



# Meeting Dietary Fiber Recommendations in a Latin American Heritage Diet

September 17, 2024

# Housekeeping Reminders

- This session is being recorded. **You will receive an email with the recording and slides within one week.** This email will also have your **CPEU certificate** and a link to an **evaluation**.
- The recording and slides will also be posted on Oldways' website within one week. <https://oldwayspt.org/events-classes/continuing-education/>
- There is no commercial support or sponsorship for this session.



# Learning Objectives

- Identify Latin American Heritage foods and traditional dishes that are good or excellent sources of dietary fiber.
- Formulate nutrition treatment strategies to increase both the quantity and variety of dietary fiber sources in order to improve health outcomes.
- Explain how misconceptions and stereotypes related to whole grains in Latin American heritage diets may contribute to patient and client confusion regarding their collective impact on personal health.

# Today's Speakers



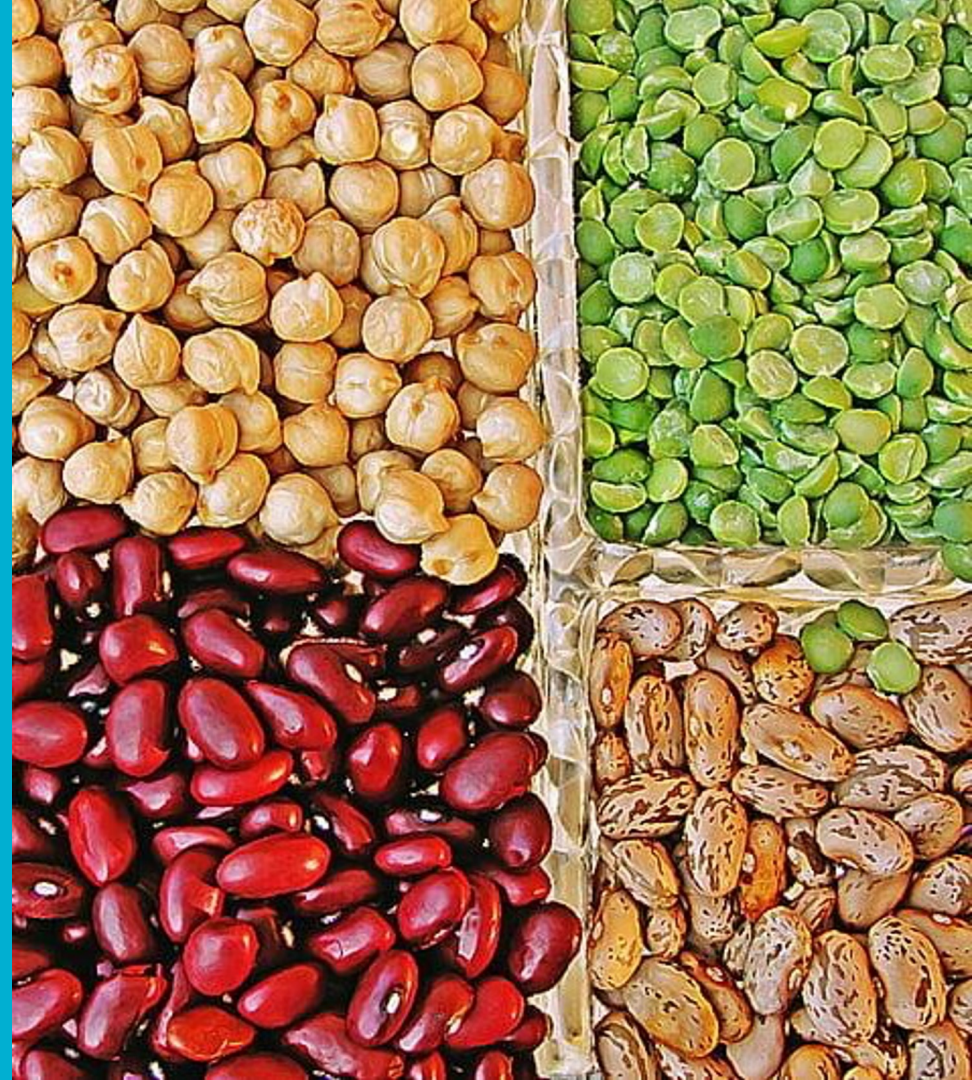
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# Beans and Legumes in Latin American Cuisine

Rebeca Stevenson  
MS, RD, Chef



# Disclosures

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Bias/ Privilege:

White Mexican-American, living in the US

Disclosure:

Consultant, Cultured Health

# Objectives

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- Learn about different varieties of beans and legumes that are common in Latin American/Hispanic cuisine
- Explore ways to adapt nutrition care plans to increase consumption of beans and legumes with patients with Latin American heritage
- Develop the skills and tools to embrace and honor traditional Latin American cuisine

# What countries are in Latin America?

Latinx  
Latine





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**What Latin American country eats the most beans?**

- **Mexico**
- **Brazil**
- **Puerto Rico**
- **Honduras**

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**Vamos on a quick tour  
of beans and legumes!**



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What comes to mind when you think of  
*rice and beans?*

# An ode to the humble *Rice and Beans*

**Costa Rica: Gallo Pinto**



**Puerto Rico: Arroz con Gandules**



**Cuba: Congri or Moros**



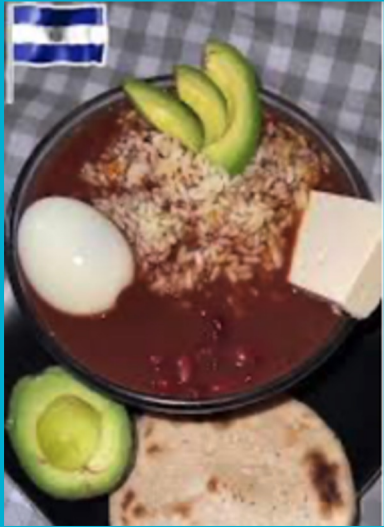
**Haiti: Diri Ak Pwa**



# Central America: El Salvador

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## Sopa de Frijoles



## Pupusas



# Caribbean: Dominican Republic

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## Habichuelas con Dulce



# South America: Venezuela



## Caraotas Negras



## Arepa Domino



# South America: Brazil



# Feijoada

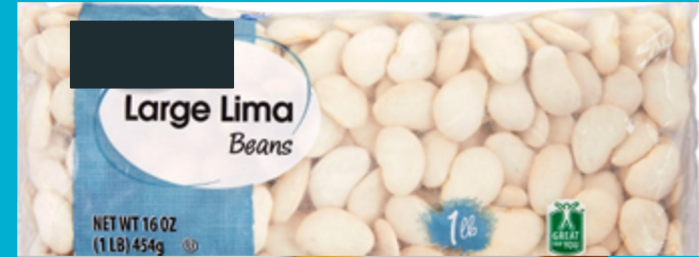




# South America: Peru

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## Seco de Carne con Frijoles Canarios



## Guiso de Pallares en Aji Amarillo



# Practice Guidelines

## 1. Challenge implicit bias with cultural foods

You shouldn't eat beans, they are bad and full of carbs



Beans are full of fiber, iron and folate

# Practice Guidelines

## 2. Practice equitable nutrition care

**Foods High in Fiber (4 grams or more)**

Food Group	Food	Serving
Grains	▶ Cereal, bran	½ cup
	▶ Cereal, shredded wheat	3 cup
	▶ Oatmeal	1 cup
	▶ Popcorn	1 cup
	▶ Quinoa	½ cup
	▶ Wheat bran	3 tablespoons
Protein Foods	▶ Beans, canned, such as garbanzo or kidney	½ cup
	▶ Flaxseed, ground	2 tablespoons
	▶ Lentils	½ cup
	▶ Peas	½ cup
	▶ Soybeans	½ cup
Vegetables	▶ Potato with skin	1 medium
	▶ Mixed vegetables, frozen	½ cup
Fruit	▶ Blackberries or raspberries	½ cup
	▶ Coconut	1 ounce
	▶ Pear	1 medium

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**NCM**



# Practice Guidelines

## 3. Interpreting Myplate

What dish below best exemplifies myplate portion sizes?



A) Pozole



B) Bandeja Paisa



C) Lentejas con carne

# Lets get Cooking!

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Cooking demo recipes:

- Tlacoyo de Haba (México)
- Enfrijoladas de Queso y Espinaca (México)



# Keep in touch

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Cultured Health

<https://iamculturedhealth.com/>

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# References

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- Smith W.E., Day R.S., Brown L.B. Heritage retention and bean intake correlates to dietary fiber intakes in Hispanic mothers—Qué Sabrosa Vida. *J. Am. Diet. Assoc.* 2005;**105**:404–411. doi: 10.1016/j.jada.2004.12.005.
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## Meeting Dietary Fiber Recommendations in a Latin American Heritage Diet

Sylvia Klinger, DBA, MS, RD, LDN



## Disclosures

- Oldways Ambassador
- Grains Food Foundation Scientific Advisory Board Member
- Bayer Crop Science Nutrition Expert Network
- Alliance for Food and Farming Member at Large
- The Soyfoods Council Consultant
- The Glutamate Association Consultant
- Danone North America Consultant
- United Health Care Consultant

## Conflicting Information about Grains

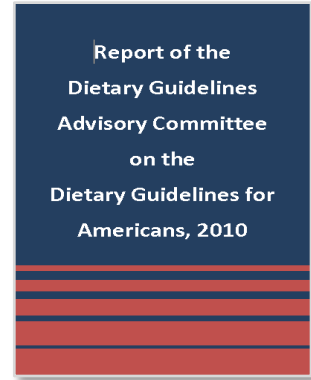


## First Poll Question

- According to the 2020–2025 Dietary Guidelines for Americans, what is minimum whole grain intake recommendations?

# 2020–2025 Dietary Guidelines for Americans

- **Key Dietary Principles:**
  - Meet nutritional needs primarily from foods and beverages.
  - Choose a variety of options from each food group.
  - **Make half grains whole grains.**
  - Pay attention to portion sizes.
- **The Dietary Guidelines are meant to be adaptable to personal preferences, cultural foodways, and budgetary considerations.**
  - People can make their own” by selecting healthy foods, beverages, meals, and snacks specific to their needs and preferences.



According to the most recent [Dietary Guidelines for Americans](#), carbohydrates should make up about 45 to 65 percent of daily calories.

## Food = Connection

“Food is one of the most meaningful ways people express their cultural identity. What does the research tell us about rice consumption and cultural heritage?”

[Wholegrainscouncil.org](http://Wholegrainscouncil.org)

## The Surprising Link Between Brown Rice & Cultural Identity



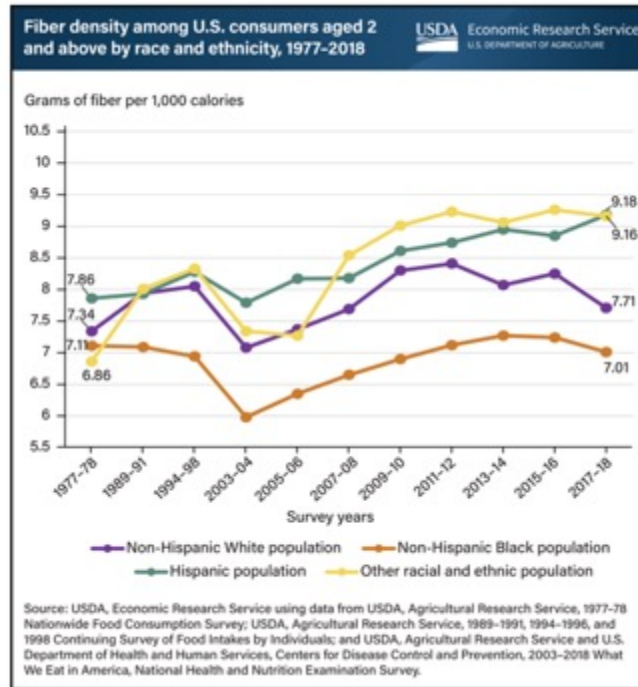
- The research shows brown rice is often paired with healthy ingredients and helps to drive consumption of other nutrient-dense foods.
- Brown rice is most frequently paired with more health-forward categories such as vegetables, salads, and beans/legumes when compared to both white rice and total eating occasions.
- The research shows that there is a range of motivations that lead consumers toward brown rice and reflects how consumers see brown rice as a tasty and healthy staple that can be used as an integral building block to fulfill a variety of needs, from social connections and special health benefits to supporting the environment.

## Whole Grain Intake

- Overall, the contribution of whole grains to total grains intake was **lower among men** (14.8%) than women (16.7%).
- The contribution of whole grains to total grains intake was **lowest among Hispanic adults** (11.1%) compared with non-Hispanic white (16.5%), non-Hispanic black (13.7%), and non-Hispanic Asian (18.3%) adults.



# Over time, racial and ethnic gaps in dietary fiber consumption per 1,000 calories have widened



# Motivational Positive Influences



Cutting the vegetables and fruit offerings



Role modeling from parents and friends.



Involving them in the planning, preparation and cooking



# Nutritional Value of popular Ingredients

Common Latin Ingredients

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graph LR; A[Common Latin Ingredients] --> B[Maize (Corn)]; A --> C[Sweet potato]; A --> D[Plantains]; E[Fiber, Whole grain, great source of B-vitamins, and Minerals] --> B; E --> C; E --> D;
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Maize (Corn)

Sweet potato

Plantains

Fiber, Whole grain, great source of B-vitamins, and Minerals

# Healthy Modifications In Meals

## Plant-based Protein & Fiber

- Beans are a great source of plant-based protein and dietary fiber in your dishes.

## Portion Control

- Be mindful of portion sizes. Eat slowly and mindfully to avoid overeating.

## Dairy Nutrients

- Use low-fat or non-fat versions when possible. Reinforce they have the same nutrients
  - While cheese is a staple in Mexican cuisine, use it in moderation.

## Fresh Salsas

- Fresh salsas are easy to prepare, rich in antioxidants, and low in sodium

## Whole grains

- Provide fiber, vitamins, and minerals, including folate, iron, and magnesium.  
Fortified grains like pasta and bread are excellent sources of folic acid and vitamins



Grains are a staple of the Latin American diet and are used in many traditional dishes. Some grains native to Latin America include:



### Corn

Also known as maize, corn is used to make hominy and masa harina. Hominy can be used in soups like pozole, while masa harina is used to make tortillas and tamales.



### Amaranth

A pseudo-grain that's a staple of Aztec cuisine and is also used in Mexican and Peruvian cooking. Amaranth has a nutty to peppery flavor and a sweet, grassy aroma. In Mexico, it's often popped with honey as a snack called "Alegria".

Amaranth is high in protein and gluten-free, making it suitable for people with celiac disease.



### Quinoa

Also known as the "golden grain", quinoa is a pseudocereal that's native to South America and has been a source of sustenance for Andean indigenous societies for a long time. Quinoa is a complete protein and is often called a superfood because of its high nutritional profile. ^

Source: [oldways.org](https://oldways.org)

## Second Poll Question

- Name a couple of grains popular in Hispanic cuisine.

## Other Grains from Latin America



**BARLEY**



**RICE**



**WHEAT**

## Third Poll Question

- Mention a few modifications to include more whole grains in the Latin American Diet?



## Corn



## Amaranth



## Wheat



## Rice



## Resources

- [Oldways - www.oldways.org](http://www.oldways.org)
- [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)
- [Wheat Council - www.wheatFoods.org](http://www.wheatFoods.org)
- [MyPlate - www.chooseMyPlate.gov](http://www.chooseMyPlate.gov)
- [2020–2025 Dietary Guidelines for Americans](#)

## Hispanics and Whole Grain Consumption References

- The Hispanic survey asked about their food preferences; the data showed a completely different picture. [This survey was especially interesting](#) - it demonstrated pairing brown rice with healthier foods for the win.
- The [data on whole grain consumption](#) in the Hispanic population clearly indicates a significant potential for growth.
- Hispanic population & [fiber consumption](#)
- A recent publication by [Oldways](#) explores Latin American, Asian & African heritage as cultural models of healthy eating.

Thank You!

## Connect with me:

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