

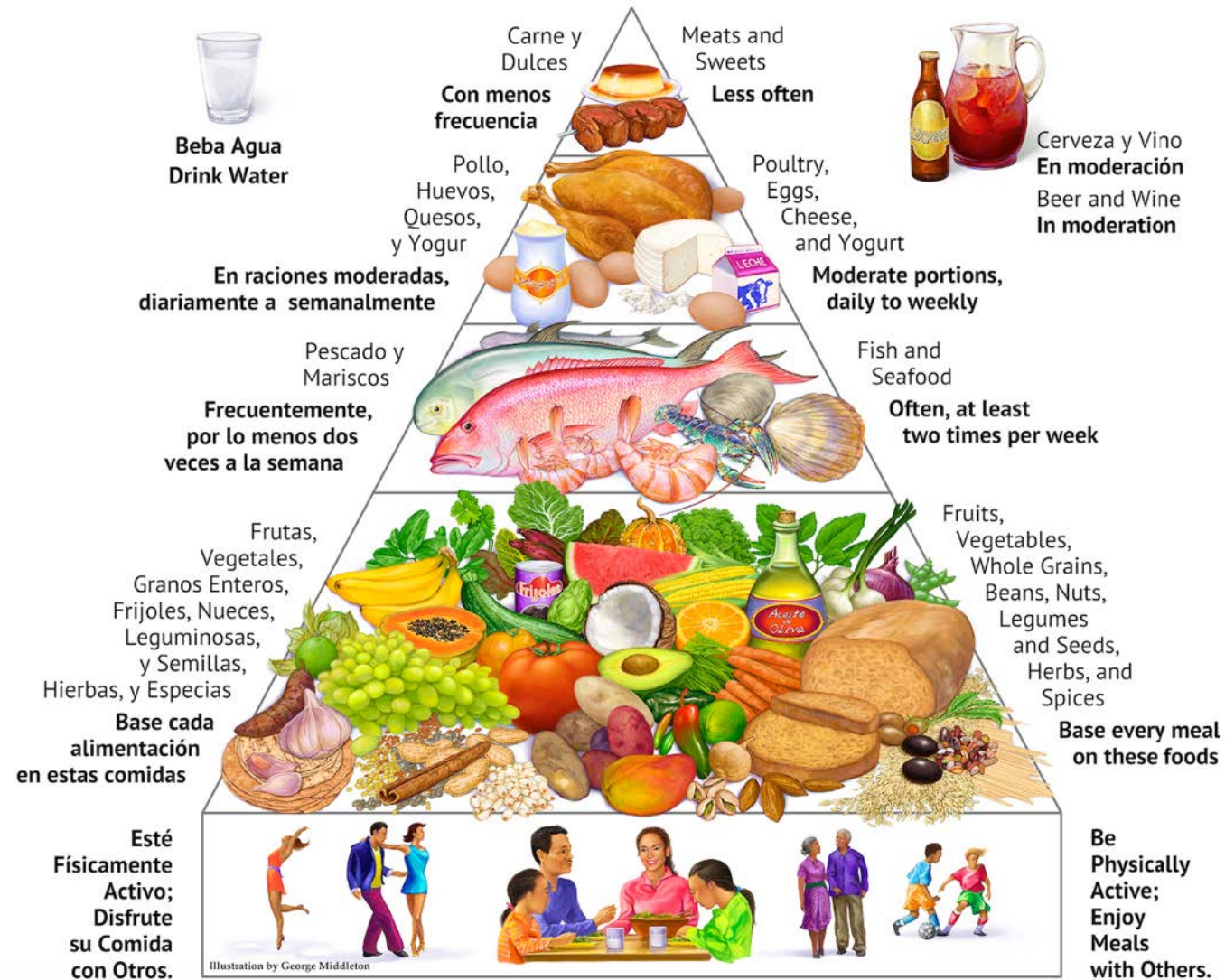
# A Taste of Latin American Heritage

Sara Baer-Sinnott

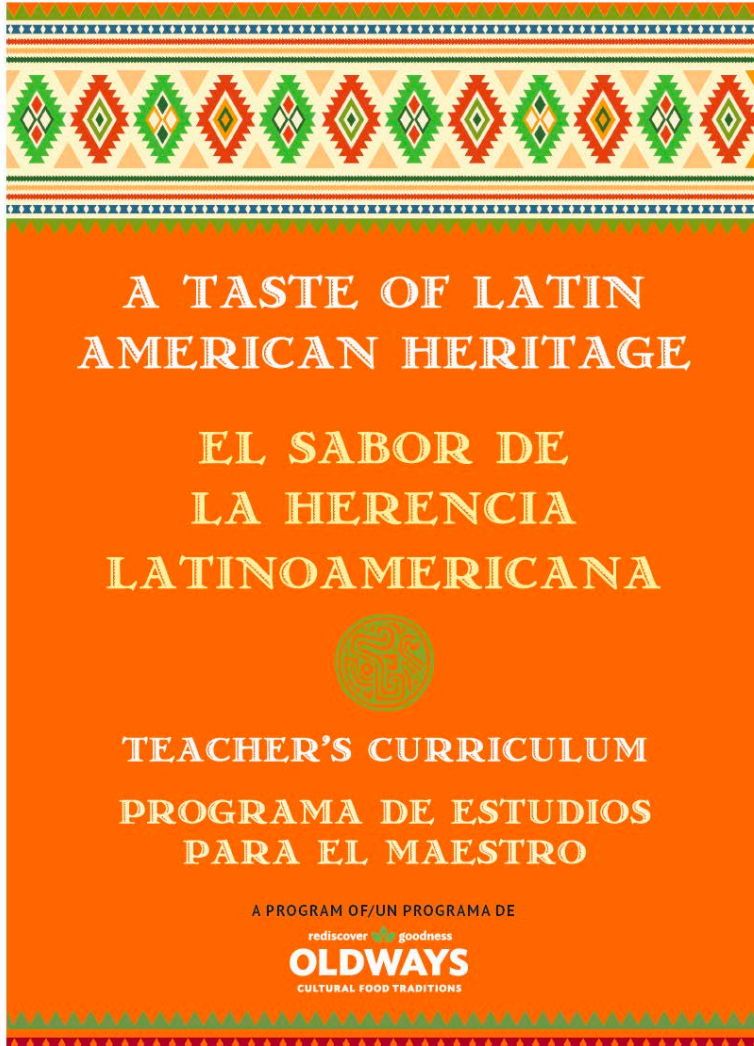
# About Oldways

- 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.



# Bring ATOLAH to Your Community

- License the digital curriculum at \$300/year
- Printed materials coming soon to [oldwayswebstore.org](http://oldwayswebstore.org)
- Write to [Classes@oldwayspt.org](mailto:Classes@oldwayspt.org) to learn more

# Dr. Hannia Campos

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

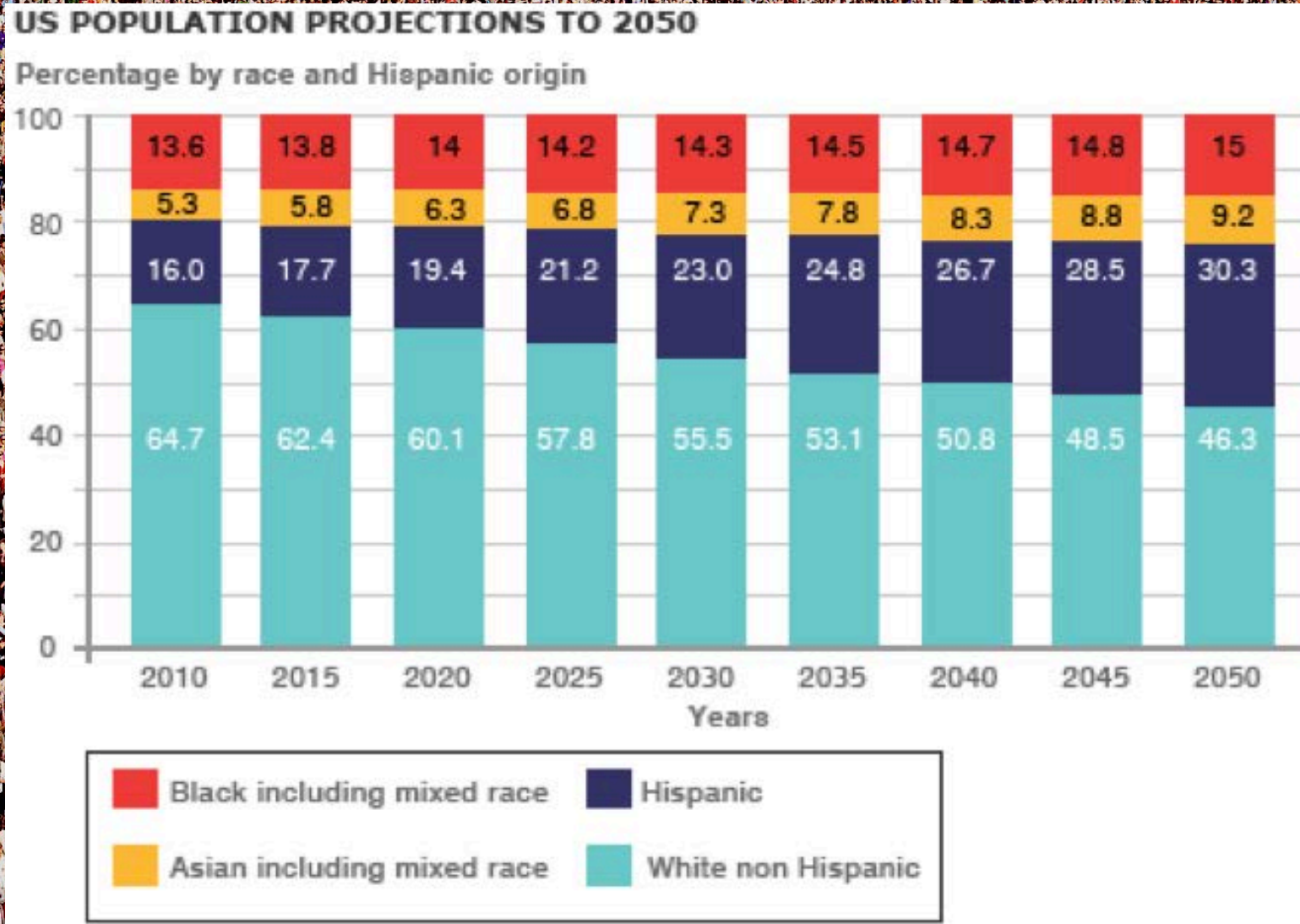


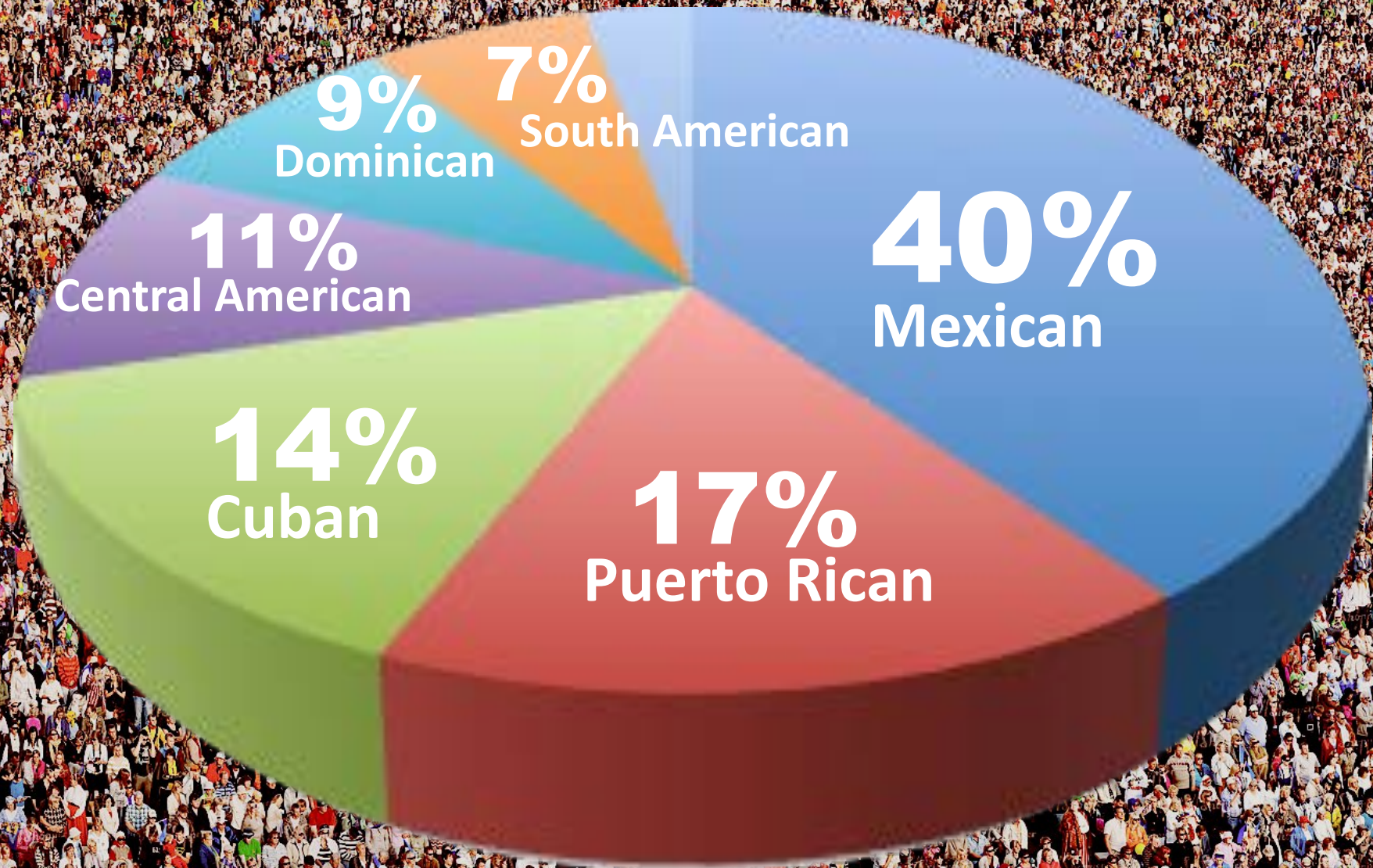


# Nutrition and Health Disparities in Latin American Communities

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





# Why nutrition & health?



Unhealthy diet

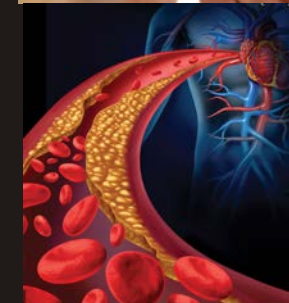
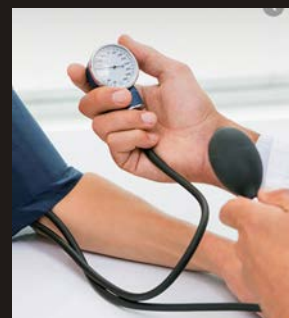


Sedentary lifestyle



Excess body weight

### Risk factors



### Chronic diseases



# OBESITY

The Hispanic Community Health Study/Study of Latinos

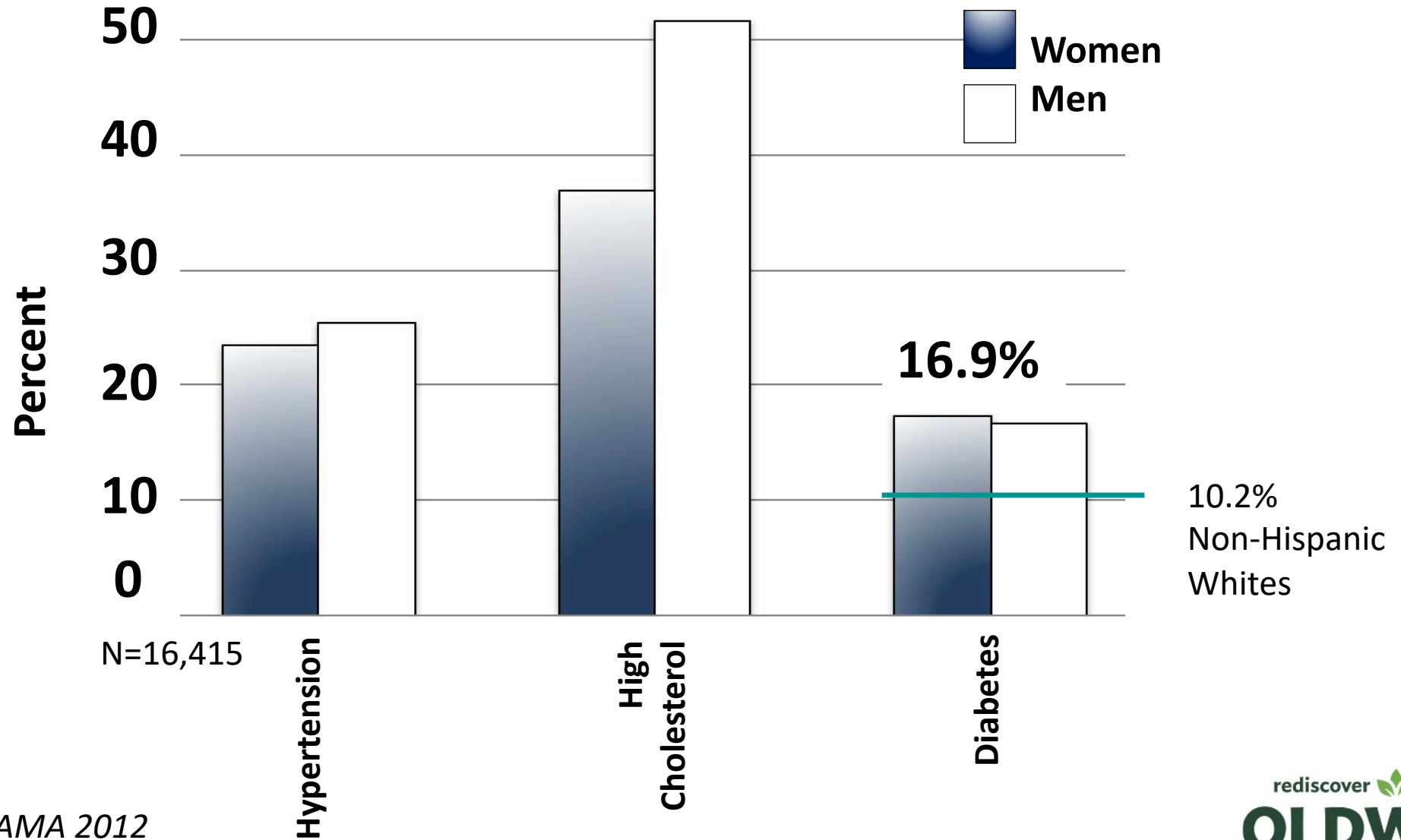
42.6%

Women

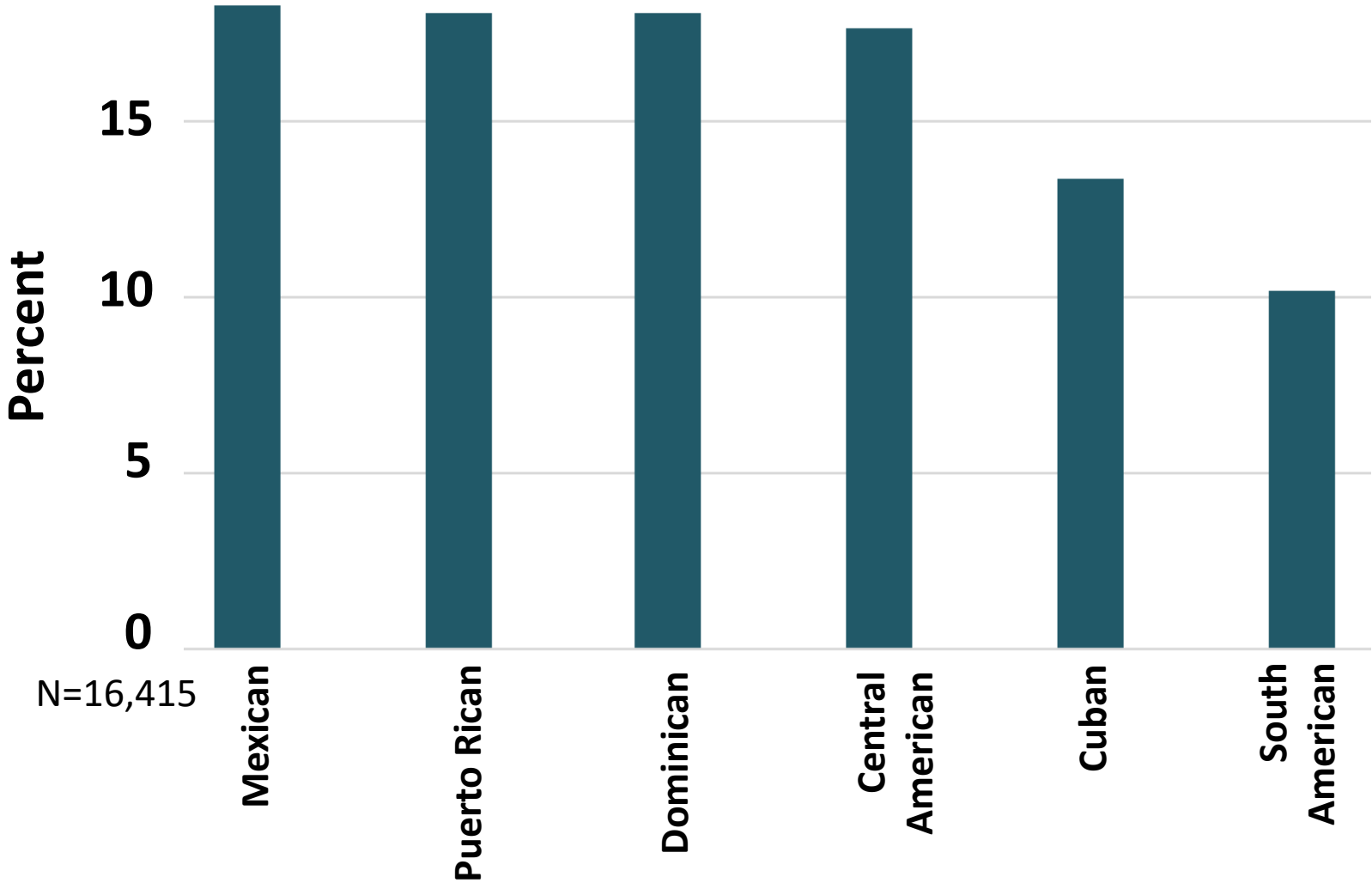
36.5%

Men

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

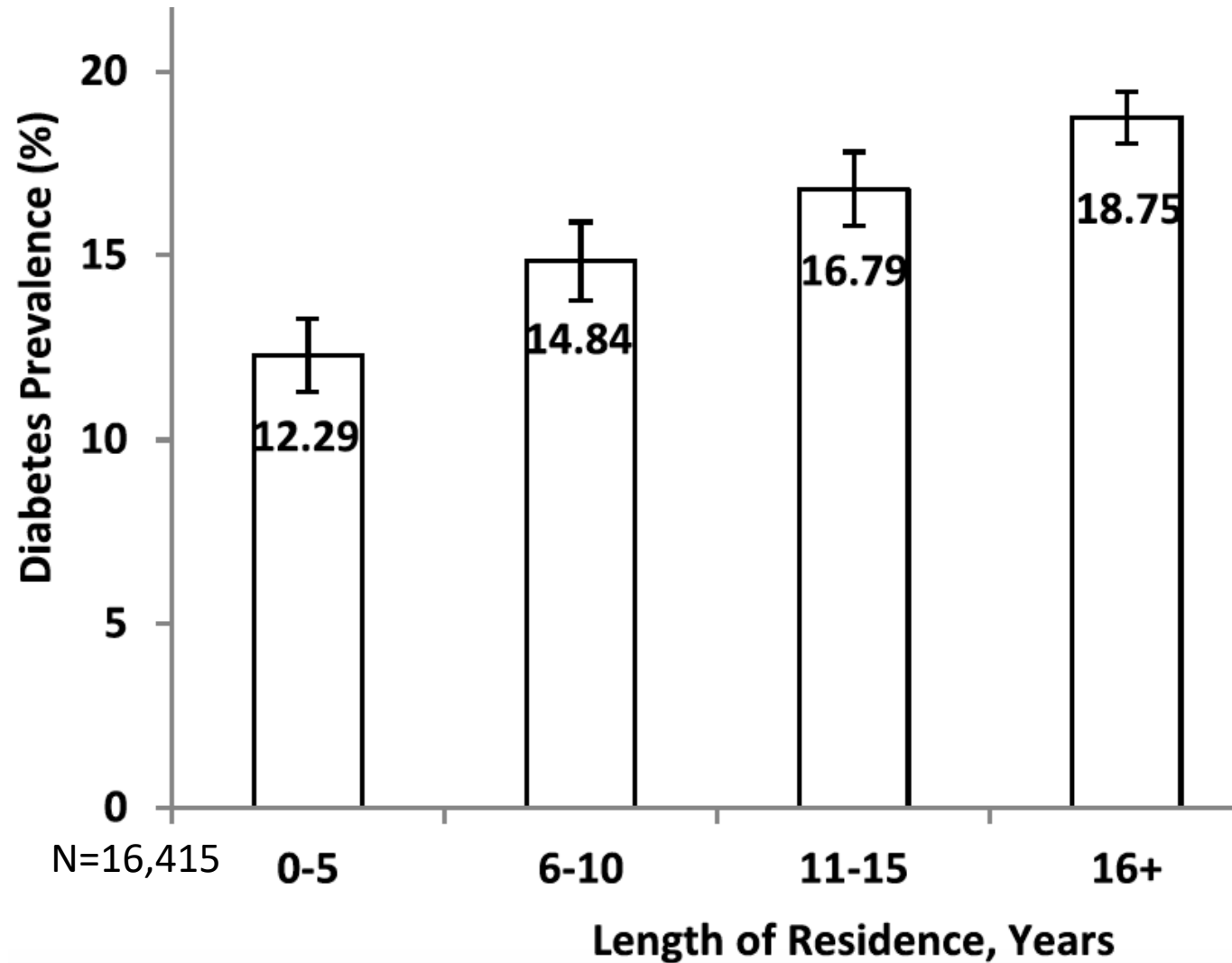


# Prevalence of diabetes by Hispanic/Latinos groups





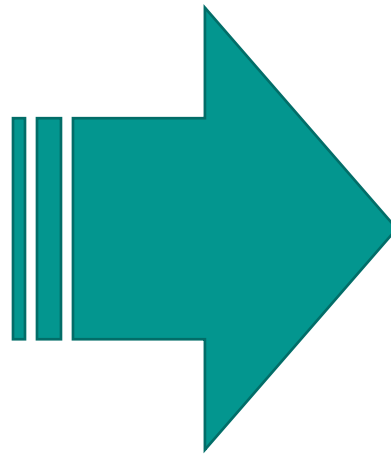
## Prevalence of diabetes by length of residence in the U.S. in the Hispanic Health Study/Study of Latinos



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



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

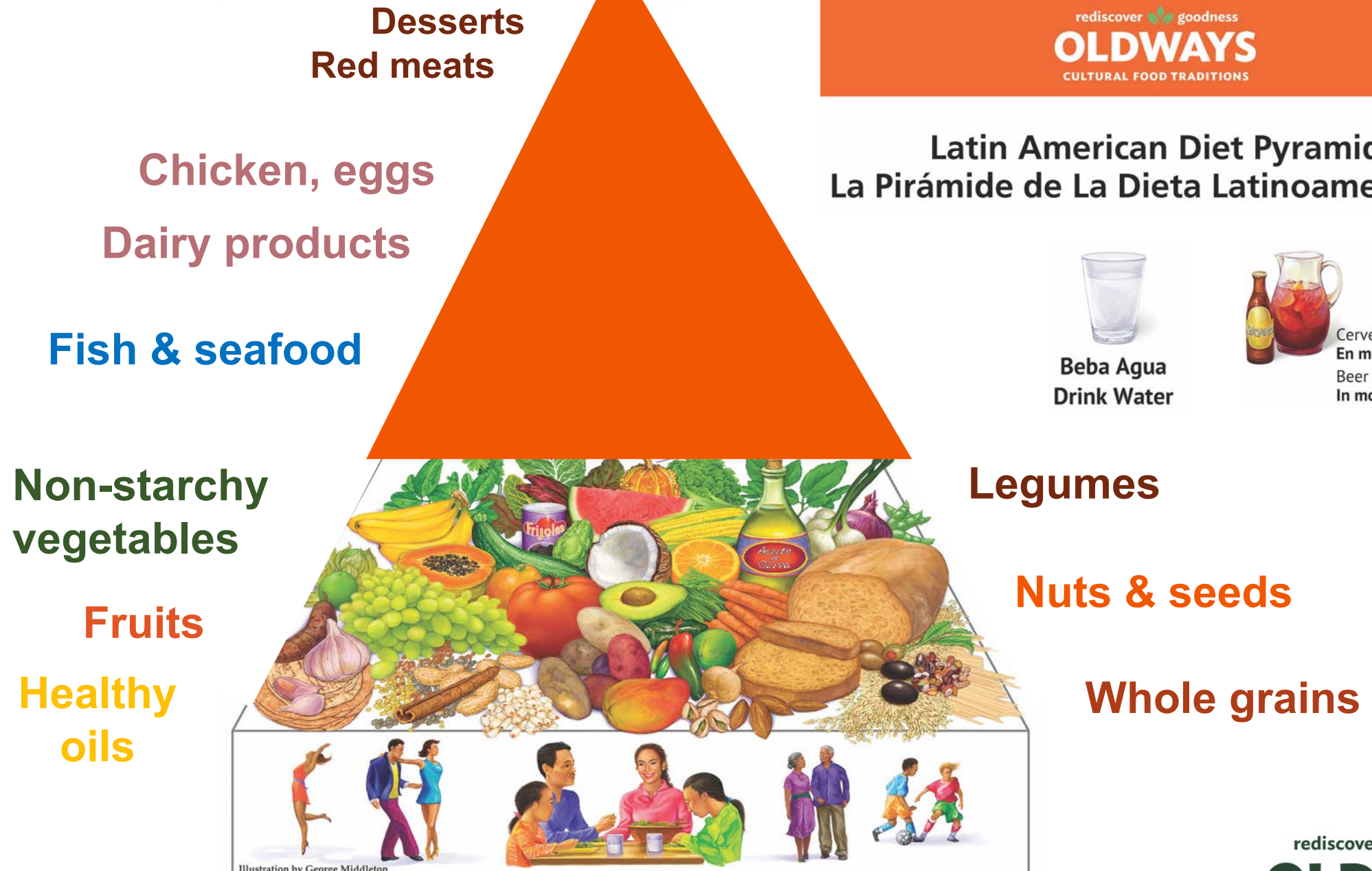


**Processed, animal-based foods,  
away from home**



## Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana

## Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana



Beba Agua  
Drink Water

  
Cerveza y Vino  
En moderación  
Beer and Wine  
In moderation

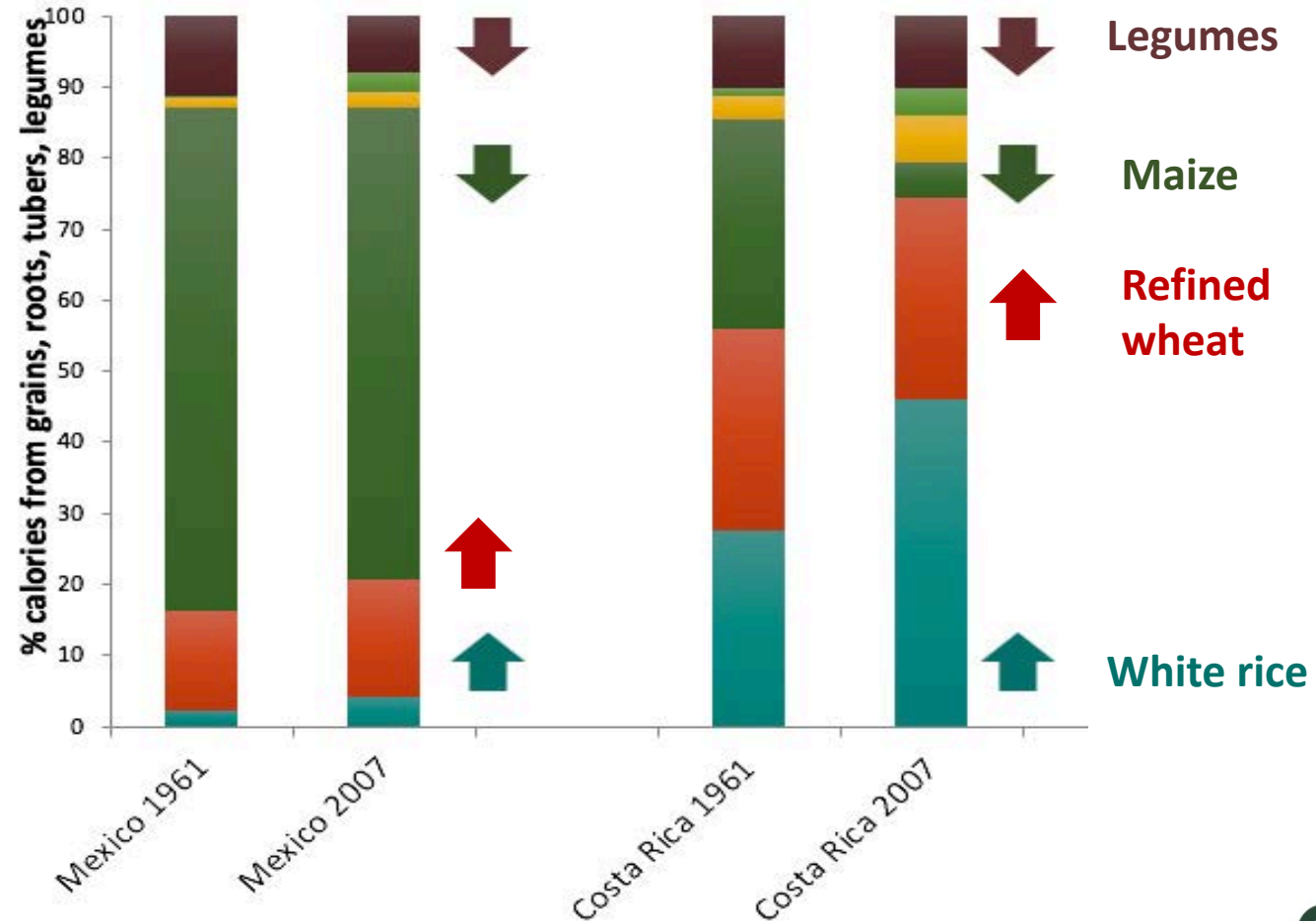
Illustration by George Middleton

© 2009 Oldways

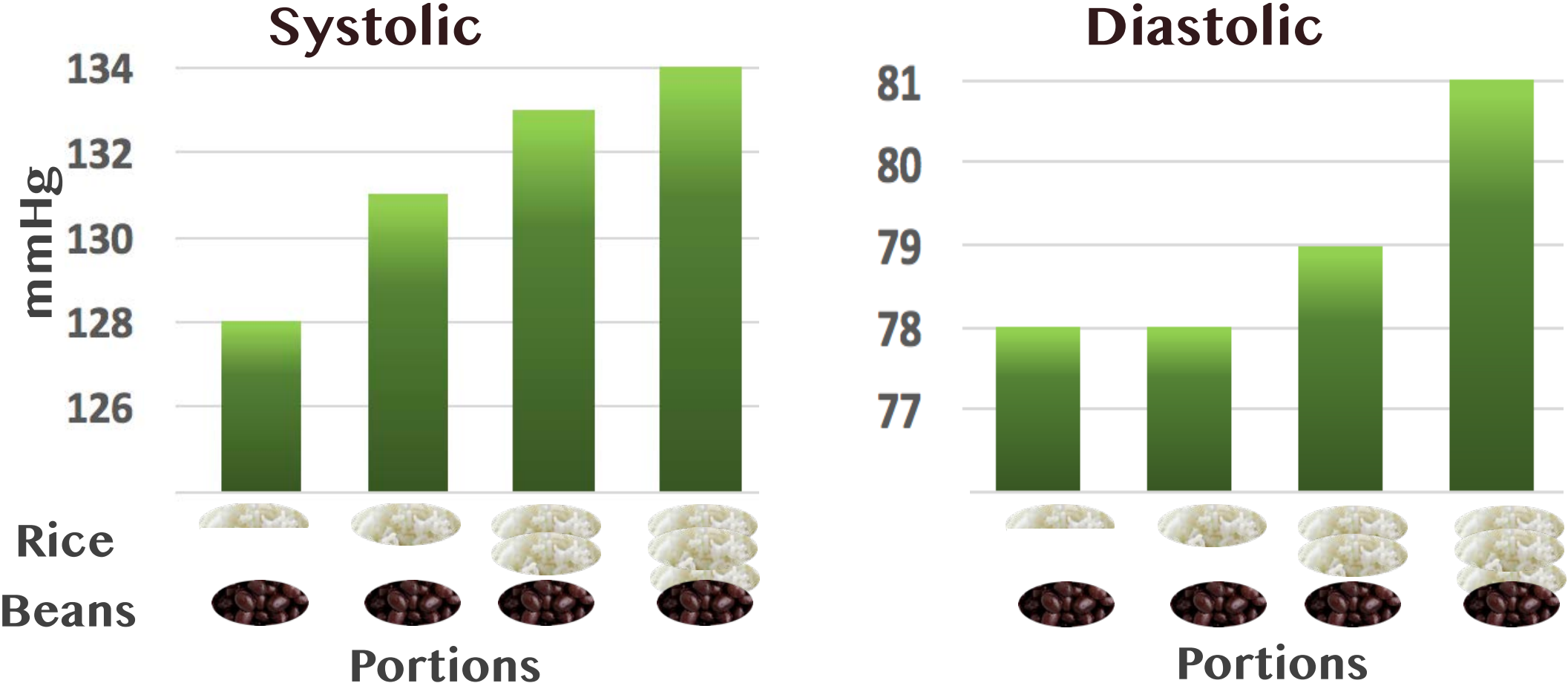
[www.oldwayspt.org](http://www.oldwayspt.org)

# Staple foods in two Latin American countries, 1961-2007

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



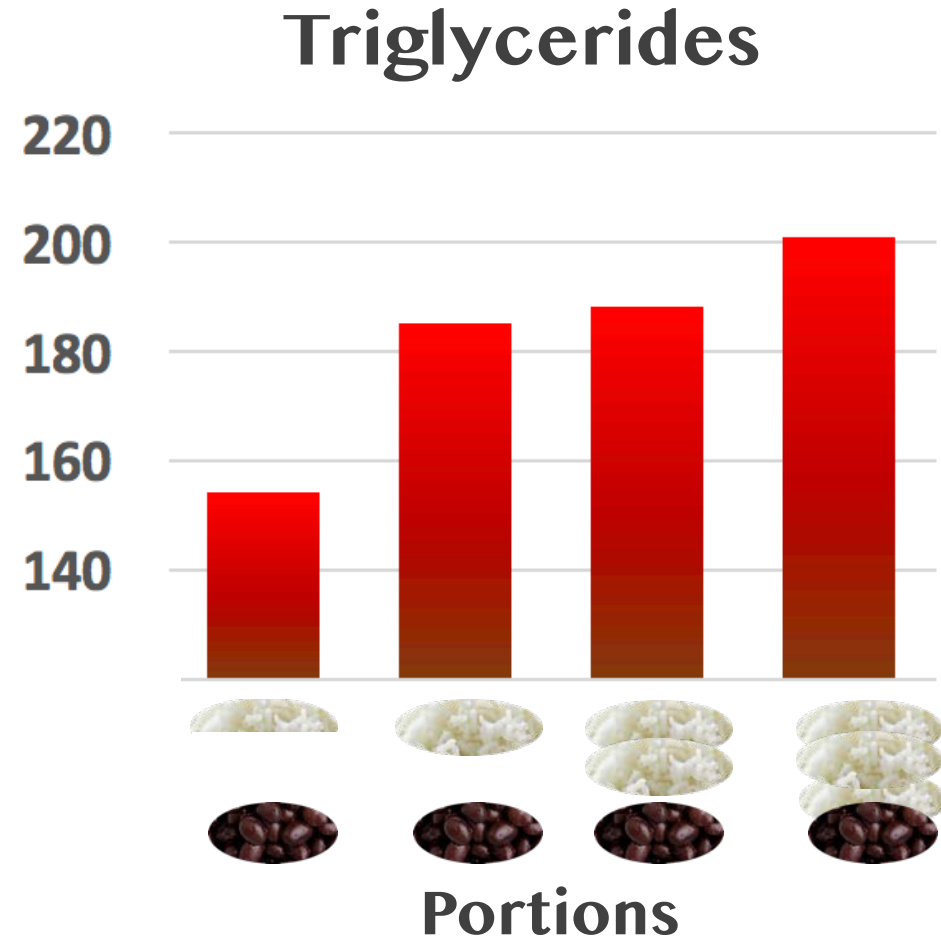
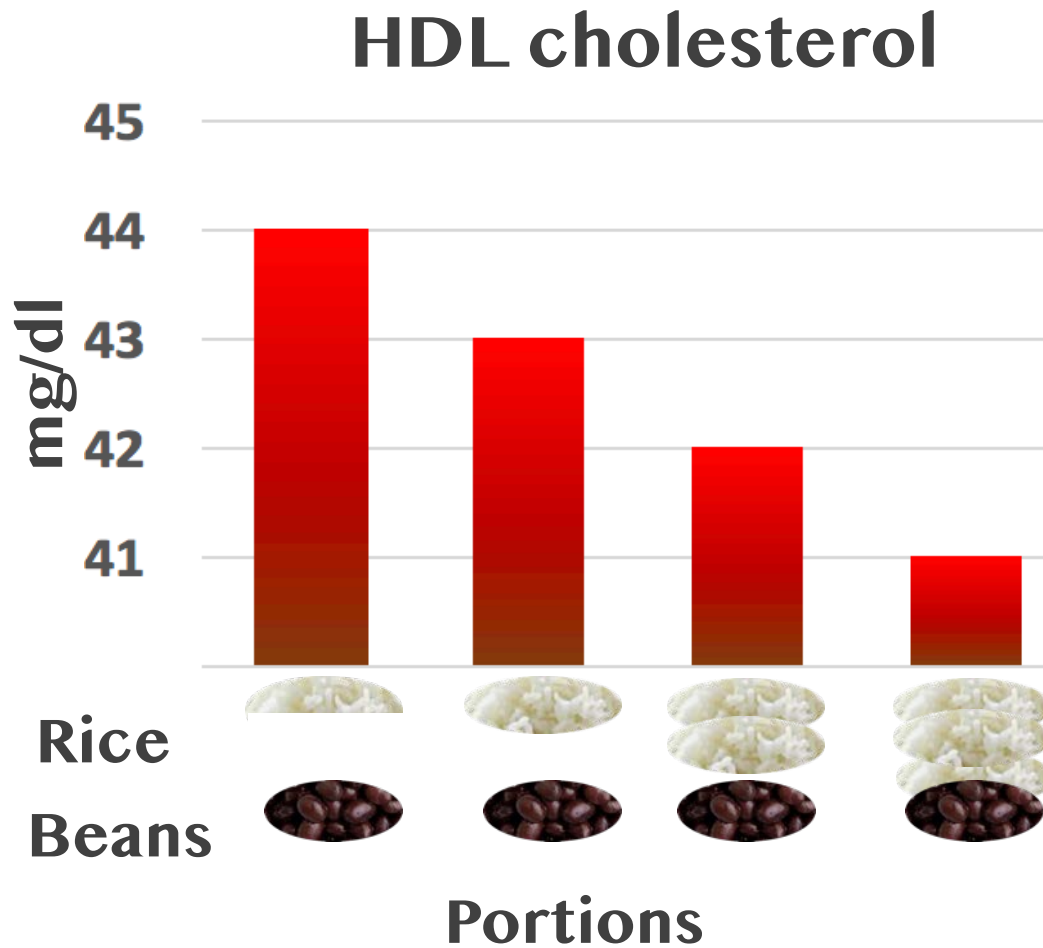
# A higher proportion of white rice to beans is associated with higher blood pressure



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



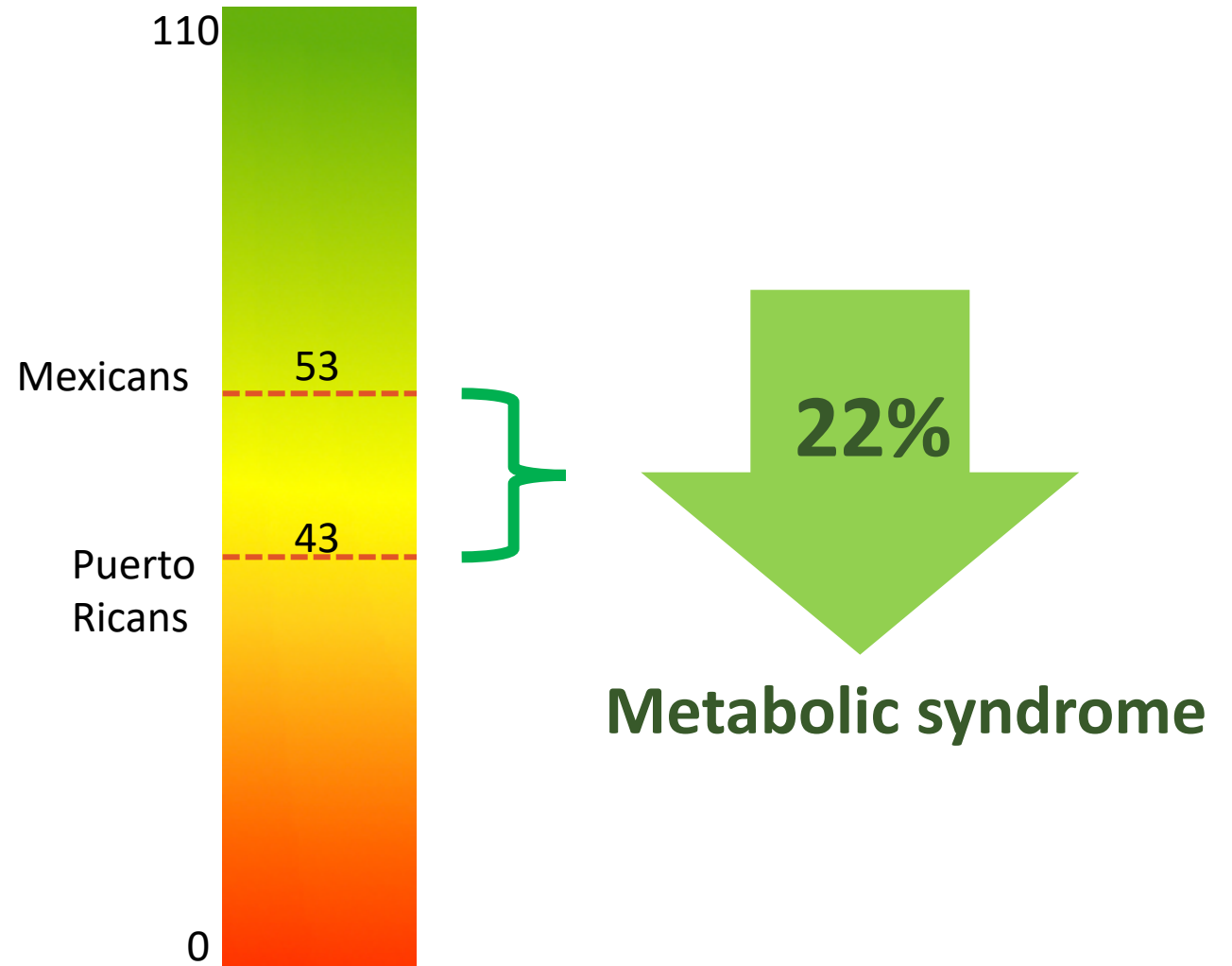
N=12,406



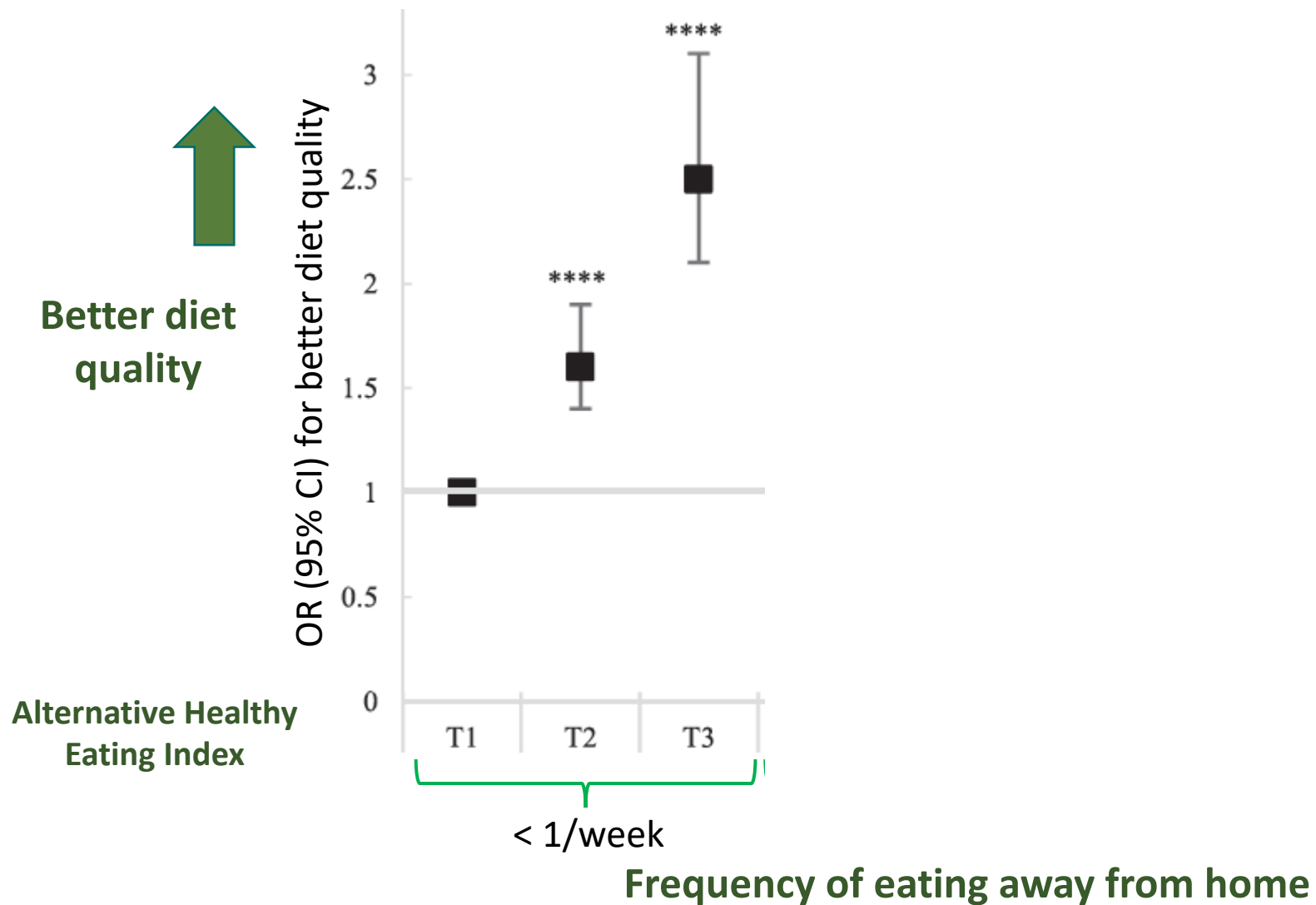
# Hispanic Community Health Study/Study of Latinos

## 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



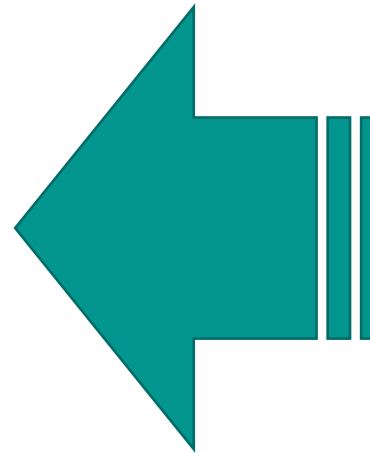
# Eating away from home is a major determinant of poor diet quality in the Hispanic Health Study/Study of Latinos



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



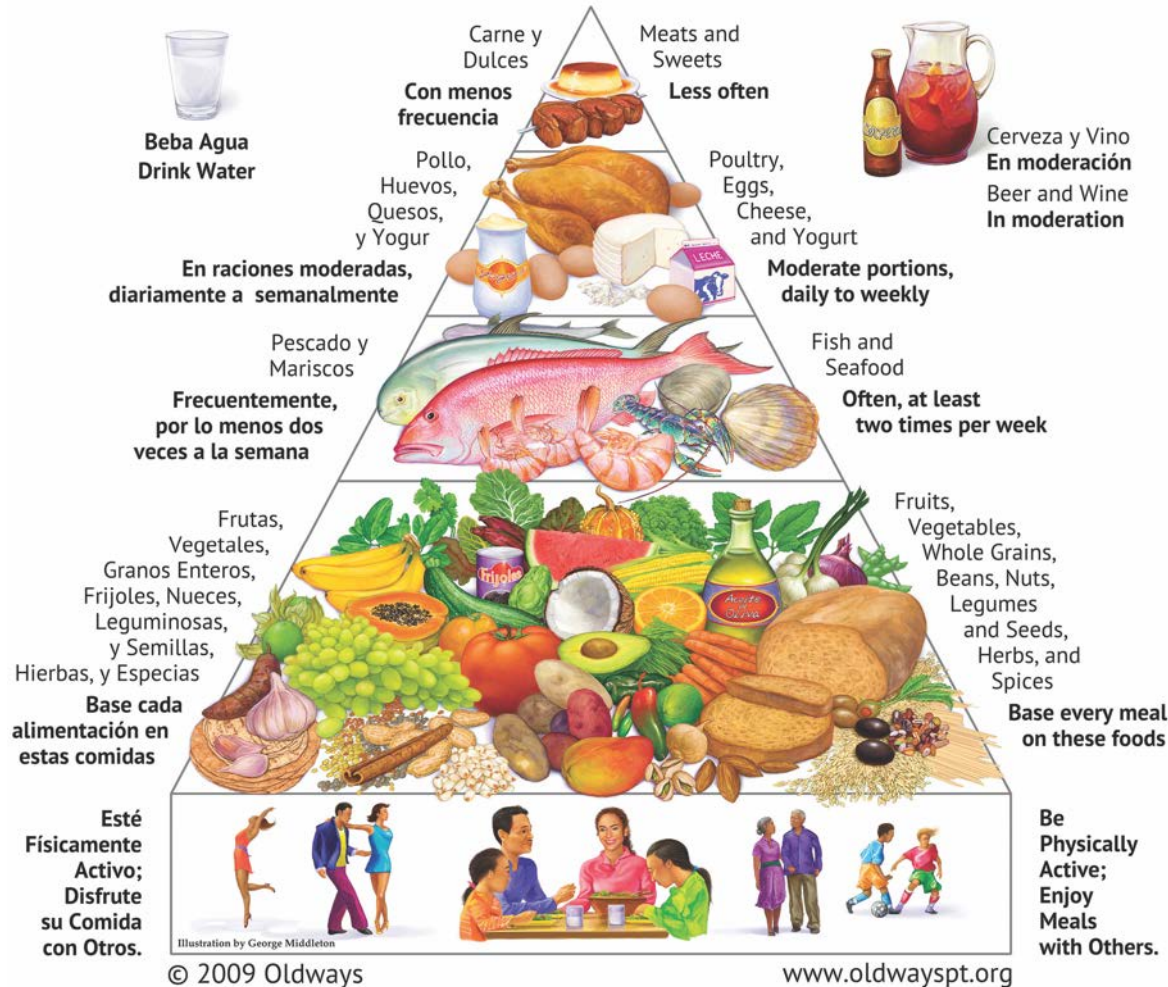
**Unprocessed, plant-based foods,  
prepared at home**



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

# Latin American Diet Pyramid

## La Pirámide de La Dieta Latinoamericana



<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%**



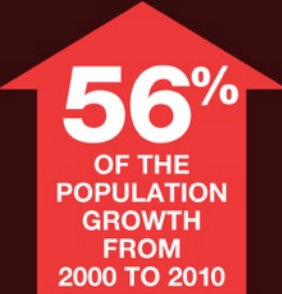
OF THE POPULATION



1 IN EVERY 6 INDIVIDUALS



1 IN EVERY 4 CHILDREN



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

...AND MORE



**LATINO**  
BRANDINGPOWER

SOURCES: U.S. CENSUS BUREAU, PEW HISPANIC CENTER, SELIG CENTER FOR ECONOMIC GROWTH | VISIT: [WWW.LATINOBRANDINGPOWER.COM](http://WWW.LATINOBRANDINGPOWER.COM)

# Hispanic women still own their kitchen

**Male, 18-34**

36%

**MALE, 35+**

40%

**Female, 18-34**

56%

**Female, 35+**

72%

Source: Hispanic Cooking Enthusiast – US, October 2015



# 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”

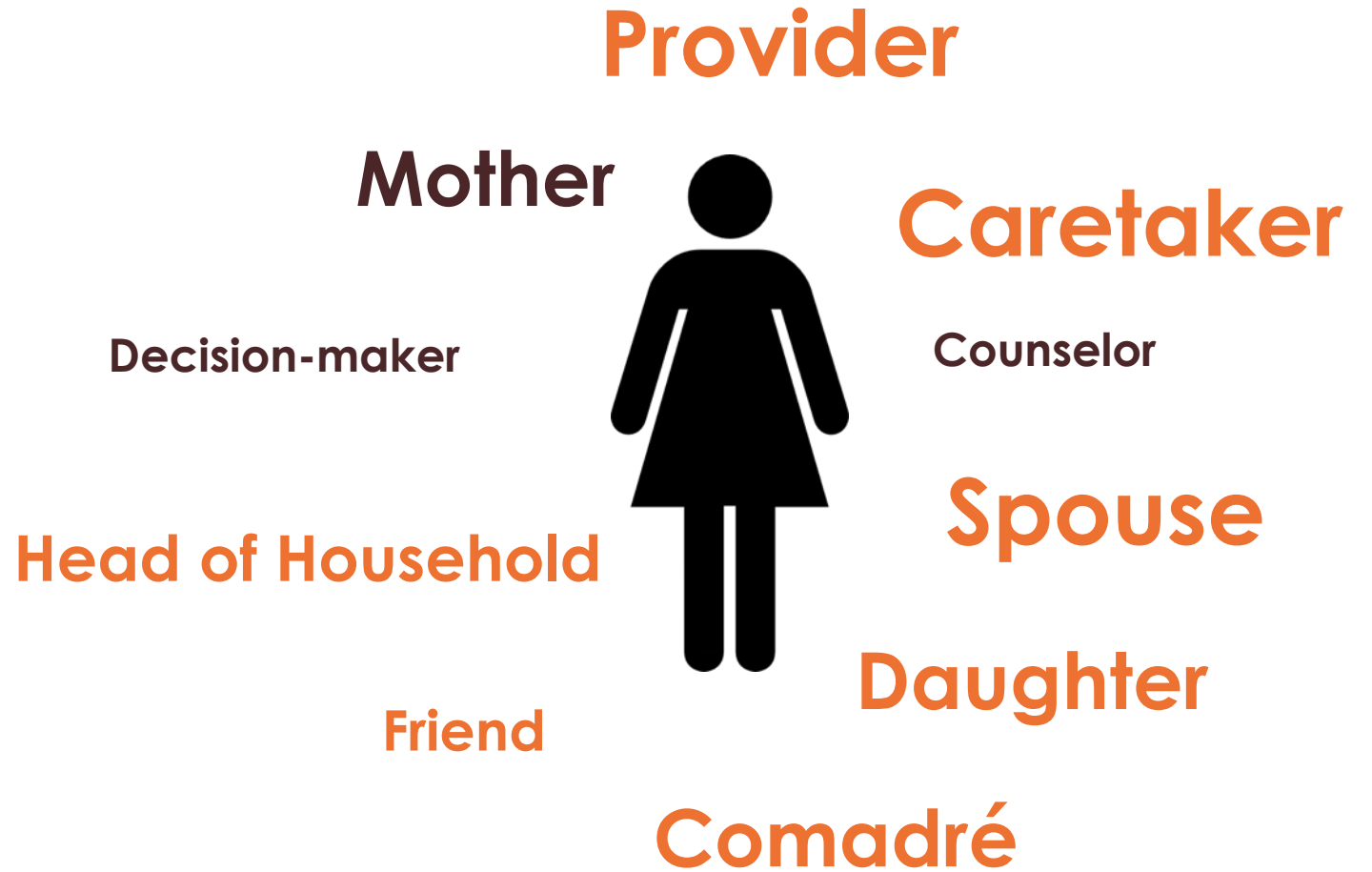
- Functional: Larger families
- Emotional: Cooking is an act of love, a conduit for gathering around the table and enjoying family



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](http://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



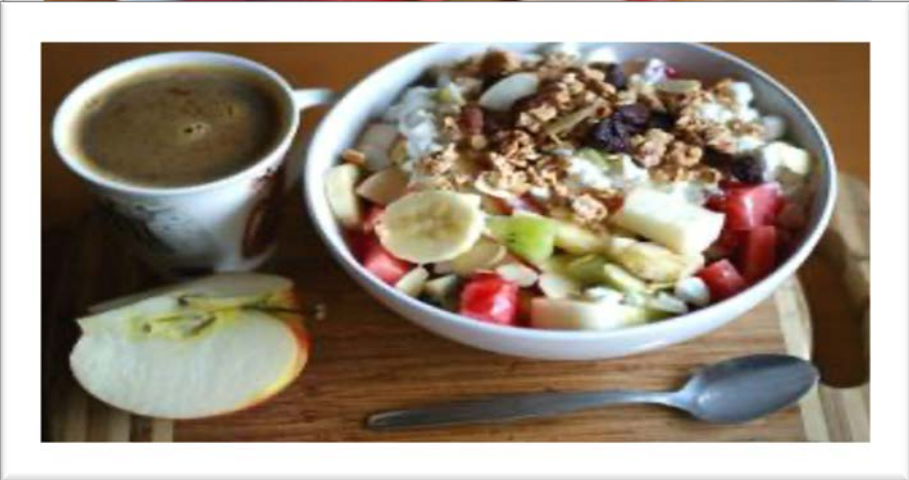
# Methods of Preparation



# How to Increase Fruits and Vegetables



# How to Increase Fruits and Vegetables





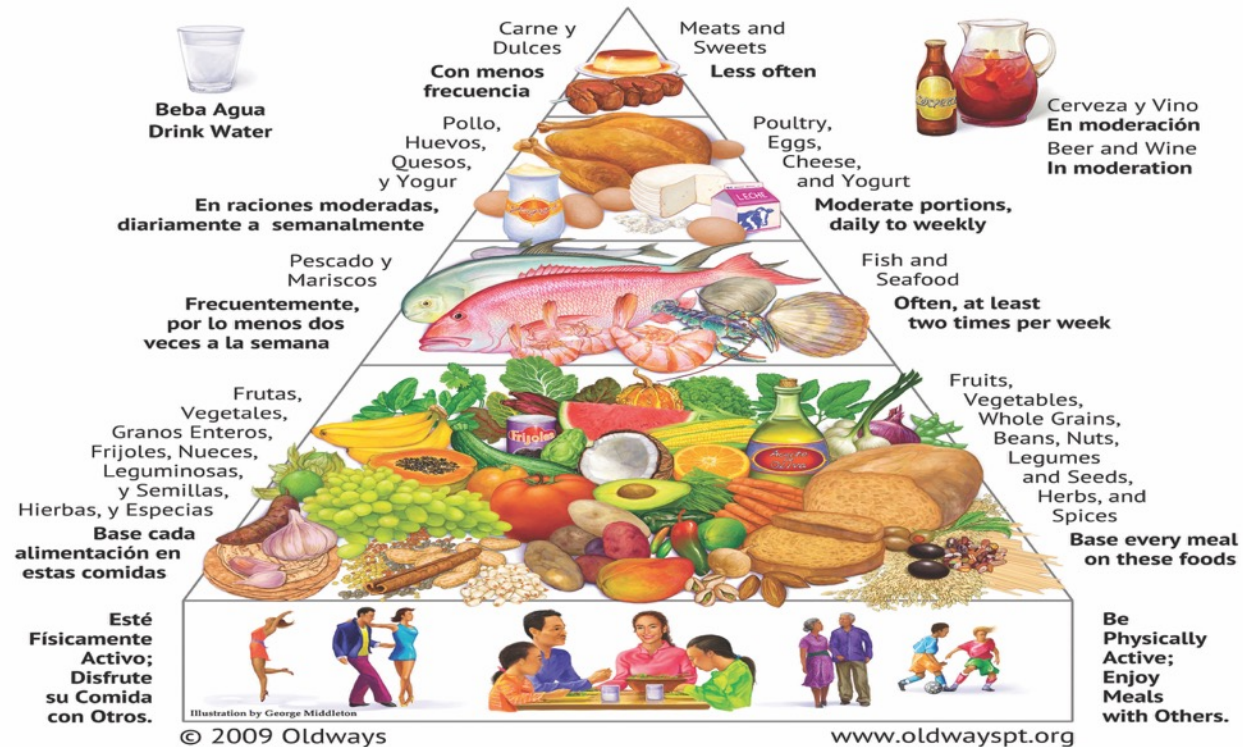
# My Plate Guide to Portion Control



# 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  
.....



# Gracias

*For more information:*

[Sylvia@hispanicnutrition.com](mailto:Sylvia@hispanicnutrition.com)

[www.hispanicnutrition.com](http://www.hispanicnutrition.com)

630.930.7963

Twitter/IG: @sklingerrd

Facebook: Sylvia Klinger