

El Sabor de la Herencia Latinoamericana

Carlos Yescas

Sobre Oldways

- Una organización sin fines de lucro dedicada a temas de alimentación y nutrición
- Visión: una vida más sana y feliz a través de las tradiciones culturales alimentarias.
- Misión: inspirar al público a abrazar las alegrías saludables y sustentables de las formas tradicionales de comer
- Para cumplir con nuestra misión, creamos y compartimos recursos y recetas saludables y organizamos programas y eventos educativos.
- Creemos que la comida es el gran regalo del patrimonio

La Pirámide de la Dieta Latinoamericana

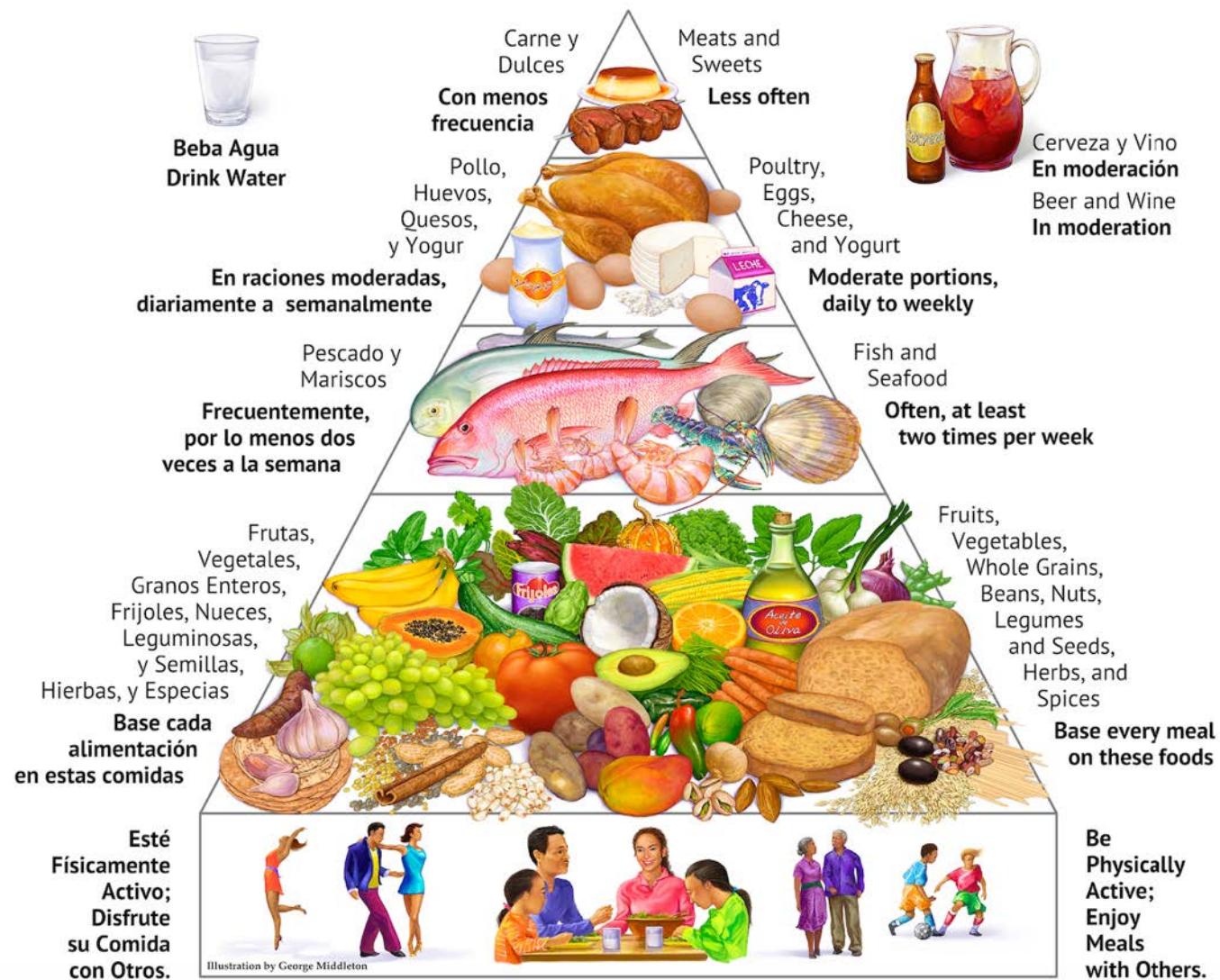
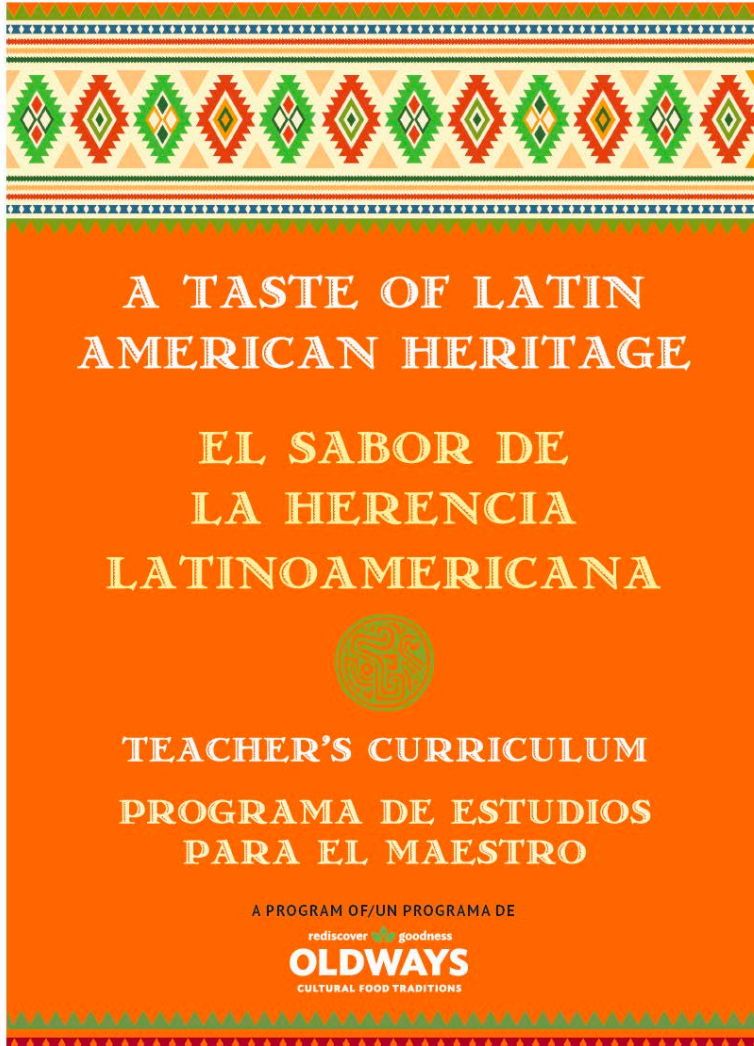


Illustration by George Middleton

Currículo del Programa: El sabor de la Herencia Latinoamericana



- Lección 1- Hiervas y especias
- Lección 2- Tubérculos
- Lección 3- Granos enteros
- Lección 4- Frutas y Vegetales
- Lección 5- Legumbres
- Lección 6- Nueces y semillas

Historia, Cultura, Nutrición y

- El Programa - El sabor de la herencia latinoamericana fue inspirado por el éxito del programa el sabor de la herencia africana.
- Bilingüe. Cada pagina tiene una hoja en inglés de un lado y del opuesto su traducción en español.



¡Cocinando y comiendo!

- Todas las recetas son a base de plantas e incluyen platillos de Argentina, Bolivia, Chile, Cuba, Ecuador, España, Perú, República Dominicana, y México.



Lleva el programa ATOLAH a tu comunidad

- Licencia digital del currículo: \$300/anual
- Materiales preimpresos en nuestro sitio oldwayswebstore.org (próximamente)
- Escríbenos a classes@oldwayspt.org para conocer mas.

Dra. Hannia Campos

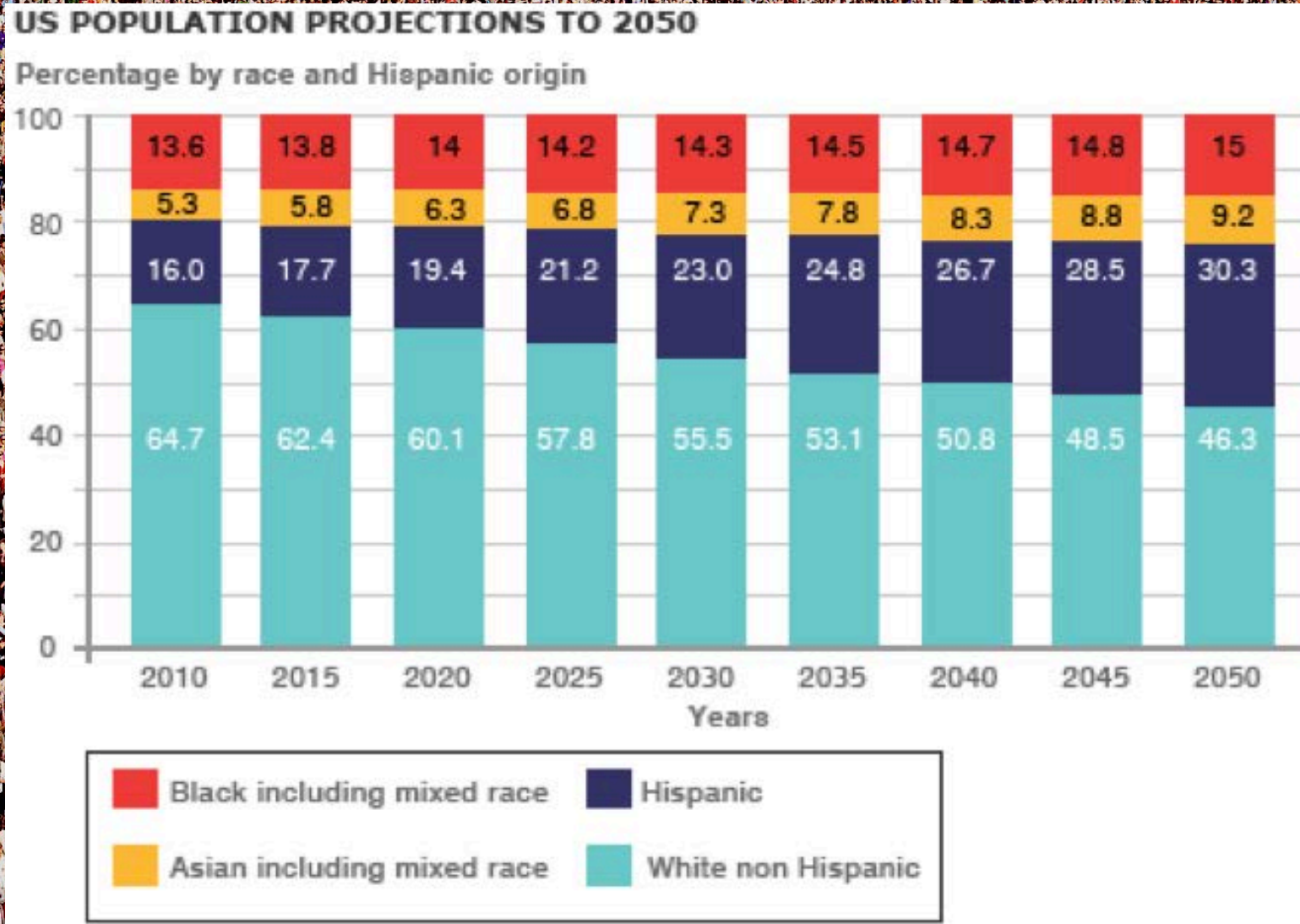
- La Pirámide de la Dieta Latinoamericana
- Disparidades existentes en cuestiones de nutrición y salud en comunidades Latinoamericanas

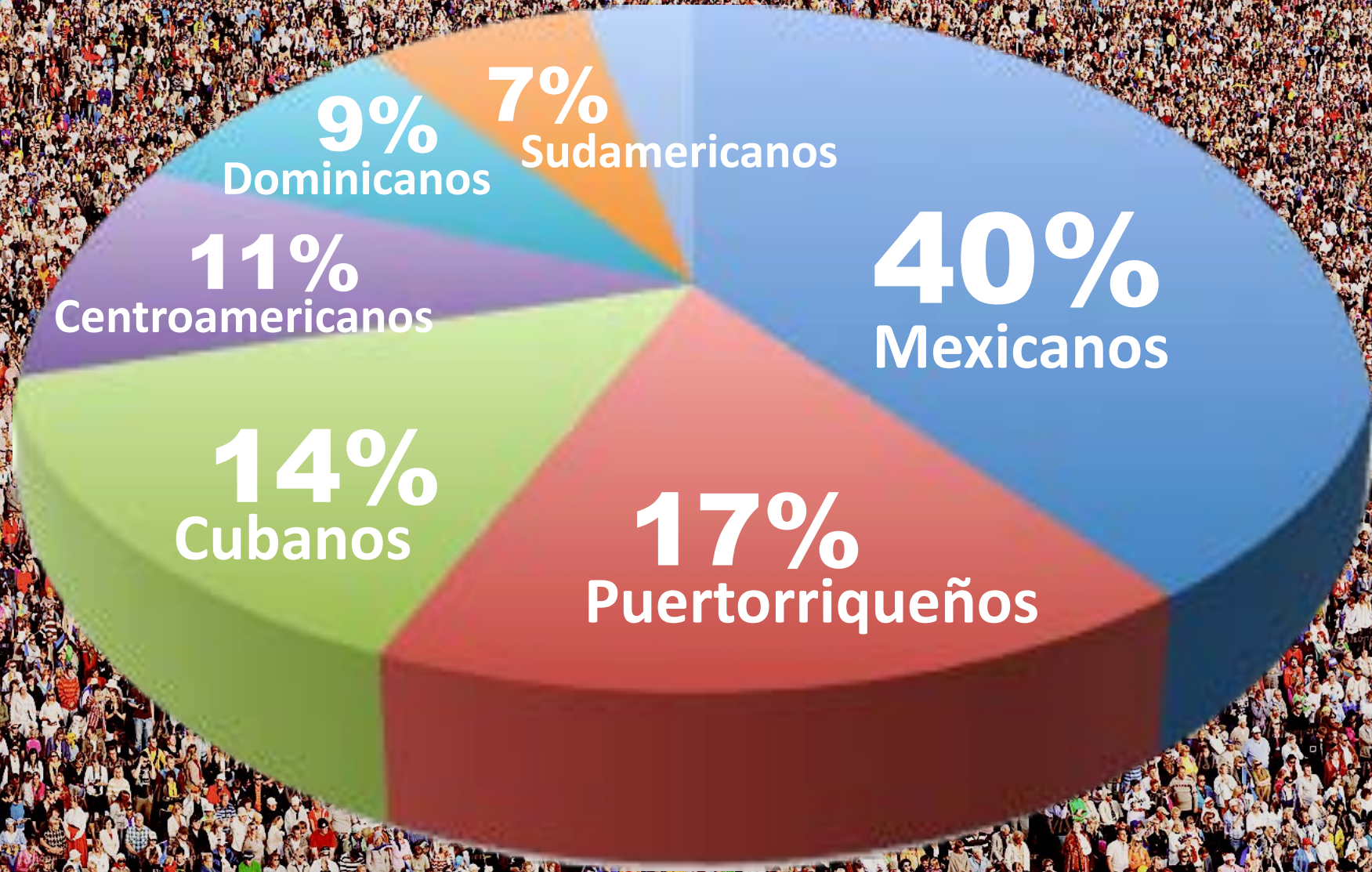


Nutrición y desigualdad en salud en comunidades Latinoamericanas

Hannia Campos, Ph.D.

Los Hispanos/Latinos son la minoría más grande en EEUU





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



¿Porqué
nutrición y
salud ?



Mala alimentación

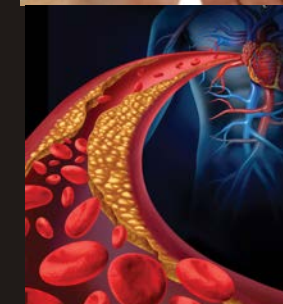
Vida sedentaria



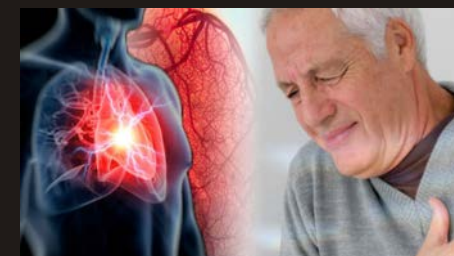
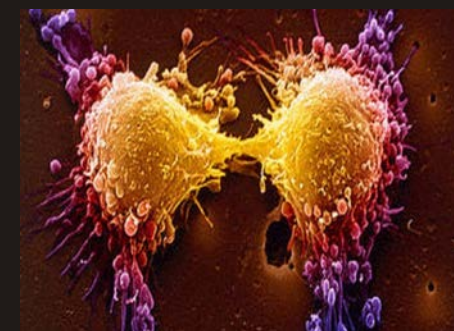
Sobrepeso



Factores de riesgo



Enfermedades crónicas



OBESIDAD

The Hispanic Community Health Study/Study of Latinos

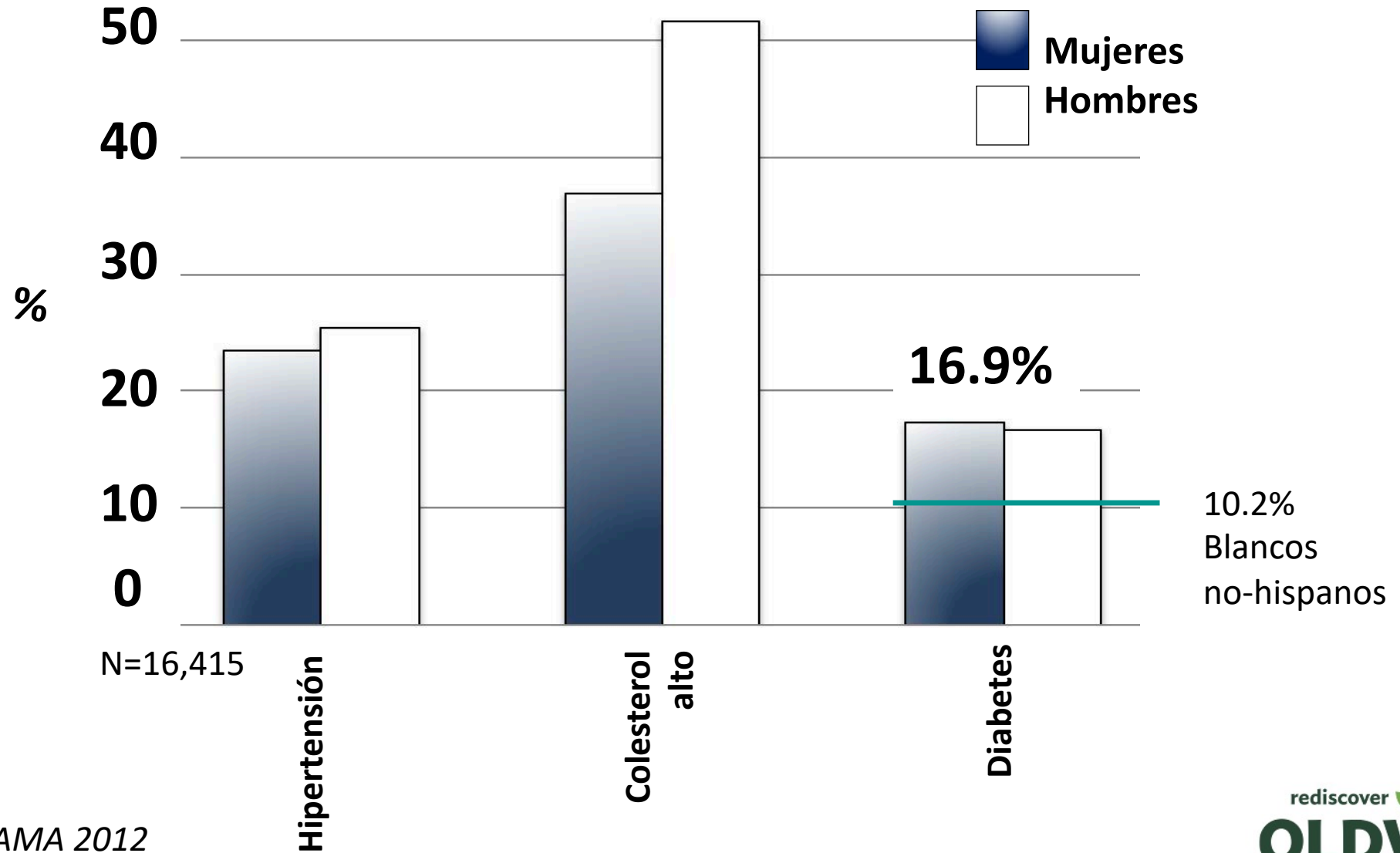
42.6%

Mujeres

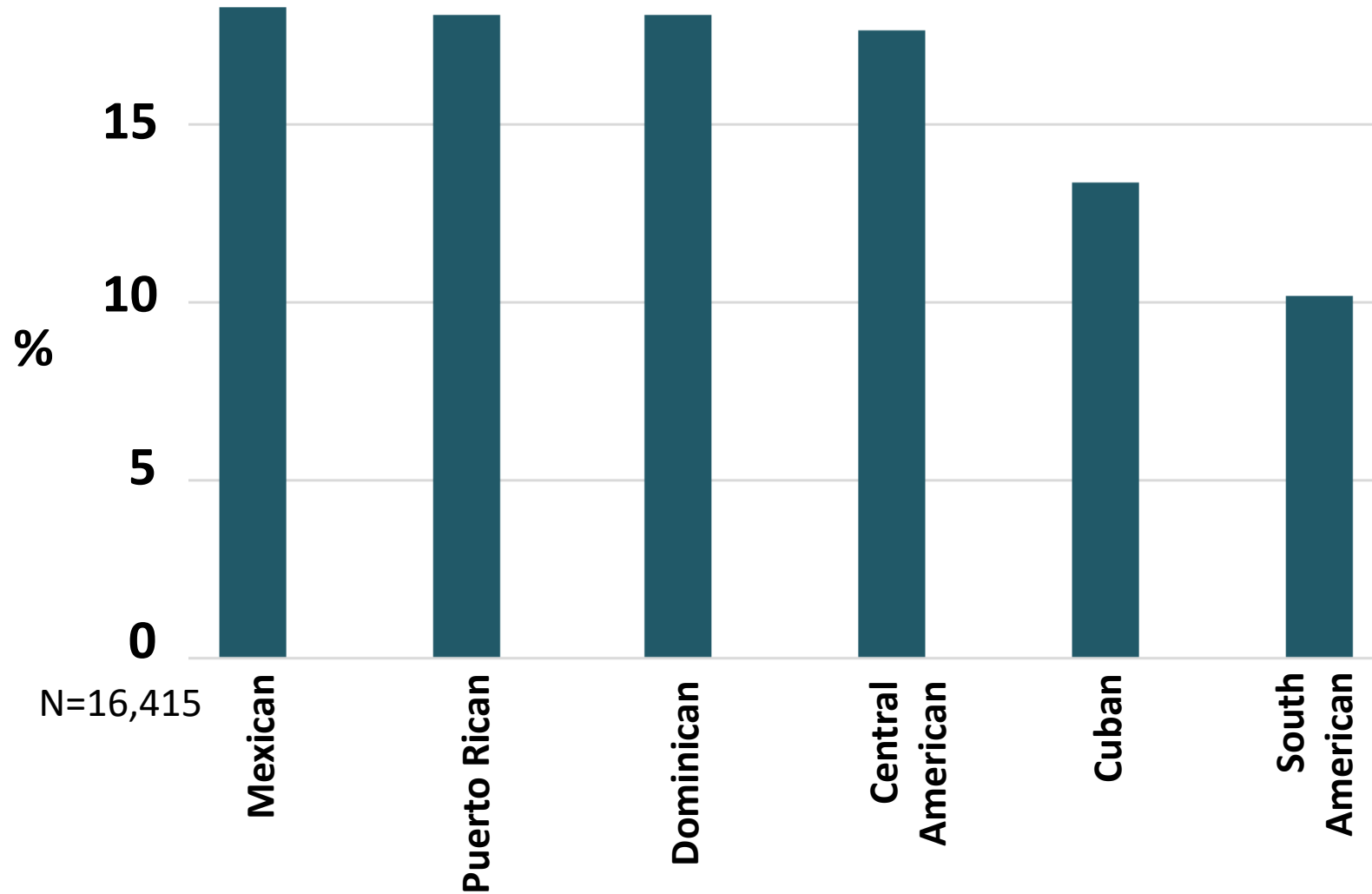
36.5%

Hombres

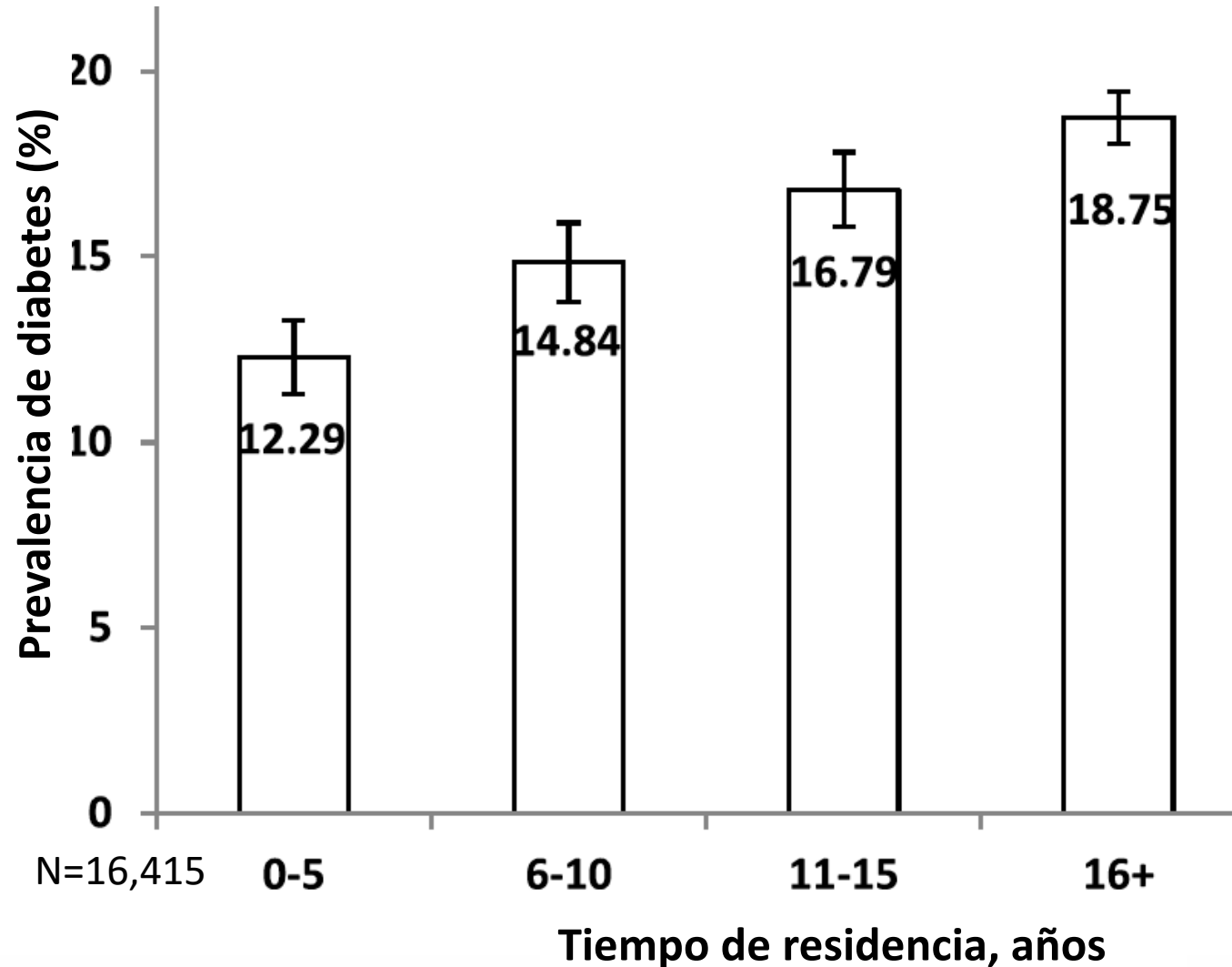
Prevalencia de factores de riesgo cardiovascular en el Hispanic Community Health Study/Study of Latinos



Prevalencia de diabetes de acuerdo al grupo de procedencia en el Hispanic Community Health Study/Study of Latinos



Prevalencia de diabetes de acuerdo al tiempo de residencia en EEUU: the Hispanic Health Study/Study of Latinos



El cambio en la alimentación ha sido un factor determinante de los efectos adversos en la salud de las comunidades Latinas



Alimentos sin procesar, principalmente de origen vegetal, preparados en casa



Alimentos procesados, principalmente de origen animal, preparados fuera de casa



Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana

Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana



Beba Agua
Drink Water



Cerveza y Vino
En moderación
Beer and Wine
In moderation

Postres
Carnes rojas

Pollo, huevos

Productos lácteos

Pescado y mariscos

Vegetales no
harinosos

Frutas

Aceites
saludables

Leguminosas

Nueces y semillas

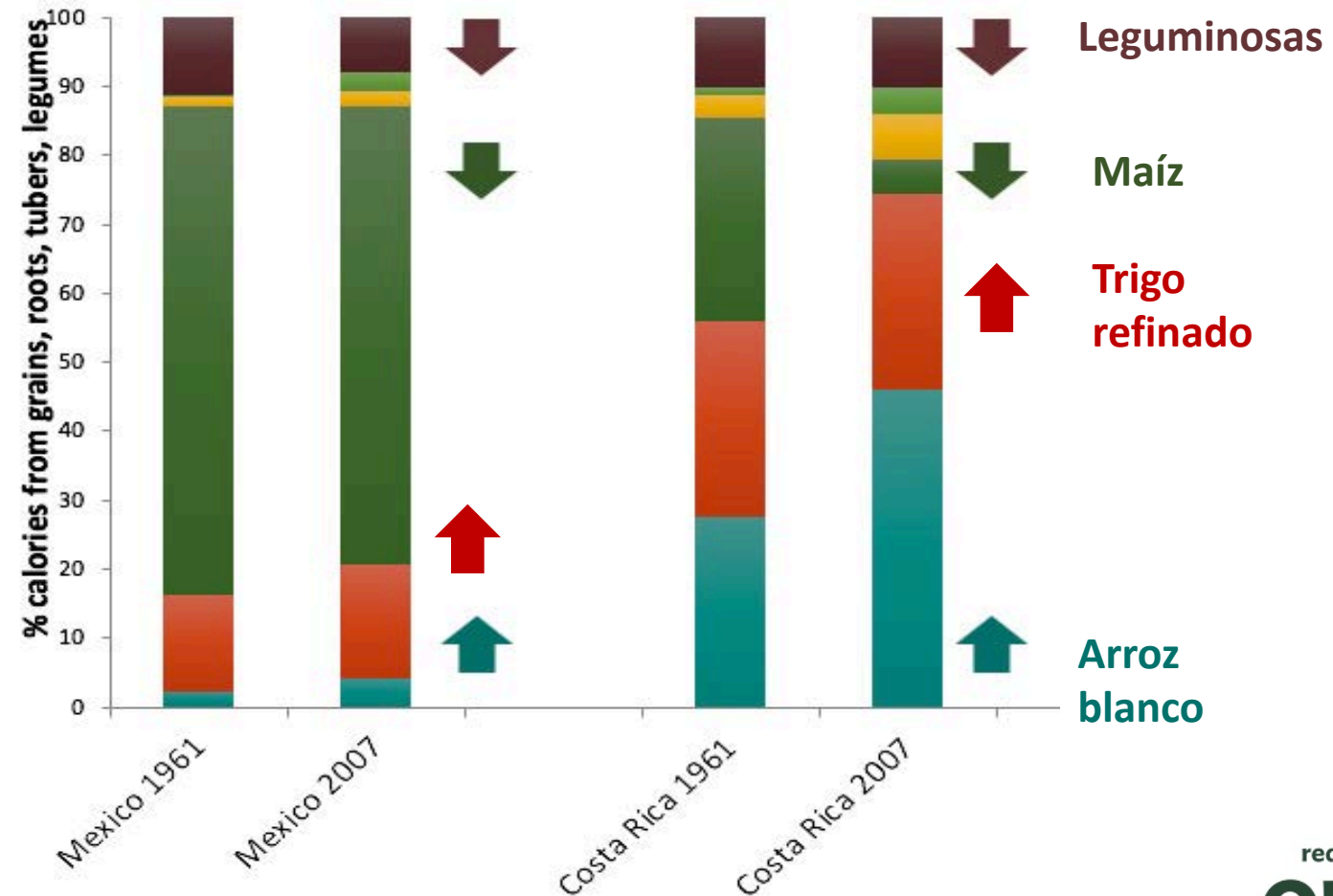
Granos integrales



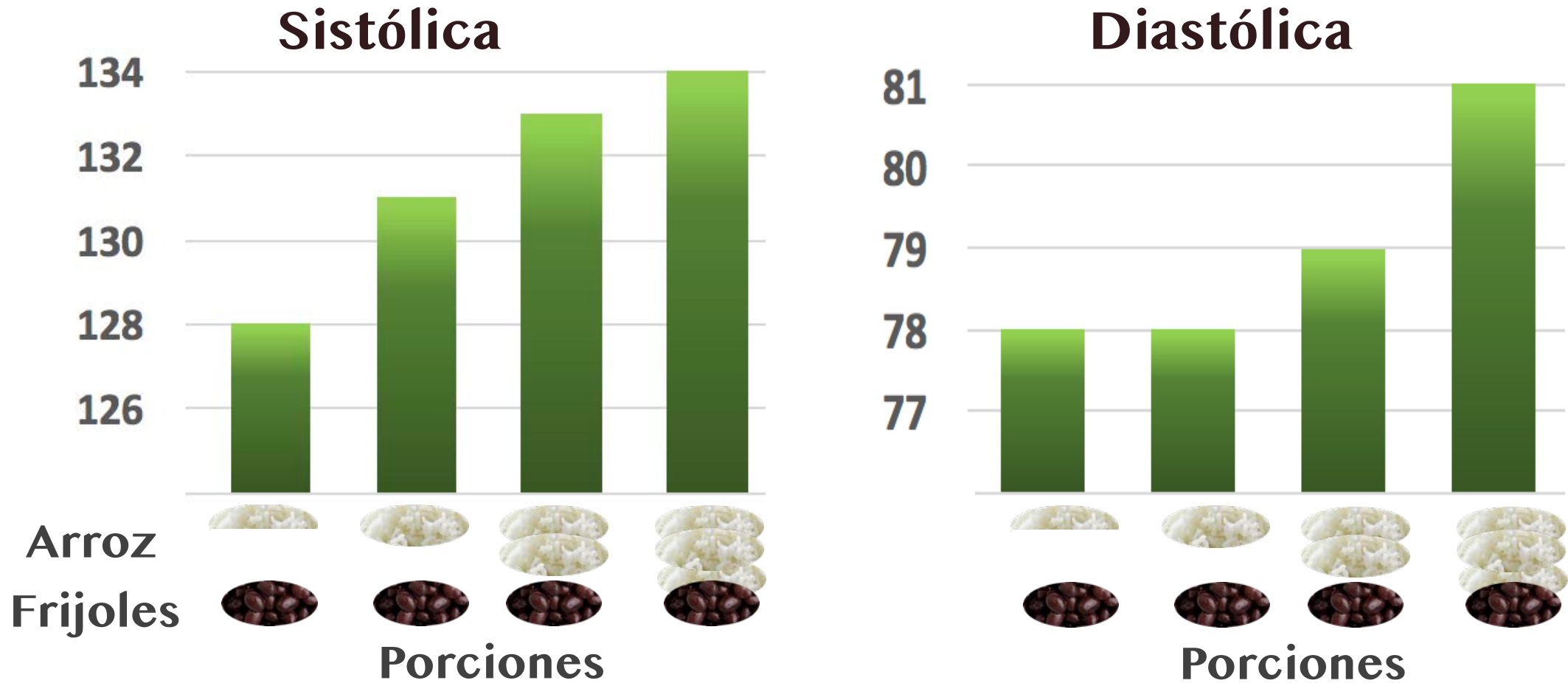
Illustration by George Middleton

Cambios alimentarios en dos países Latinoamericanos, 1961-2007

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



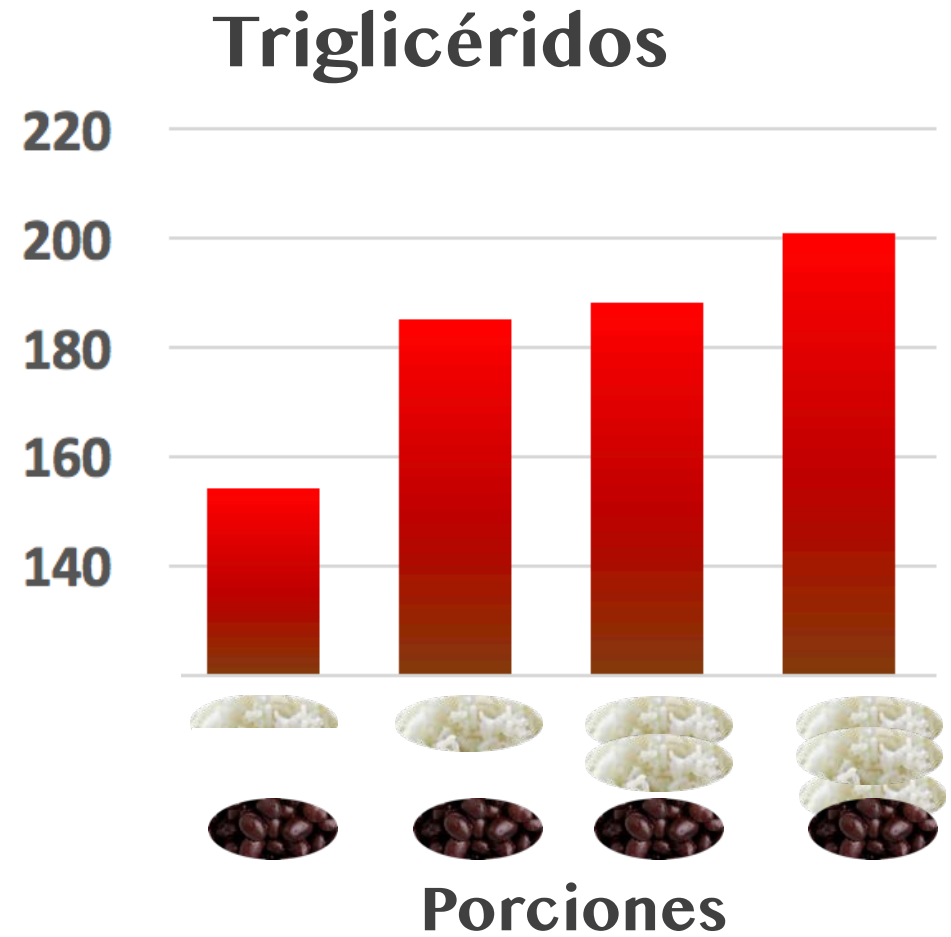
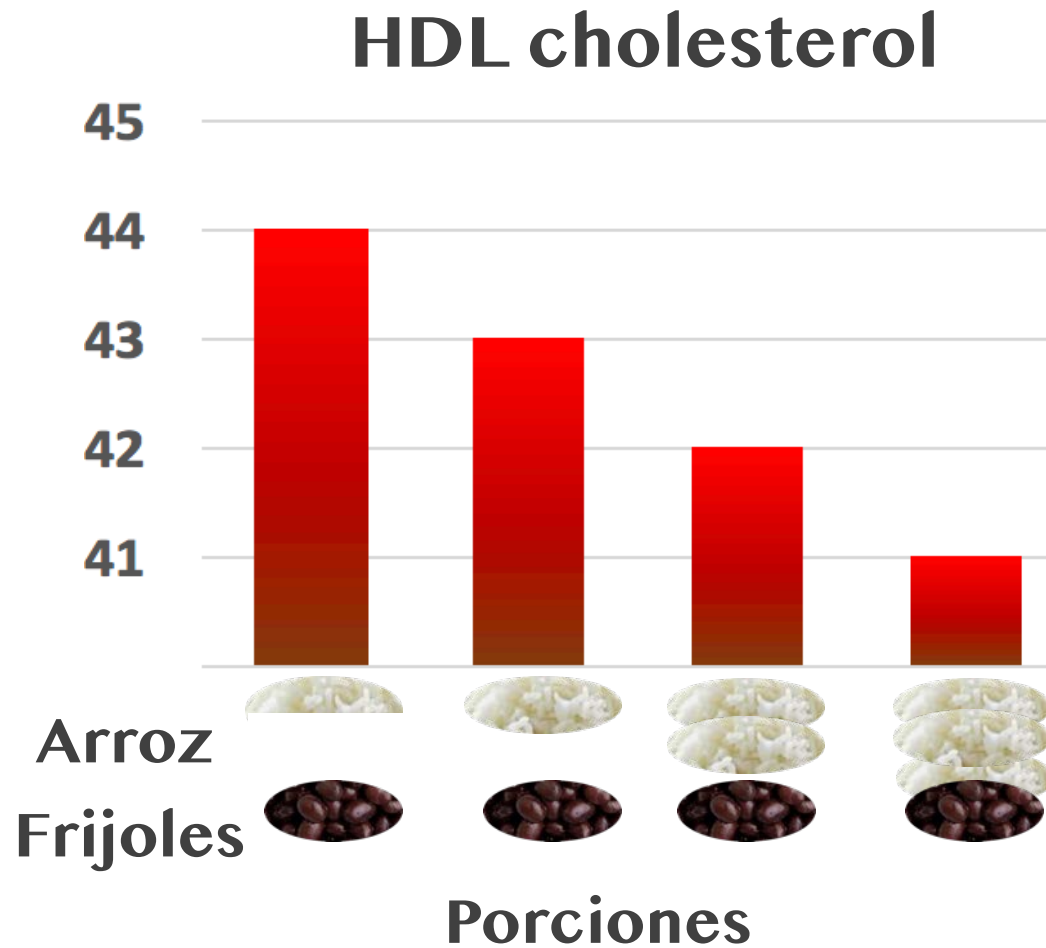
Una aumento en la proporción de arroz a frijoles está asociado con un aumento en la presión arterial



p for trend < 0.001

Mattei, Campos et al AJCN 2011

Una aumento en la proporción de arroz a frijoles está asociado con un perfil lipídico adverso



p for trend < 0.001

Mattei, Campos et al AJCN 2011

Zonas Azules



Península de Nicoya



< Regiones donde viven las personas más longevas del mundo >

Zonas Azules

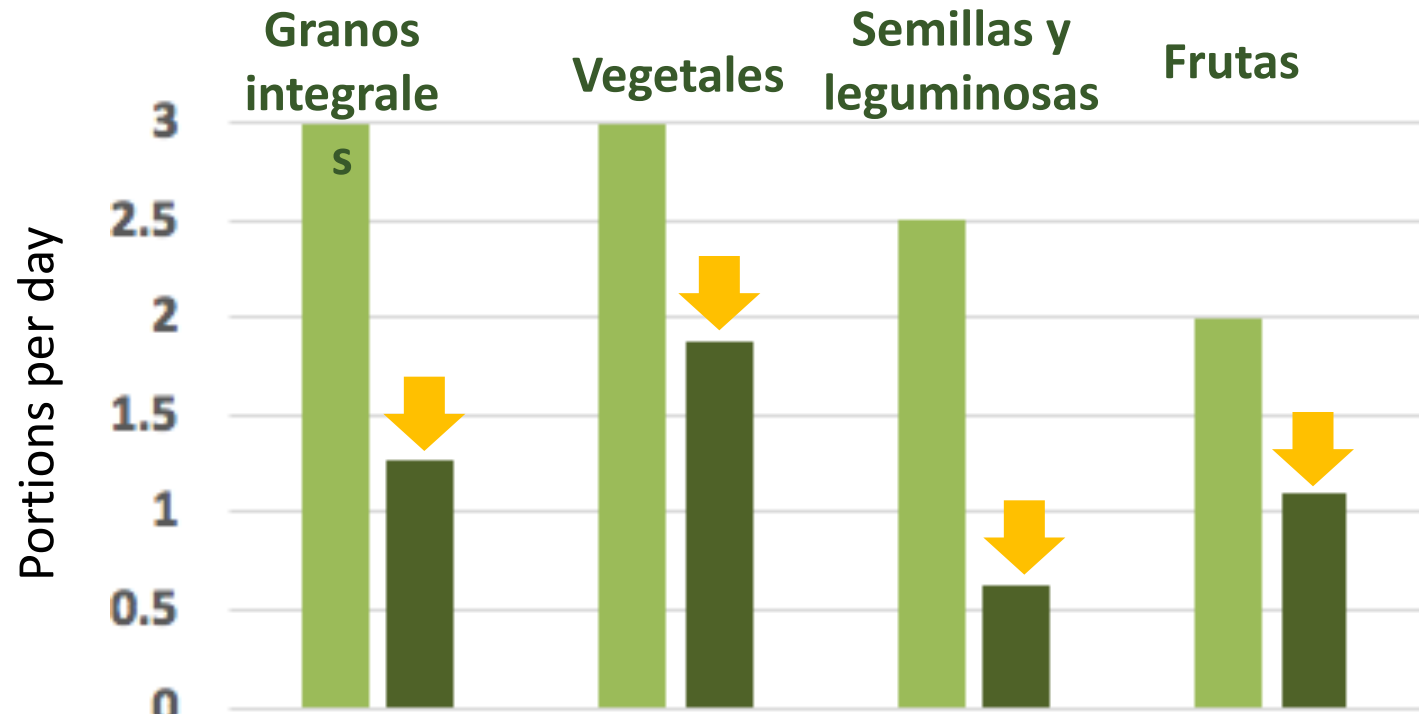
Dieta en la península de Nicoya

1-3 veces al día



Frutas y vegetales	74%
Frijoles negros	83%
Tortillas de maíz	74%
Huevos	56%
Productos lácteos	80%
Pollo/pescado	3%
Carnes rojas	0%

Ingesta dietética en el Hispanic Community Health Study/Study of Latinos



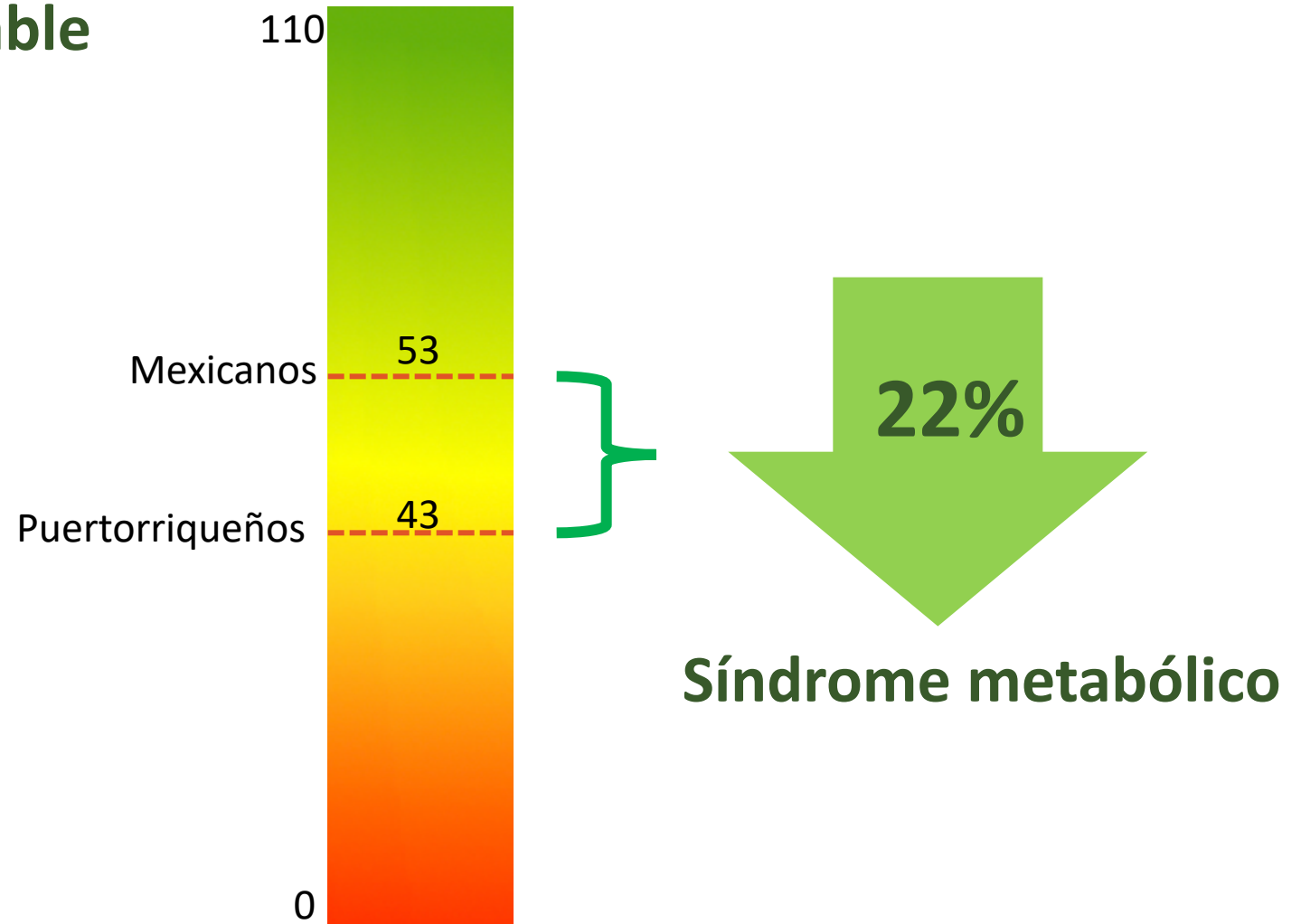
N=12,406



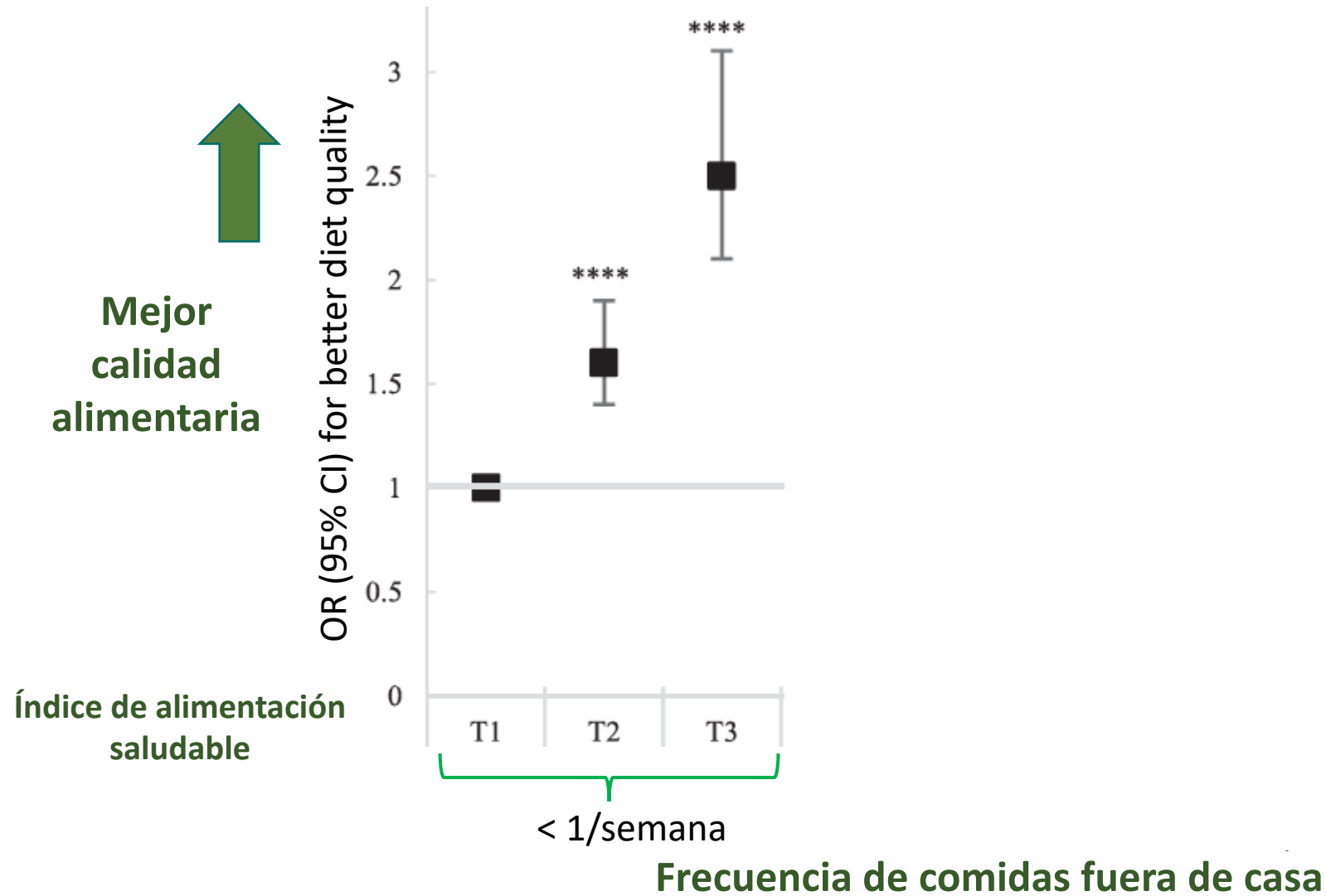
Hispanic Community Health Study/Study of Latinos

Índice de alimentación saludable

- Granos integrales
 - Vegetales
 - Semillas y leguminosas
 - Frutas
 - Bebidas azucaradas
 - Carnes rojas y/o procesadas
 - Aceites saludables
 - Omega-3
 - Sodio
 - Alcohol
- N=12,406



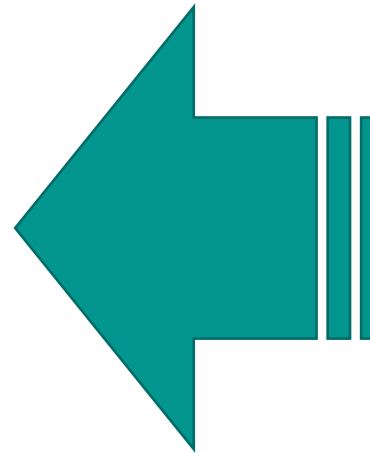
Comer fuera de casa está asociado a una alimentación de baja calidad en el Hispanic Health Study/Study of Latinos



Tenemos que vernos a nosotros mismos y hacer un cambio...



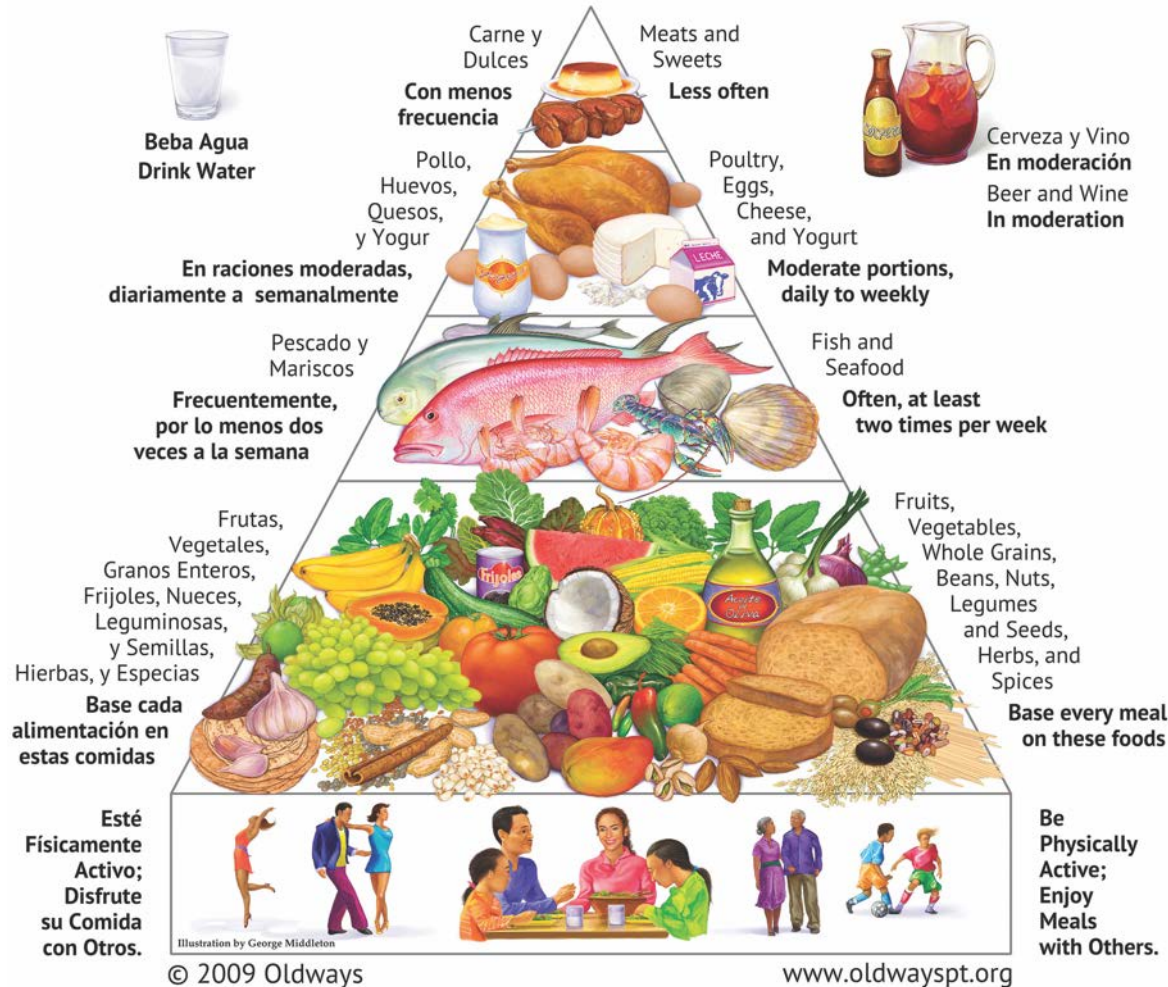
Alimentos sin procesar, principalmente de origen vegetal, preparados en casa



Alimentos procesados, principalmente de origen animal, preparados fuera de casa

Latin American Diet Pyramid

La Pirámide de La Dieta Latinoamericana



<La Pirámide de la Dieta Latinoamericana de OLDWAYS es una herramienta que facilita la educación nutricional a través de recomendaciones culturalmente apropiadas y basadas en evidencia científica >

¡Pequeños cambios pueden tener un gran impacto!

Dra. Sylvia Meléndez Klinger

- Las tradiciones alimentarias saludables de América Latina



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

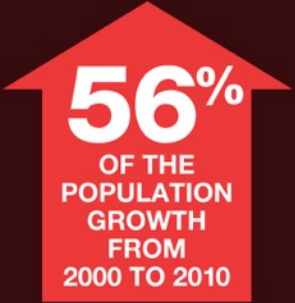


Latino/Hispanic/Latinx Demographics

LATINOS IN THE U.S. ARE...



OF THE POPULATION



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”

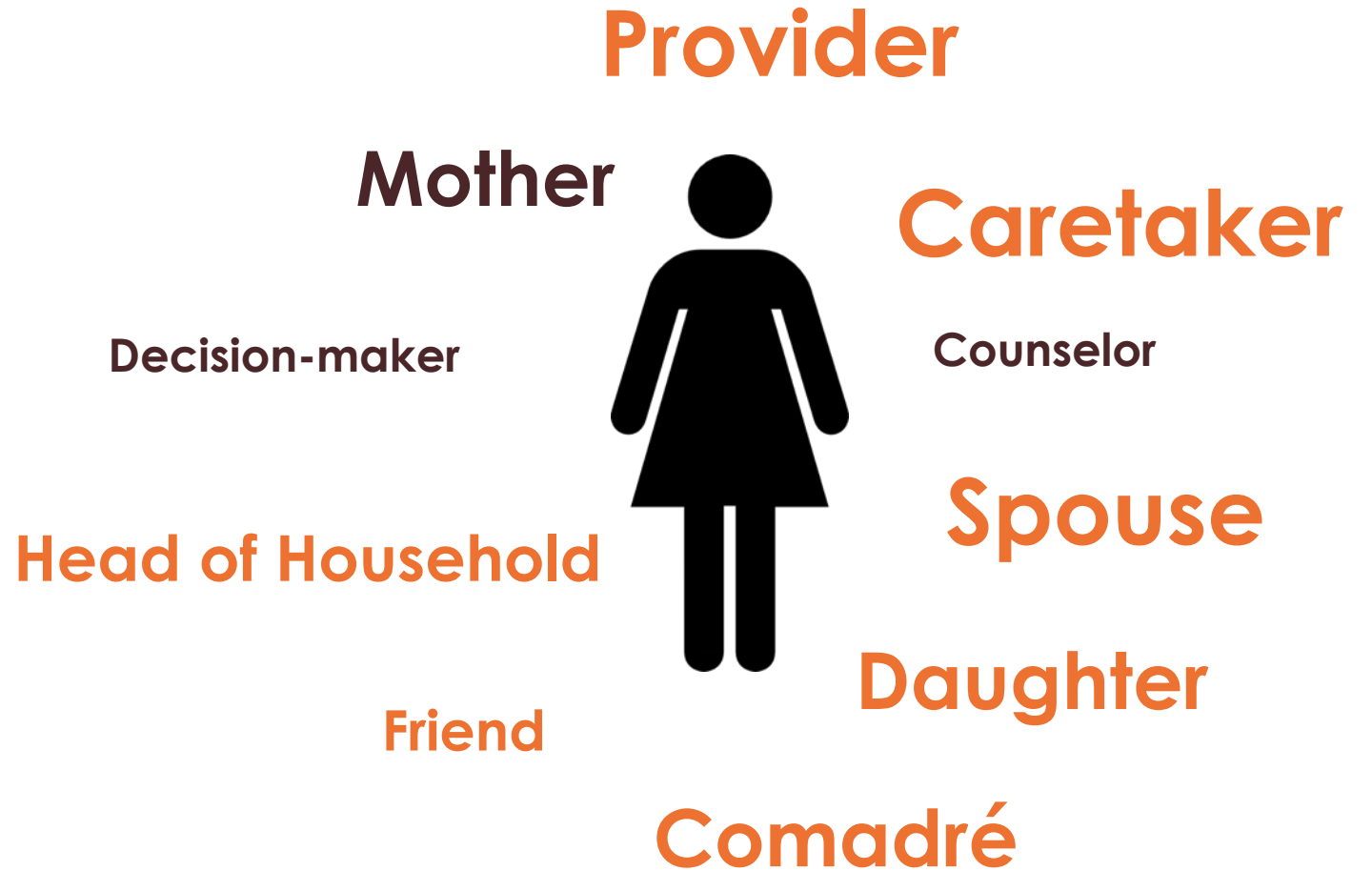
- Functional: Larger families
- Emotional: Cooking is an act of love, a conduit for gathering around the table and enjoying family



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



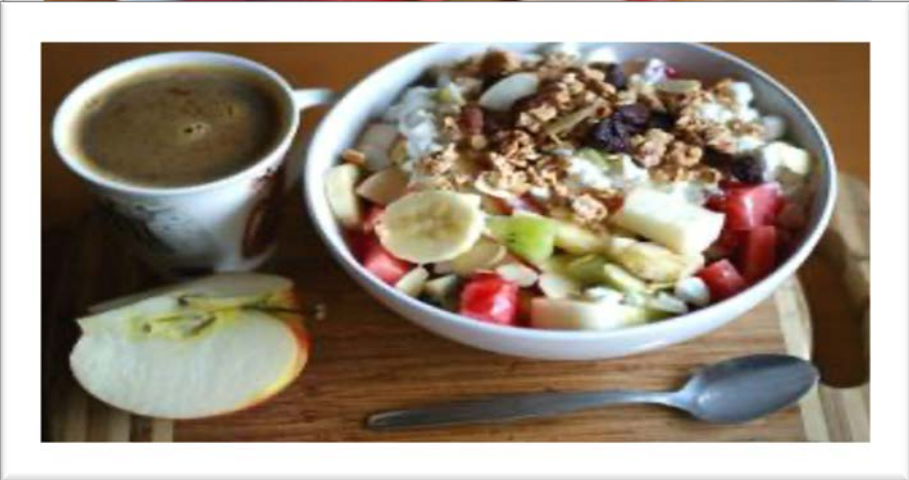
Methods of Preparation



How to Increase Fruits and Vegetables



How to Increase Fruits and Vegetables



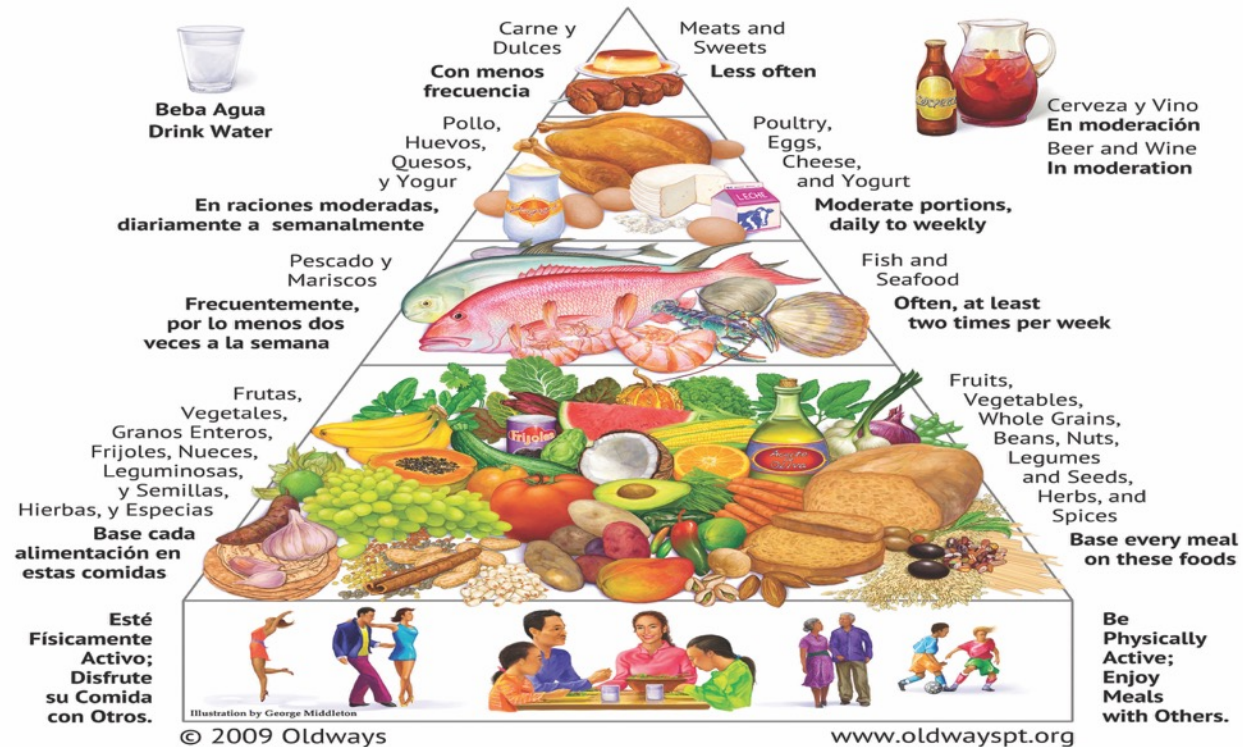
My Plate Guide to Portion Control



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
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Gracias

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