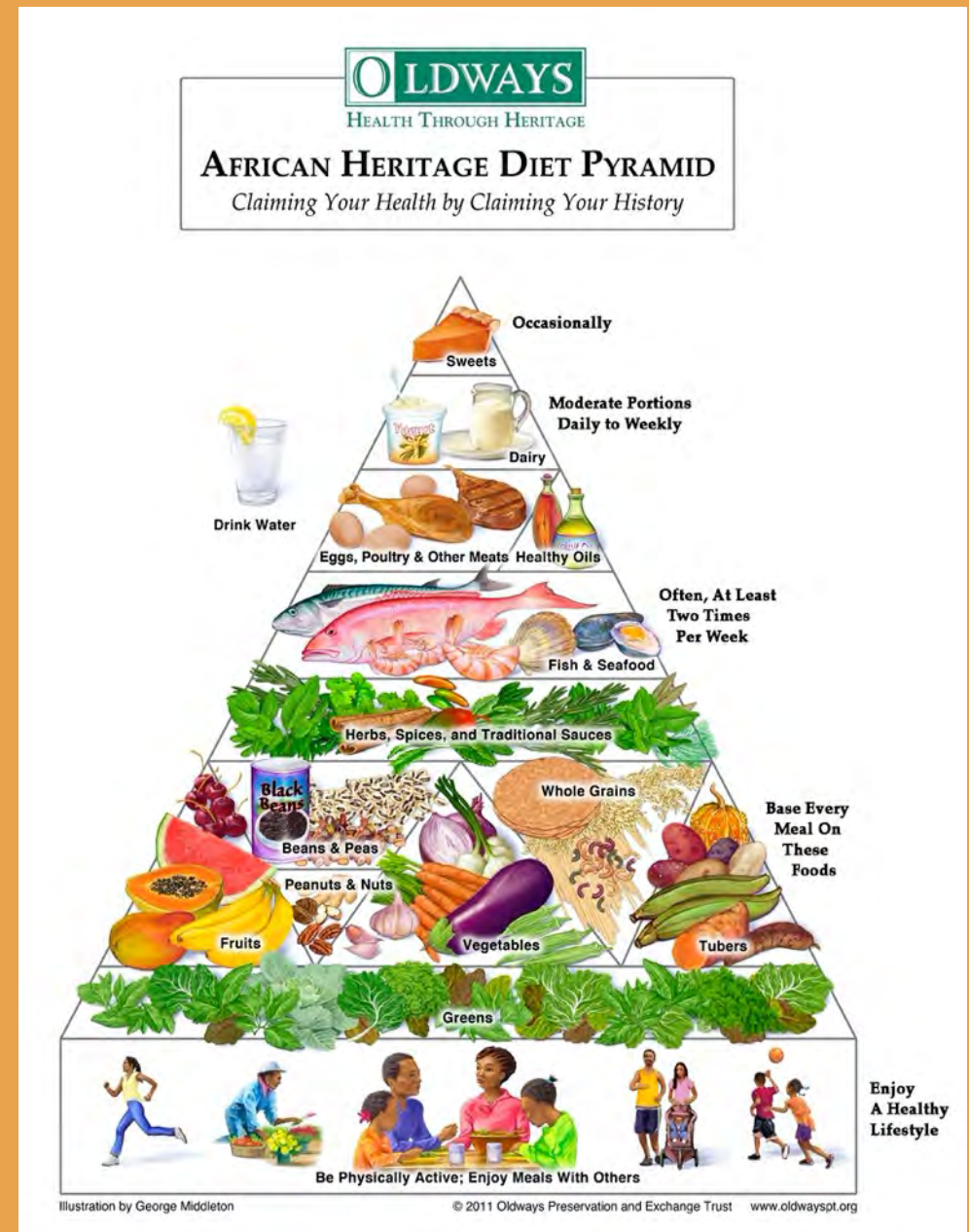




Interaction Institute for Social Change | Artist: Angus Maguire.

Nutrition must go beyond a one-size-fits-all approach.

According to the DHHS, “practicing cultural competence to honor diversity means understanding the core needs of your target audience and designing services and materials to meet those needs strategically.”



- DIY
- AADE's Diversity COI
- AND's Ethnic DPGs
- Cultural Food Practices book

DIABETES SOUL FOOD PYRAMID



Carbohydrate affects your blood sugar more than any other nutrient. Carbohydrate is found in foods like bread, cereal, fruit, vegetables and milk. Eating a lot of these foods at a meal or snack can make your blood sugar go up too high. Many soul foods like cornbread and collard greens have carbohydrate. But, you do not have to give up these foods! Just size up your portions with the Diabetes Soul Food Pyramid and eat smaller meals and snacks every day.

THE CHOICE IS YOURS! A carbohydrate choice is a serving of food from the starch, fruit, vegetable or milk group. Each carbohydrate choice gives you 15 grams of carbohydrate. Choose 3-4 carbohydrate choices at each meal and 1-2 carbohydrate choices at planned snacks. Talk to your registered dietitian (RD) or diabetes educator (CDE) to find out your best choices.

Healthful Eating Tips

- Eat foods from each food group daily.
- Use a sugar substitute in place of real sugar.
- Avoid too much fat; eat fish, poultry and lean meat more often than high fat meat.
- Eat fresh fruits and vegetables daily.
- Avoid too much salt; do not add salt to your food after it is cooked.

Food Choices • Taste • Predilections

- Hoppin' John
- Trotters
- Chittlins
- Gumbo
- Crawfish
- Boudin
- Hush puppies
- Ham hocks
- Hogshead cheese
- Stamp and go
- Bammy
- Ackee
- Callalo
- Festival

Culturally Competent Counseling Tips Using Cultural Humility

Recognize barriers

- Physical: lactose Intolerance is prevalent in African Americans
- Culturally shaped food practices, family influences, and hardships
- Your patients' daily experiences: income levels, food access in their neighborhoods, SNAP benefits, transportation, kitchen equipment – what do they need?

Culturally Competent Counseling Tips Using Cultural Humility

Recognize strengths

- Understand & utilize the healthy roots of African American cuisines
- Find the positives, even when unhealthy habits abound
- Establish trust and interest – show genuine concern
- Use education materials depicting African Americans, rather than other ethnic groups

Culturally Competent Counseling Tips Using Cultural Humility

Recognize strengths

- Use inclusive “we” language rather than isolating “you” terms
- Know where to locate farmer’s markets and the best produce around town – equip patients with an African Heritage Grocery List
- Send patients to an Oldways Taste of African Heritage cooking class nearby (and if one is not available, consider teaching one yourself!)

In Summary

Adopting a westernized diet increases susceptibility to health problems.

Cultural humility requires historical awareness

Reframing nutrition education programming can play a key role in bridging the health-equity gap in African Americans



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 Instagram: [@eatingsoulfully](https://www.instagram.com/eatingsoulfully)

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 Twitter: twitter.com/Eatingsoulfully

 Website: www.constancebrownriggs.com

An RD's Guide to Cultural Humility & Heritage Diets *- Asian Heritage*

Ka Hei Karen Lau, MS, RDN, LDN, CDCES

Joslin Diabetes Center

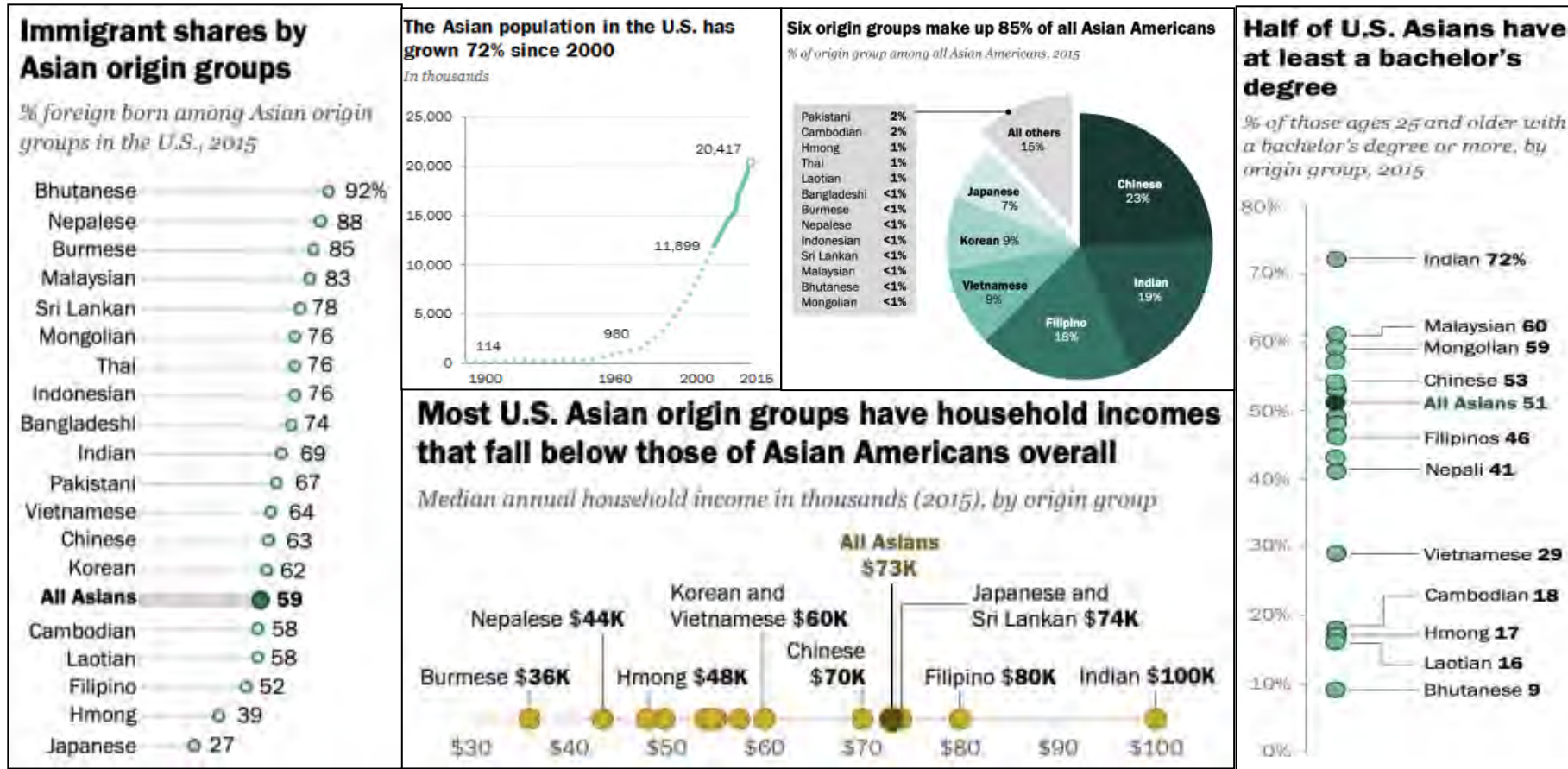
Affiliated with Harvard Medical School

Boston, MA

Objectives

- Identify the primary health disparities faced by Asian Americans and their causes.
- Describe the characteristic foods and food traditions that are common across Asia.
- Tips for RDs working with Asian American patient populations / how to integrate culturally relevant components into dietary interventions.

Who Are Asian Americans? – A Diverse Group



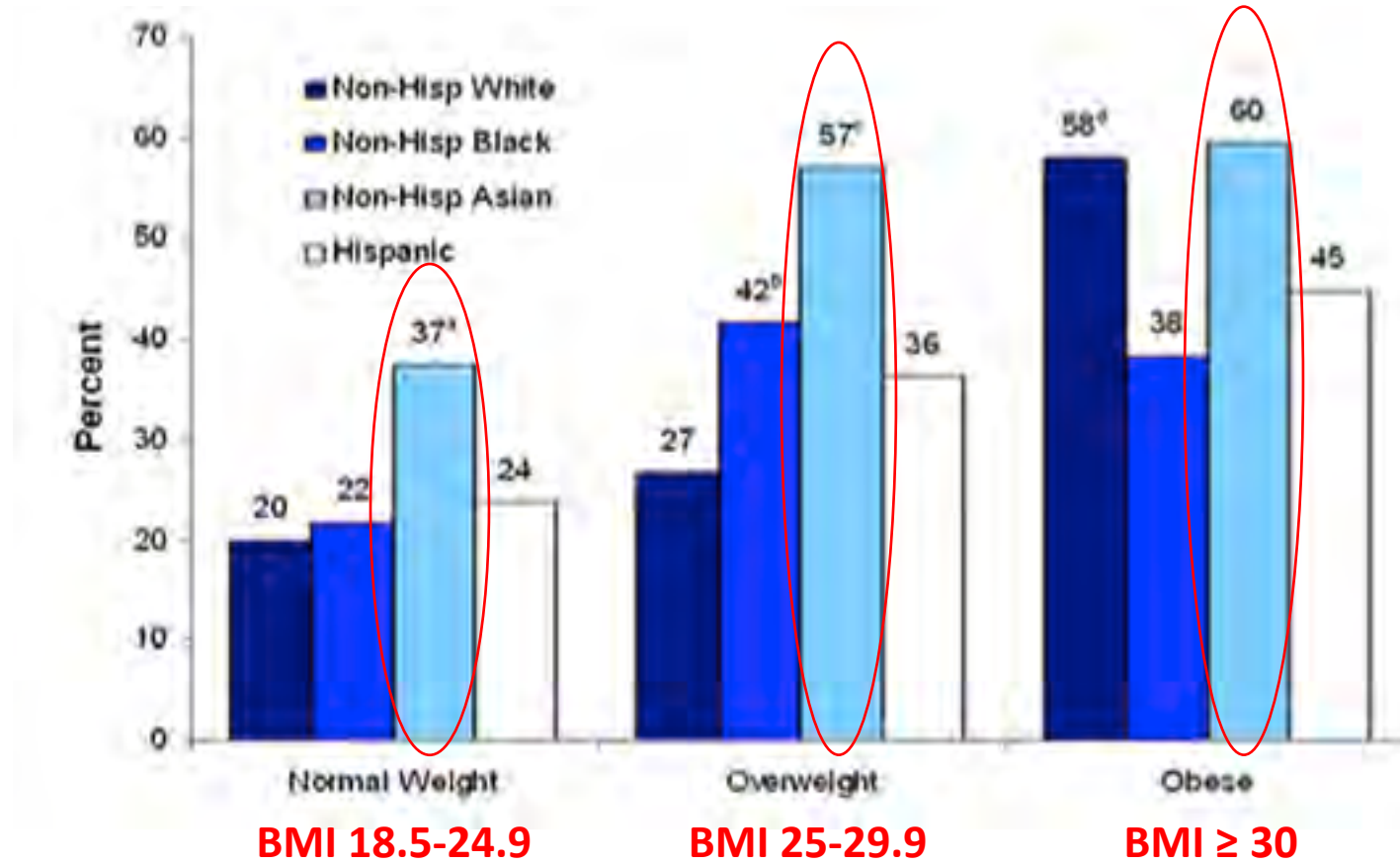
Low Mean BMI & Lowest Obesity Rate

	Mean or % (95% CI)								
	Total (n = 7575)	Non-Hispanic White (n = 2866)	Non-Hispanic Black (n = 1636)	Hispanic (n = 1952)	Non-Hispanic Asian (n = 909) ^a	East Asian (n = 322) ^a	South Asian (n = 209) ^a	Southeast Asian (n = 163) ^a	Non-Hispanic Other (n = 212)
Age, mean, y	47.5 (46.8-48.3)	49.6 (48.6-50.5)	45.1 (44.1-46.0)	41.8 (40.6-42.9)	44.7 (43.3-46.1)	45.1 (42.9-47.4)	44.1 (41.6-46.5)	44.7 (41.7-47.7)	46.1 (42.6-49.6)
Sex, %									
Women	51.9 (50.6-53.2)	51.4 (49.6-53.2)	55.6 (52.3-58.9)	50.3 (48.1-52.4)	54.3 (51.6-57.0)	56.8 (52.5-61.2)	46.5 (41.2-51.9)	57.2 (50.2-64.1)	52.6 (44.6-60.6)
Men	48.1 (46.8-49.4)	48.6 (46.8-50.4)	44.4 (41.1-47.7)	49.7 (47.6-51.9)	45.7 (43.0-48.4)	43.2 (38.8-47.5)	53.5 (48.1-58.8)	42.8 (35.9-49.8)	47.4 (39.4-55.4)
Education, %									
<High school	16.1 (13.7-18.5)	11.1 (8.3-13.9)	17.2 (14.8-19.7)	39.5 (35.3-43.7)	13.4 (10.4-16.3)	9.2 (4.3-14.0)	15.4 (8.3-22.5)	22.0 (14.0-29.9)	10.7 (5.3-16.1)
High school	20.9 (18.6-23.1)	20.8 (17.5-24.0)	26.8 (24.0-29.5)	20.2 (17.4-22.9)	12.7 (9.6-15.8)	13.2 (8.2-18.1)	8.5 (4.3-12.6)	18.1 (9.9-26.2)	19.0 (9.6-28.4)
>High school	63.0 (59.5-66.6)	68.2 (63.2-73.1)	56.0 (52.0-59.9)	40.3 (36.1-44.5)	73.9 (69.4-78.5)	77.7 (70.8-84.6)	76.1 (67.7-84.5)	60.0 (48.4-71.6)	70.3 (59.0-81.5)
Weight, mean, kg	83.2 (82.3-84.1)	84.4 (83.3-85.6)	87.5 (86.5-88.6)	81.2 (79.8-82.7)	65.2 (64.3-66.0)	63.4 (62.0-64.9)	70.2 (68.5-72.0)	61.8 (59.6-64.0)	82.7 (78.4-87.0)
Height, mean, cm	169 (168-169)	170 (169-170)	169 (168-170)	164 (164-165)	163 (162-164)	164 (163-165)	165 (163-166)	160 (159-162)	168 (167-170)
BMI, mean ^b	29.2 (28.9-29.5)	29.2 (28.8-29.6)	30.6 (30.2-31.1)	29.9 (29.5-30.4)	24.4 (24.0-24.7)	23.4 (22.9-23.9)	25.9 (25.2-26.6)	23.9 (23.1-24.6)	29.1 (27.7-30.5)
BMI group ^c	29.3%	29.1%	24.0%	20.6%	61.1%	69.4%	44.9%	68.9%	38.3%
<23	17.3 (15.7-19.0)	17.0 (15.1-19.0)	15.0 (12.8-17.2)	11.4 (9.2-13.6)	41.0 (36.0-46.0)	53.1 (46.5-59.8)	25.1 (17.8-32.4)	40.3 (28.1-52.4)	18.8 (11.1-26.5)
23-24.9	12.0 (10.8-13.1)	12.1 (10.5-13.7)	9.0 (7.3-10.8)	9.2 (7.7-10.7)	20.1 (16.9-23.4)	16.3 (12.5-20.1)	19.8 (14.0-25.7)	28.6 (18.6-38.7)	19.5 (12.2-26.8)
25-29.9	32.6 (31.2-33.9)	33.0 (31.3-34.6)	29.9 (26.5-33.2)	35.6 (32.6-38.6)	28.7 (25.4-31.9)	23.8 (18.7-28.9)	37.8 (29.7-45.9)	24.2 (15.4-32.9)	25.4 (17.5-33.4)
30-34.9	21.4 (20.0-22.8)	21.4 (19.6-23.3)	22.4 (19.8-25.1)	26.1 (23.3-28.9)	8.2 (6.6-9.8)	5.9 (3.7-8.1)	13.2 (8.2-18.2)	6.0 (1.9-10.1)	17.9 (12.8-23.0)
≥35	16.7 (15.4-18.1)	16.5 (14.8-18.1)	23.6 (21.6-25.7)	17.7 (15.4-20.0)	2.0 (1.2-2.7)	0.9 (0.0-1.7)	4.1 (1.1-7.1)	0.9 (0.0-2.3)	18.3 (11.7-24.9)

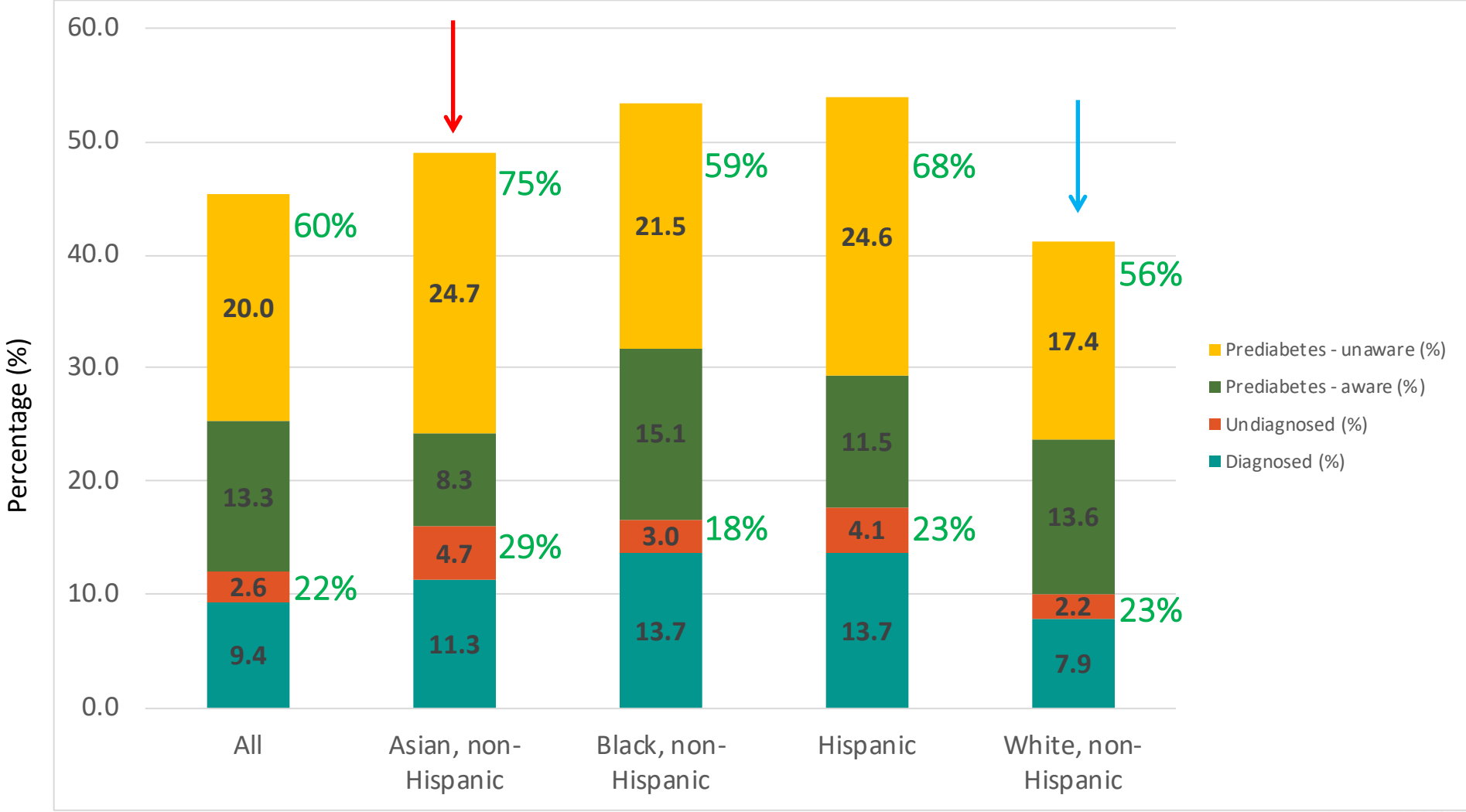
BMI <25

Adapted from JAMA. 2019;322(24):2389-2398

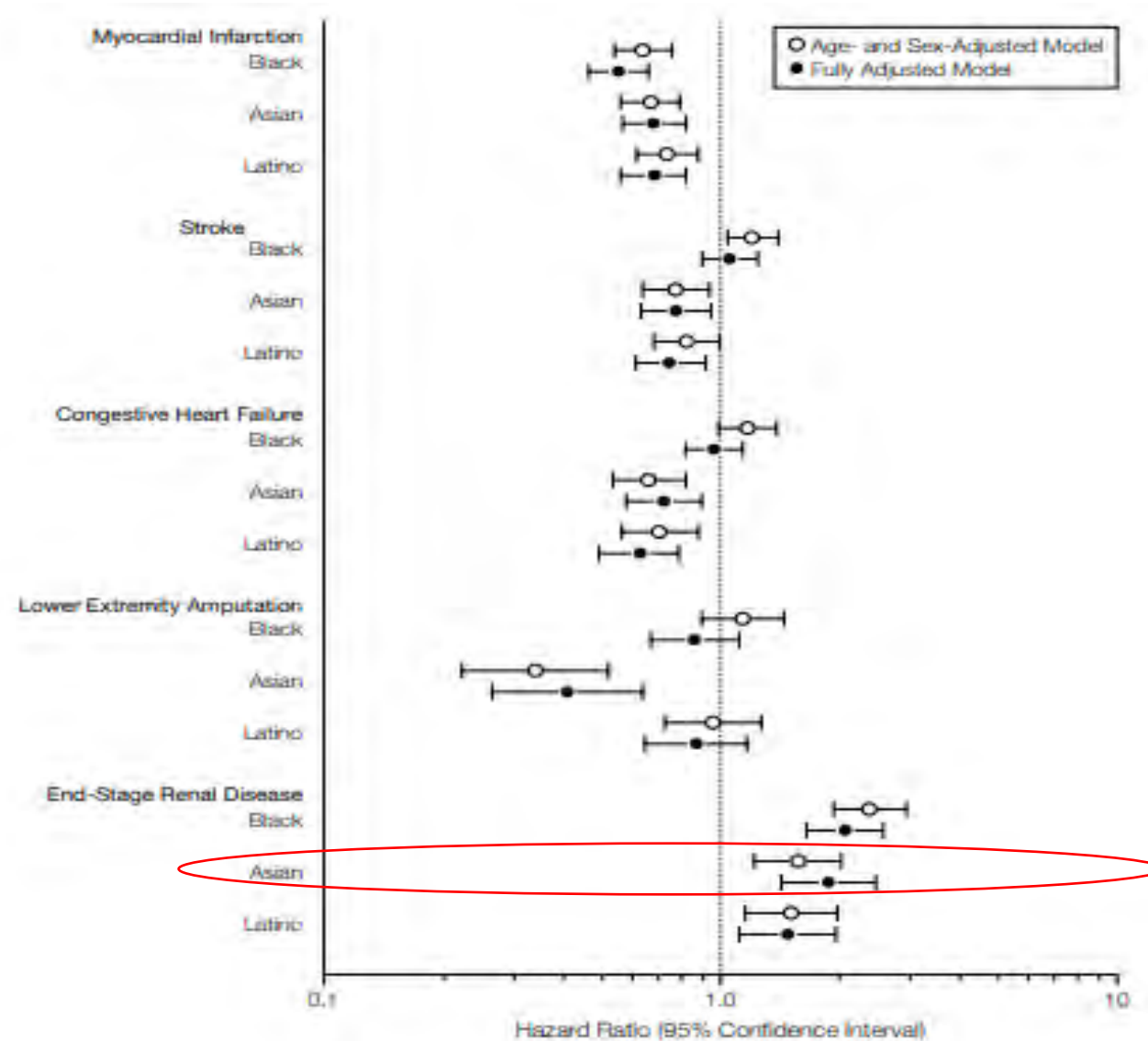
Highest Diabetes Rate at All Weight Categories



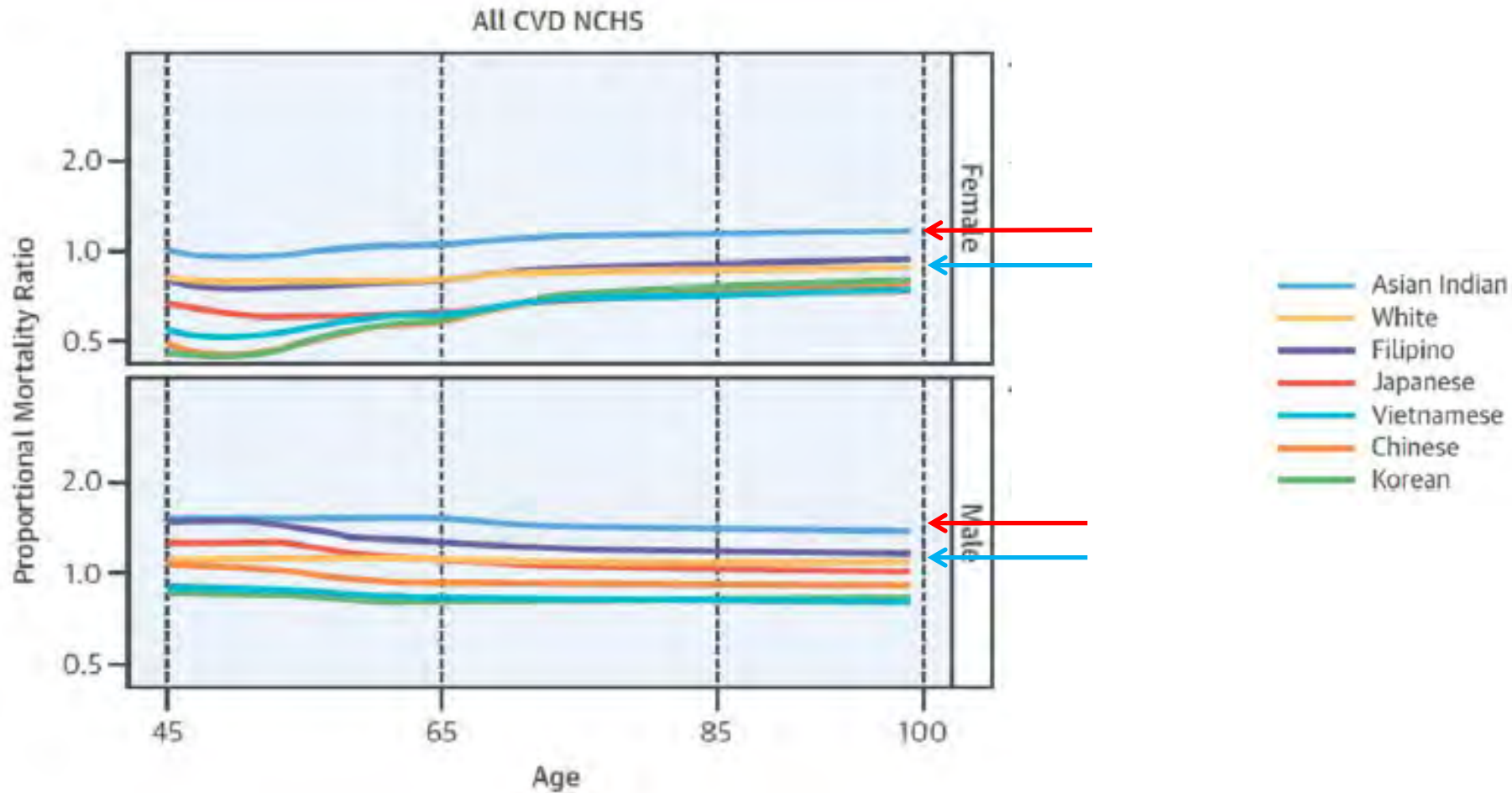
Highest Undiagnosed Rate of Diabetes & Prediabetes



Ethnic Disparities in Diabetic Complications



Heterogeneity among Asians



Diverse in Food Culture

One of the commonalities: Family-oriented



Chinese



Korean



Japanese



Vietnamese



Burmese



Indian

VERY Diverse in Food Culture

Rice



Japanese rice
Japan



Jasmine rice
China



Basmati rice
India

Bread



Southern
China



Northern
China



India



Desserts



China



India



Similar Traditional Asian Diet

	Asian Indians	Chinese	USA
Carbohydrates	60-67%	70%	50%
Fat	17%	15%	33%
Protein	15%	15%	16%
Fiber	N/A	15 g/ 1000 kcal	15 g / day

Misra et al. British Journal of Nutrition. 2009;101: 465-473

Campbell et al. Toxicology Sciences. 1999; 52 (Supplement): 87 – 94

Ford et al. AJCN. 2013; 97(4): 848-853

https://www.ucsfhealth.org/education/increasing_fiber_intake/

What is today's eating pattern like for Asians?

- 1) Similar to Traditional Asian Diet
- 2) Similar to Typical Western Diet
- 3) Somewhere between Traditional Asian Diet & Typical Western Diet

Traditional Asian Diet

- 70% Carbohydrates
- 15% Protein
- 15% Fat
- 15 g Fiber/1000 calories

Typical Western Diet

- 50% Carbohydrates
- 16% Protein
- 34% Fat
- 6 g Fiber/1000 calories

Current Eating Pattern

Table 5. Comparison of daily intake of energy and nutrients [#] by age in children [^] and males in the Chinese and Italian groups.

	(10–17 Years)	Males (18–64 Years)		Males (65 Years and Above)	
	Italian (N = 108)	Chinese (N = 896)	Italian (N = 1068)	Chinese (N = 263)	Italian (N = 202)
Energy	2576 ± 744 *	2330 ± 865	2390 ± 650 *	1981 ± 740	2296 ± 556 *
Total Cal	326.7 ± 110.2 *	274.9 ± 123.8	283.1 ± 88.7	243.6 ± 101.4	274.9 ± 81.4 *
% C	99.3 ± 26.2 *	76.9 ± 31.0	92.6 ± 25.3 *	67.9 ± 28.1	88.2 ± 21.4 *
% T	105.4 ± 32.3 *	95.9 ± 46.4	95.4 ± 29.5	73.9 ± 35.3	87.0 ± 23.4 *
Ca	18.1 ± 5.9 *	11.0 ± 7.6	19.6 ± 7.3 *	11.3 ± 8.1	21.6 ± 8.2 *
Fiber	355 ± 153	339 ± 247	331 ± 157	281 ± 202	302 ± 137
Fiber: 5 g/ 1000 kcal					
% T	47.2 ± 5.6	47.4 ± 12.0	44.3 ± 6.2 *	49.8 ± 12.8	44.8 ± 6.3 *
Ca	15.6 ± 1.9 *	13.5 ± 3.4	15.7 ± 2.2 *	14.1 ± 3.8	15.5 ± 2 *
	36.9 ± 4.9	37.0 ± 10.9	36.0 ± 5.3 *	33.8 ± 11.1	34.3 ± 5.7

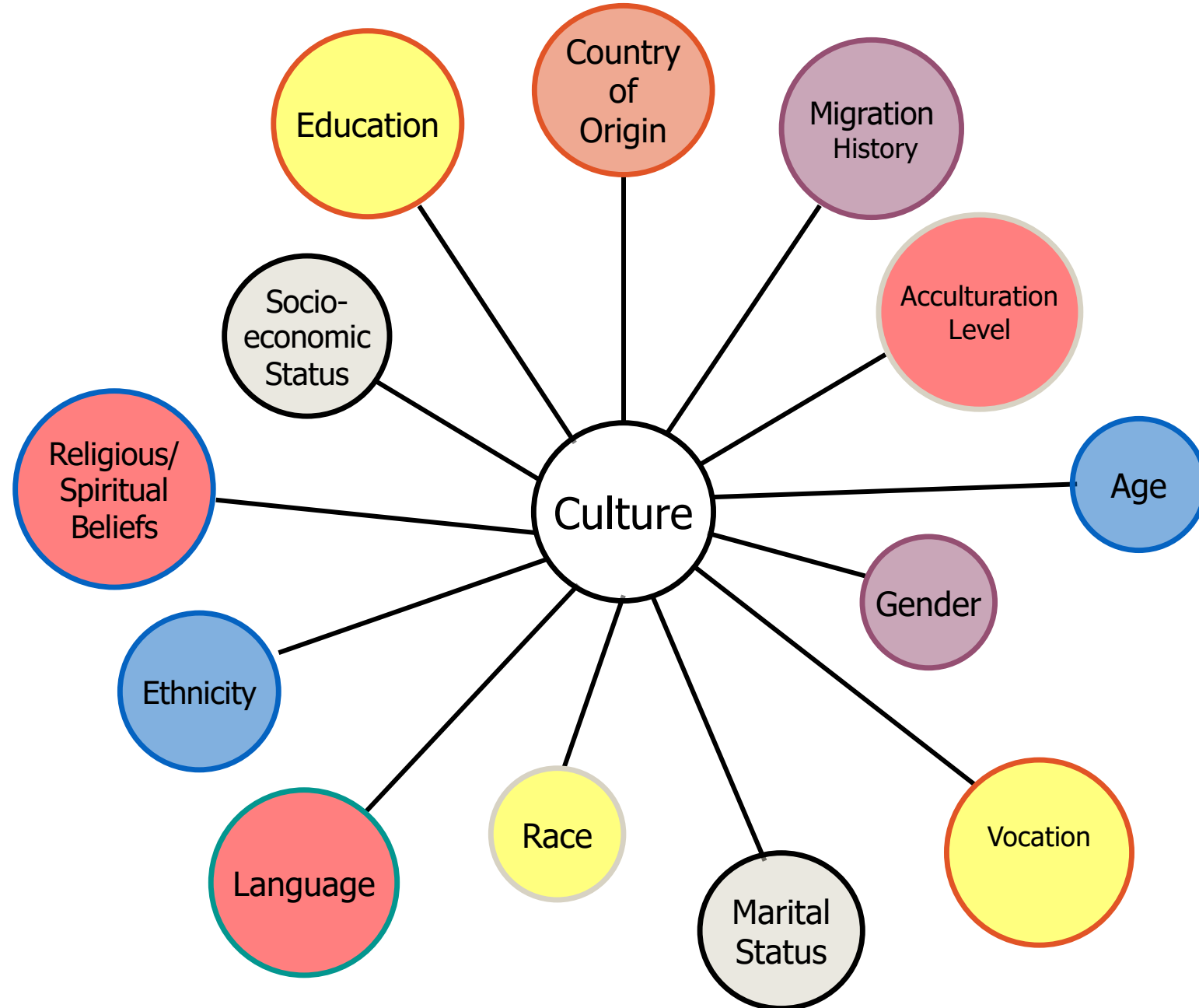
Typical Western Diet & Modernized Asian Diet

- 50% Carbohydrates
- 16% Protein
- 34% Fat
- 6 g Fiber/1000 calories

2019 ADA Nutrition Consensus Report

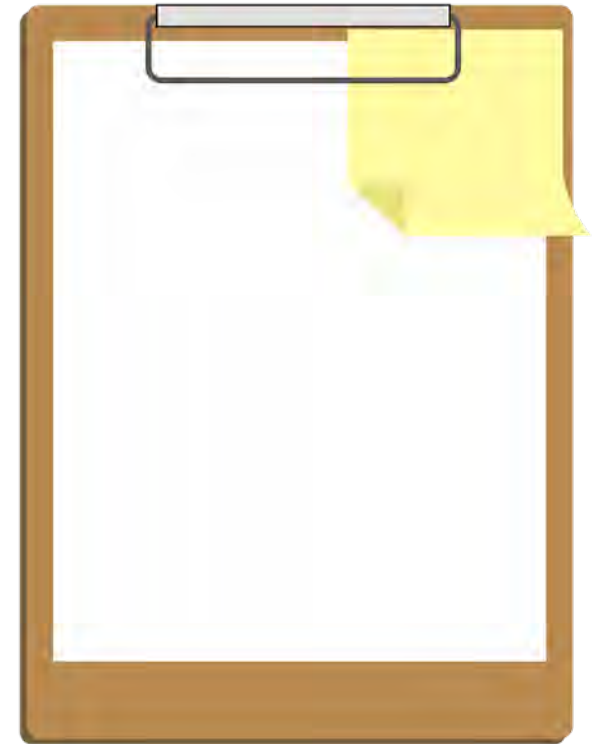
- “Evidence suggests that there is **not an ideal percentage** of calories from carbohydrate, protein, and fat for all people with or at risk for diabetes; therefore, macronutrient distribution should be based on individualized assessment of current eating patterns, preferences, and metabolic goals.”
- “A **variety of eating patterns** (combinations of different foods or food groups) are acceptable for the management of diabetes.”
- “Until the evidence surrounding comparative benefits of different eating patterns in specific individuals strengthens, health care providers should focus on the key factors that are **common among the patterns**:
 - Emphasize **nonstarchy vegetables**.
 - **Minimize added sugars and refined grains**.
 - Choose **whole foods** over highly processed foods to the extent possible.
- One of the goals: “To **address individual nutrition needs based on personal and cultural preferences**, health literacy and numeracy, access to healthful food choices, willingness and ability to make behavioral changes, as well as barriers to change”

The Multiple Components of Cultural Identity



Practical Tips in Counseling – Gathering Information

- Lifestyle
- Eating habit
- Food preferences
- Social history
 - Born in the USA? When immigrating to USA?
 - Support system
 - Do family, friends or coworkers know about their diabetes?
 - Living with their family?
 - How often do they have meals with their grandchildren?
 - Financial situation
 - Work schedule
- Cooking methods



Practical Tips in Counseling – Providing Recommendations

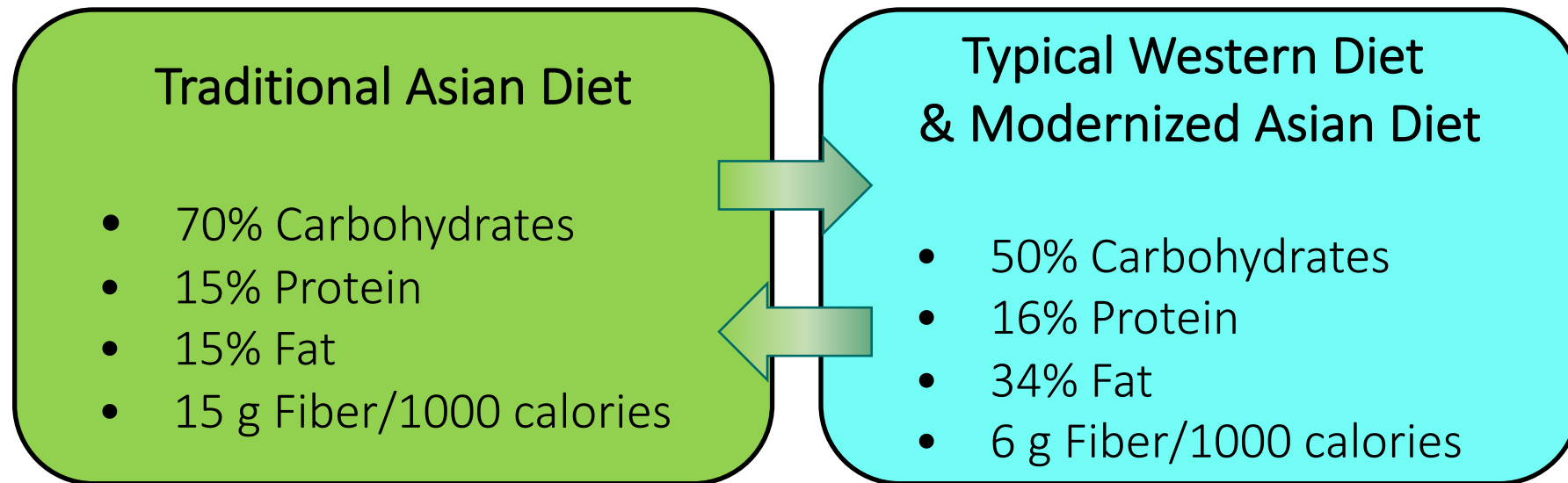
- Eating mindfully
- Making vegetables the star
- Use meat as garnish
- Introduce legumes and different types of whole intact grains
- Gradually switch out processed grains
- Plate method / bowl method / hand method



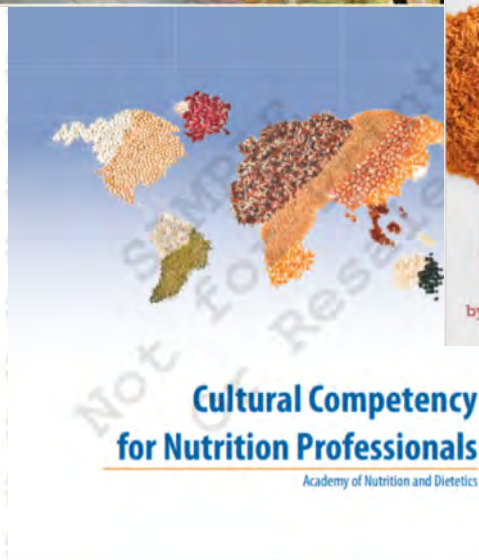
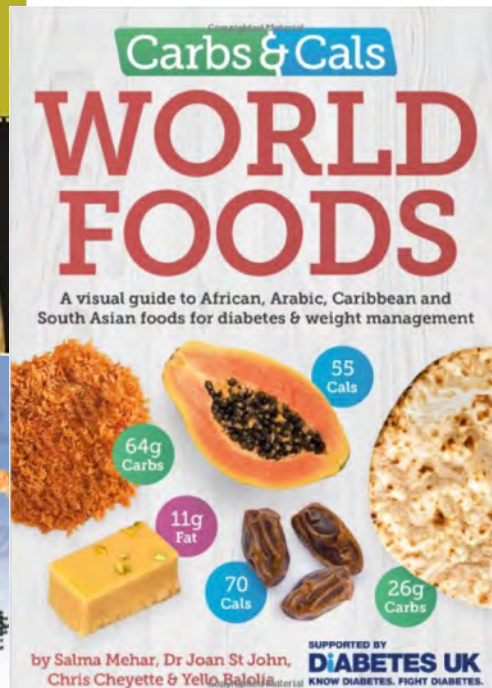
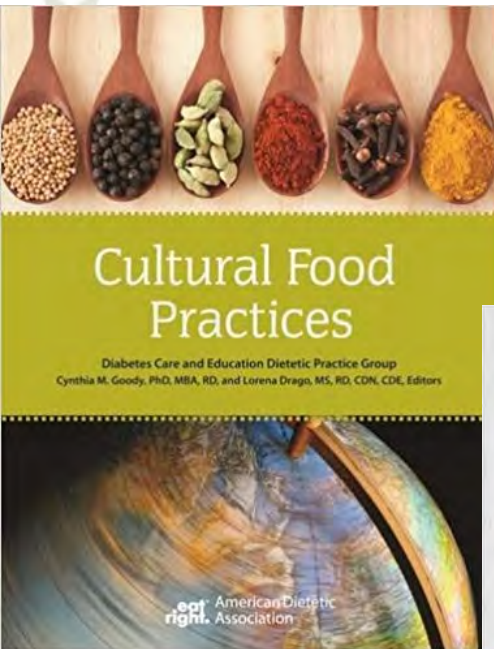
Special Considerations

- Religious & cultural festivals
 - Buddhists: e.g. First and fifteenth of lunar month
 - Hindu: e.g. Diwali
 - Various East/South-East Asians: Lunar New Year, Moon Festival
- Life period
 - Chinese: confinement during the first month after pregnancy
 - Special food (varies in regions; high caloric)
 - Cannot leave home
- Traditional Medicine
 - Using without knowing - medicinal dishes or foods
 - Balancing of forces

Keeping the Food Culture Healthfully



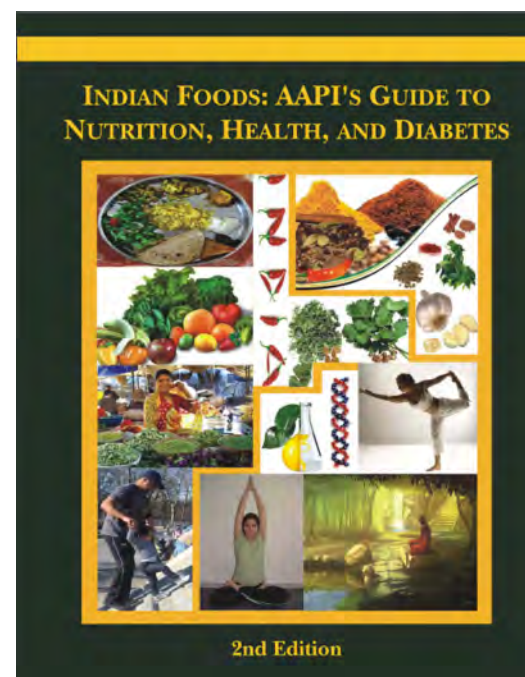
To Learn More



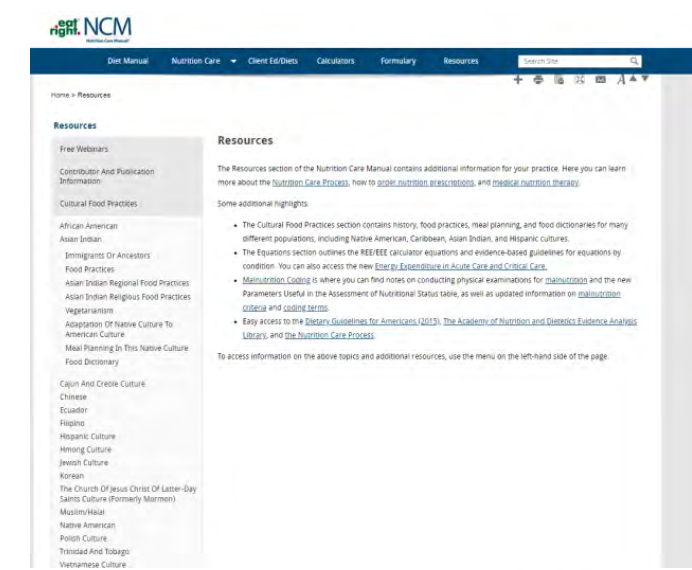
oldwayspt.org



aadi.joslin.org



PDF available online



nutritioncaremanual.org/



An RD's Guide to Cultural Humility & Heritage Diets

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



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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.

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



Lifestyle Characteristics

- Perception of weight
- Acceptance of large portions
 - Lack of nutrition education
- Celebrations – food at the center
- Longer time spent in U.S. generally
= more western foods added to
their diet



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



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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



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



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)



Latin Sauces and Spices



Flavoring Food



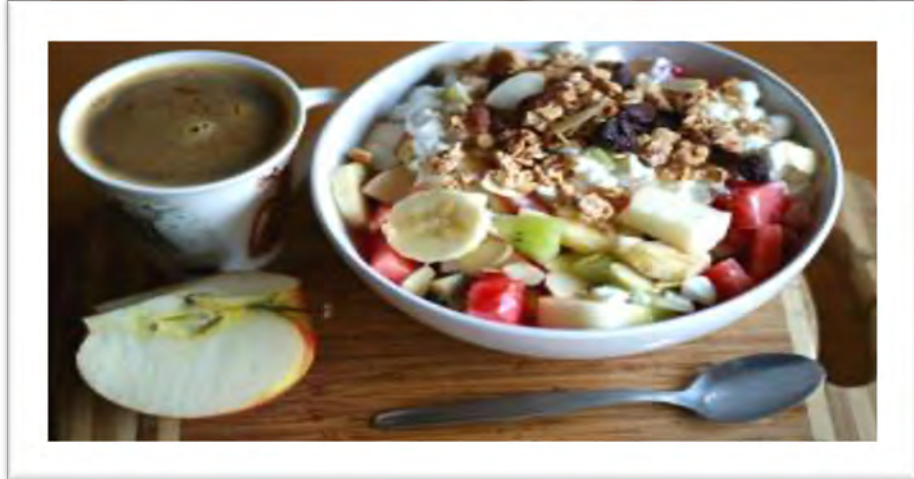
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How to Increase Fruits and Vegetables



How to Increase Fruits and Vegetables



My Plate Guide to Portion Control



Portion Control and Food Combinations



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Methods of Preparation



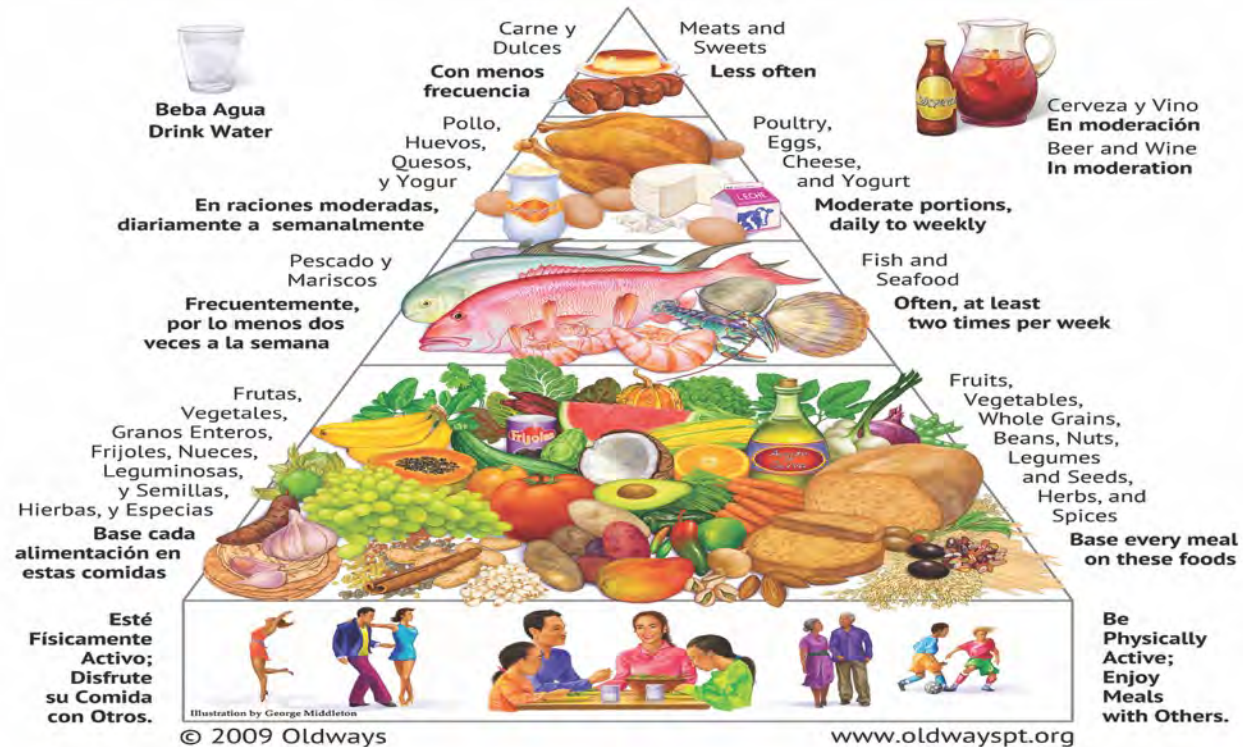
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A Guide to Healthy Eating

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CULTURAL FOOD TRADITIONS

Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana



Summary

- 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 and can be flavored with little calories, salt or sugar.

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 metal shopping cart in a grocery store aisle. She is reaching up to a shelf to pick up a product. In the background, another woman in a pink top is visible, also pushing a shopping cart. The shelves are stocked with various products, including boxes and bags of food.

Gracias

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A Taste of Latin American Heritage