

LATIN AMERICAN HERITAGE DEMO KIT

If you'd like to introduce your audience to the Latin American Heritage Diet at a health fair or in a class, but don't have the opportunity to teach **A Taste of Latin American Heritage** (a 6-week cooking and nutrition curriculum) in its entirety, our Demo Kit is the perfect starting point.

This demo is also a great way to drum up interest in an upcoming A Taste of Latin American Heritage class series, as a way to give participants a taste of what they might encounter in the full program.

The Latin American Heritage Diet Demo Kit Includes:

Key Speaking Points:

- Introduction to Latin American Heritage Diet
- Walk through of the Latin American Heritage Diet Pyramid
- How the audience can learn more about the Latin American Heritage Diet



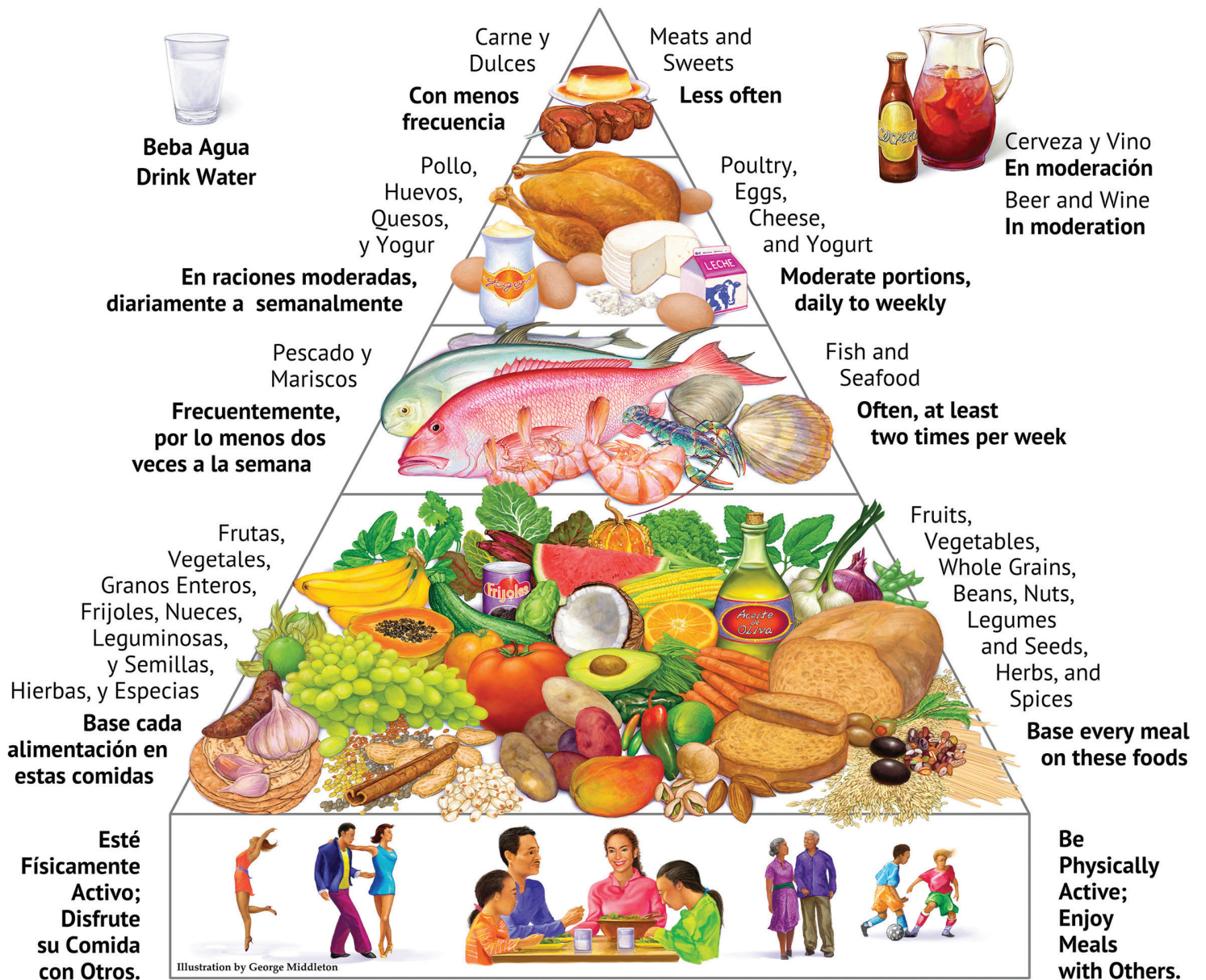
3 Demo Recipes (make copies for your participants!)

- Cucumber and Serrano Chile Salad (no cooking required; about 25 minutes)
- Jicama Sticks with Chile and Lime (no cooking required; about 15 minutes)
- Sauteed Quinoa with Swiss Chard (cooking required; about 25 minutes)

Event Sign

Latin American Diet Pyramid

La Pirámide de La Dieta Latinoamericana



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Introducing the Latin American Heritage Diet: Key Speaking Points

Introduction

Introduce your audience to the Latin American Heritage Diet, and explain why this eating pattern is so important:

- The Latin American Heritage Diet Pyramid was developed by nutrition nonprofit Oldways in collaboration with a committee of chefs, nutrition scientists, and public health experts—all of whom are experts in Latin American health and cuisine.
- The Latin American Heritage Diet celebrates the flavors and pleasures of Latin American heritage foods and ways of eating—ways that also happen to be exceptionally nutritious.
- The four major regions of Latin American heritage include: Mexico, South America, Central America, and the Caribbean. Each of these regions contributes characteristics that make this way of eating so delicious.
- Many of the diseases that we suffer from today, like diabetes, heart disease, and obesity, were either rare or unknown in earlier times. As people shift away from their traditional diets, chronic diseases arise.
- If you're shopping at a corner store, buy peanuts or fruit; at a lunch buffet, load your plate with salad, veggies, grains, and beans. Look to Latin American heritage whole foods, in their natural state, to crowd out processed and packaged “convenience foods” whenever you can.
- We all have a healthy heritage worth reclaiming.
- A Taste of Latin Heritage is a plant-based curriculum that purposefully teaches about the foods—and the preparation of them—recommended most by the Latin American Diet Pyramid. It teaches you how to create an enjoyable, affordable, healthy way of eating for oneself and one's family. It shares practical, repeatable techniques and more.

Latin American Heritage Diet Pyramid

Have a visual of the Latin American Heritage Diet Pyramid at your table, and be sure to point out these important points of the Pyramid:

Lifestyle

- The Pyramid is a way of eating, rather than a strict “diet.”
- Eat mostly from the bottom of the Pyramid and less of the foods as you travel to the top.
- Don't forget about physical activity: our ancestors traditionally led very active lives. Try to incorporate simple movements into your day: walking, jogging, dancing, marching in place—in fact, any activity that gets your heart going.
- Fruits and vegetables should be featured in all of our meals, making up about half of the plate.
- Enjoying traditional foods is an expression of who we are and where we come from. “To cook this food is to help knit the fabric of family,” writes cookbook author Maricel Presilla. Sharing healthy heritage meals with friends and family invites all to celebrate culture, history, family, and good health.

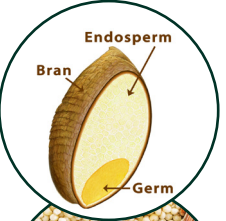


Specific Foods / Food Groups

- **Beans:** Beans are a shelf-stable protein that has nourished our ancestors for centuries. Even today, beans are a staple of healthy Latin American Heritage diets. Try substituting bean-based dishes for meat-based dishes at least one day per week. Black bean stew, pinto bean tostadas, lentil tacos, and cranberry bean salads are all delicious ways to get more protein and fiber in your diet through beans.



- **The Three Sisters:** For many indigenous people in the Americas, the three main agricultural crops—**corn** (or maize), **beans**, and **squash**—were called the Three Sisters. These high-fiber, nutritious crops were all interdependent on one another and these are at the heart of a traditional Latin American diet.



- **Whole Grain:** A whole grain is a grain that has all three edible parts of its original kernel: the bran, germ, and endosperm. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour. The Dietary Guidelines for Americans recommend that we need to make AT LEAST half of our grains whole. For our ancestors, this was easy, since it was expensive to remove the bran and germ, and process grains into white flour or white rice. Many of the whole grains that are popular today actually originated in Latin America, such as quinoa, amaranth, and corn. Looking for the gold and black **Whole Grain Stamp** on food products is an easy way to find whole grains. The different gram amount on each Stamp tells you how many grams of whole grain are in ONE serving of the product.



- **Nuts and Seeds:** Many nuts and seeds, such as peanuts, pumpkin seeds, and cashews, are native to Latin America. They have been celebrated in Latin American culture for thousands of years. They are filled with nutrients, including heart healthy fats, and may reduce your risk of heart disease, diabetes, and some cancers. Enjoy nuts and seeds in moderation. A few tablespoons contain a lot of calories, but this small amount will give you a long-lasting full feeling. To control salt, buy unsalted nuts and seeds and add your own seasonings at home. Lightly salted nuts and seeds often have all the salt you need.



- **Herbs and Spices:** Herbs and spices are a great way to add flavor to food without relying on the salt shaker. With so many regional cuisines to choose from—from Mexico to Chile to Brazil to the Caribbean Islands—you'll meet lots of flavors with Latin heritage as your guide. Fresh herbs like cilantro and oregano, chili peppers, lime juice, and pickled onions are all traditional ways to add fabulous flavor to grains, beans, vegetables, and seafood.



- **Fish and Seafood:** Latin American cuisine features bright ceviches, grilled fish tacos, seafood paella, shrimp salads, and fish stews, and you can enjoy them too! A high-fiber traditional diet of fruits, vegetables, and whole grains, combined with fish twice a week, has been linked to lower rates of obesity, heart disease and diabetes around the world.



- **Oil:** Cooking oils that contain monounsaturated or polyunsaturated fats can help reduce the LDL ("bad") cholesterol in your blood, which can lower your risk of heart disease and stroke.



- **Olive Oil:** Olive oil has its roots in the Mediterranean, but is now widely used in cuisines around the world because of its favorable health benefits. Try using olive oil in your favorite Latin American Heritage recipes.



Demo Recipes

Neither of these first two recipes require a heat source, so they are easy to demo. They both can be made ahead and served chilled, or can be quickly demo'd in front of an audience. Serve small tasting portions to your participants, so they can taste firsthand that good food and good health go hand-in-hand. The recipes can also be scaled up to feed a larger crowd. For more recipe ideas, visit oldwayspt.org.

CUCUMBER AND SERRANO CHILE SALAD

Latin American Heritage cooking is famous for its creative use of fruits at different meals. This recipe, inspired by Ecuadorian cuisine, is a delicious mix of sweet pineapple, cool cucumber, and spicy serranos.

Serves 4 Total Time: About 25 minutes

JICAMA STICKS WITH CHILE AND LIME

This simple snack, traditional to Mexican cuisine, is always a huge hit. Plus, it comes together quickly, and is easy for participants to replicate at home.

Serves 8 Total time: About 15 minutes

Optional Demo Recipe (If stovetop or hot plate is available)

If you have access to a hotplate to cook a recipe during your demo, we highly recommend including this hearty quinoa dish. It can also be prepared ahead of time by the event organizers and then served warm in tasting cups to participants. Alternatively, you can also cook the quinoa ahead of time and then just demo mixing the ingredients together.

SAUTEED QUINOA WITH SWISS CHARD

Quinoa is a staple of continental Latin American cuisine, especially in Bolivia and Peru, as it's versatile, delicious, and highly nutritious. In this recipe, we add Swiss chard for a bit of crispness, cumin for a hint of spice and serrano peppers for added flavor. Because Swiss chard stems are tough and thick, they need to be cooked for longer than the leaves. Other hardy greens like collards or kale are also good substitutes for Swiss chard.

Serves 8 Total Time: About 25 minutes

Event Sign

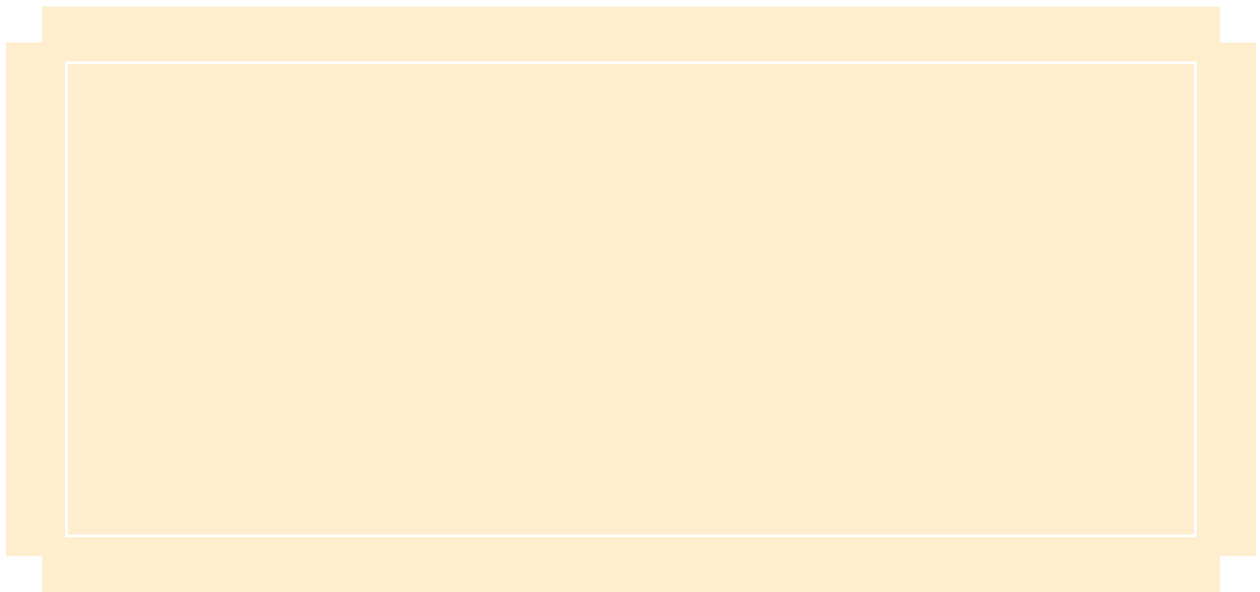
On the following page is a sign for your event. Use the box to add information about the event.

Tell your audience where they can learn more about the Latin American Heritage Diet:

- Search for Latin American Heritage recipes and resources on OldwaysPT.org.
- Teach *A Taste of Latin American Heritage* (a 6-week cooking and nutrition curriculum) in your community. To learn more, contact Classes@oldwayspt.org.



JOIN US FOR AN
**LATIN AMERICAN
HERITAGE**
COOKING DEMO



Learn more about the healthy and delicious
Latin American Heritage Diet from Oldways at **OldwaysPT.org**



CUCUMBER AND SERRANO CHILE SALAD

(Adapted from *Healthy Latin Eating*, by Angie Martinez and Angelo Sosa)

Demonstrating this recipe is a great opportunity to teach people tips on how to handle hot peppers. The seeds are often where the spicy heat comes from. See Tip below for instructions.

Serves 6

Ingredients

- 2 cucumbers, halved lengthwise, seeded and cut into bite-size pieces
- 1 serrano chili pepper or jalapeno pepper, seeded and minced
- ½ small red onion, diced, cut in half and sliced into thin half moons
- 1 cup pineapple, cut into bite-size pieces
- ¼ cup chopped fresh mint, or to taste
- Juice of 1 lime
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- Freshly ground black pepper



Instructions

1. Toss together the cucumbers, chile, onion, pineapple, and mint in a salad bowl.
2. Pour the lime juice and oil over the cucumber mixture.
3. Add the sugar, salt, and pepper to taste, and toss gently to combine.

Tip: To remove the seeds from a hot pepper, cut it in half lengthwise, then in half again into quarters. Slide your knife along the inside of the pepper to remove the seeds and stem. If you want more heat, keep some of the seeds and stem to add to the dish. Be sure to wash your hands, knife, and cutting board after cutting a hot pepper.

Nutritional Information

Calories: 50
 Fat: 2.5g
 Saturated Fat: 0.5g
 Sodium: 390mg
 Carbohydrates: 81g
 Fiber: 1g
 Protein: 1g

This is one of the many delicious recipes taught in **A Taste of Latin American Heritage**, Oldways' bilingual 6-week cooking and nutrition curriculum. To learn more about A Taste of Latin American Heritage, visit oldwayspt.org/oldways-cooking-classes/a-taste-of-latin-american-heritage or scan QR code.



For more culturally inspired recipes from Oldways, visit oldwayspt.org/recipes or scan QR code.



JICAMA STICKS WITH CHILE AND LIME

(Adapted from Gran Cocina Latina by Maricel Presilla)

Jicama is a root vegetable that looks somewhat like a potato, but tastes more like a carrot, as it has a crisp, refreshing bite and a slightly sweet flavor. This simple snack, traditional to Mexican cuisine, is always a huge hit. Plus, it comes together quickly, and is easy for participants to replicate at home.

Serves 6

Ingredients

- 1 pound jicama, peeled (or 1 medium jicama)
- 2 limes, juiced (about ¼ cup)
- 1 tablespoon distilled white vinegar
- ¼ teaspoon ground dried chile, cayenne, or red pepper flakes
- 1 tablespoon finely chopped cilantro
- Salt and pepper to taste



Instructions

1. Cut the jicama lengthwise into ½-inch-thick slices, then cut the slices into ½-inch-wide sticks.
2. Place them in a large bowl and toss with the rest of the ingredients.
3. Serve as an appetizer or snack.

Suggestion: You can let the participants try the jicama by itself. In some parts of Latin America, it is served with just lime and a pinch of salt.

Nutritional Information

Calories: 50
 Total Fat: 0g
 Saturated Fat: 0g
 Sodium: 100mg
 Carbohydrate: 12g
 Fiber: 5g
 Protein: 1g

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SAUTÉED QUINOA WITH SWISS CHARD

(Adapted from Gran Cocina Latina by Maricel Presilla)

Quinoa is a staple of continental Latin American cuisine, especially in Bolivia and Peru, as it's versatile, delicious, and highly nutritious. In this recipe, we add Swiss chard for a bit of crispness, cumin for a hint of spice and serrano peppers for added flavor.

Serves 8

Ingredients

- 2 cups quinoa, rinsed
- ¼ cup extra-virgin olive oil, divided
- 1 teaspoon ground cumin
- 4 garlic cloves, finely minced
- 1 large yellow onion, finely chopped
- 2 yellow ají amarillo chile peppers or serrano chile peppers, seeded and finely chopped
- 1 bunch Swiss chard or other green (spinach, collards), leaves coarsely chopped, stems halved lengthwise and then cut into ¼-inch slices
- Salt and pepper to taste



Instructions

1. Combine quinoa and 4 cups water in a medium pot and bring to a boil over medium heat, stirring occasionally. Lower the heat and simmer for about 10 minutes, or until the quinoa is just barely cooked; all the grains should have turned translucent. Remove from the heat and drain well; do not rinse.
2. Heat 2 tablespoons of oil over medium heat in a large skillet. Add the onion, cumin, and chile peppers, and sauté until soft, about 5 minutes. Add the garlic and cook for another minute. Add the Swiss chard stems and cook until tender, about 5 more minutes. Add the chopped Swiss chard leaves and cook, stirring until they wilt, about 1 minute. Remove from the heat and stir in the cooked quinoa and remaining 2 tablespoons oil. Cook to heat through, add black pepper and salt to taste.

Nutritional Information

Calories: 240
 Total Fat: 10g
 Saturated Fat: 1.5g
 Sodium: 130mg
 Carbohydrates: 32g
 Fiber: 4g
 Total Sugar: 2g
 Protein: 7g

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A TASTE OF LATIN AMERICAN HERITAGE



A Taste of Latin American Heritage is a bilingual (English-Spanish) 6-week cooking and nutrition curriculum that celebrates the healthy, vibrant, plant-based food traditions from across Latin America. Featured regions include Mexico, South America, Central America, and the Caribbean.

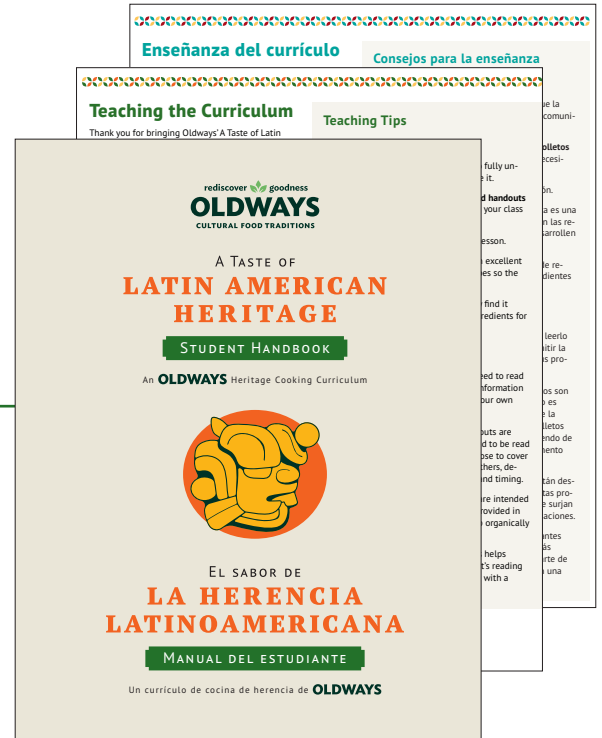
“This cooking series has had a positive impact on the community, because many class participants create lasting friendships by learning and cooking together for six weeks, which is great to see. Many participants have expressed their love for the recipes created in class and how their families really enjoyed them when made at home, as well. We look forward to what Oldways has in store for us in the future!”

– an instructor in Philadelphia, PA

Bring A Taste of Latin American Heritage to Your Community

Purchase the printed teacher’s manual (\$34.99) and student handbooks (\$249.99 for set of 15) or license a digital copy of the curriculum (starting at \$300/yr).

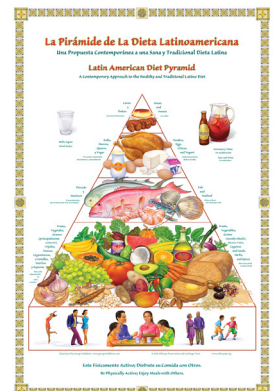
For more information, please scan code.



For information on teaching A Taste of Latin American Heritage, scan code.



For more Latin American Heritage Diet Resources for group education, scan code.



A TASTE OF
**LATIN AMERICAN
HERITAGE**

EVALUATION RESULTS

Based on pre- and post-survey data collected from 252 *A Taste of Latin American Heritage* participants in TX, NJ, MD, MA, OH, NY, and FL.



33%

report eating more
fruits



32%

report eating more
vegetarian meals



32%

report eating more
herbs and spices



31%

report an increase in
exercise



30%

report eating more
vegetables



30%

report eating more
nuts and seeds



30%

report eating more
beans



31%

report eating more
tubers



27%

report an increase in
home cooking



99%

report that history and
heritage are motivators
for eating well

Participant testimonials:

"Meals are easy to prepare and they taste really great. The best part is that they are healthy."

"I love coming to this class."

"Me servio' muchisimo a nivelar mis comidas a ser firme mejor con mi misma y lo mas importante, conocer nuevas personas" [It helped me a lot to balance my meals to be better with myself and most importantly, to meet new people]

Across the full group, there were also **statistically significant improvements** in consumption of fruits, herbs, whole grains, and nuts, as well as in exercise frequency.

Learn more:

classes@OldwaysPT.org

OldwaysPT.org/ATOLAH

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