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Hispanic food nutrition strategies for obesity & diabetes

SPEAKER

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OBJECTIVES

- ❑ To recognize key Hispanic foods that can have a positive impact on patients with obesity & diabetes.
- ❑ To understand the nutrition value of key Hispanic foods.
- ❑ To recognize the importance of teaching Hispanic patients to read food labels to choose foods lower in sodium and sugars.

Hispanic RISK Factors on the Rise

Hispanics with Diabetes by Place of Origin, 2004–2006*



The following risk factors are **occurring more frequently** and **on the rise** among Hispanics in the USA.

1. Hypertension,
2. Diabetes mellitus,
3. Obesity,
4. physical inactivity
5. cigarette smoking

Each contributes to Heart Disease too

Dietary Intake



- ❑ **Ancestral Hispanic diets:** usually low fat & mostly legumes, vegetables & fresh whole fruits

- ❑ **Hispanic diets vary by sub-culture.**



- ❑ **Studies indicate that once Hispanics assimilate USA diet, they tend towards poor eating habits & eat less fresh Ancestral food.**



- ❑ **Research shows Hispanics now developing health problems of the USA population.**



Strategies



- 1) **.gov Guideline tools**
- 2) **Healthy Fats**
- 3) **Beans**
- 4) **Grains/Starches**
- 5) **Fruits**

Strategies

MyPlate/ MiPlato.gov Recommendations:

1. “ ½ the plate **fruits & vegetables**”
2. “at least ½ grain intake from whole grain”
3. “**Vary protein food choices**” remember Beans
4. “Keep **portion size** small not large”
5. “ **Reduce** sodium intakes- aim for goals”
6. “**Reduce** sugar intakes”

Strategies

Portion Control

AVOID



CHOOSE



AVOID



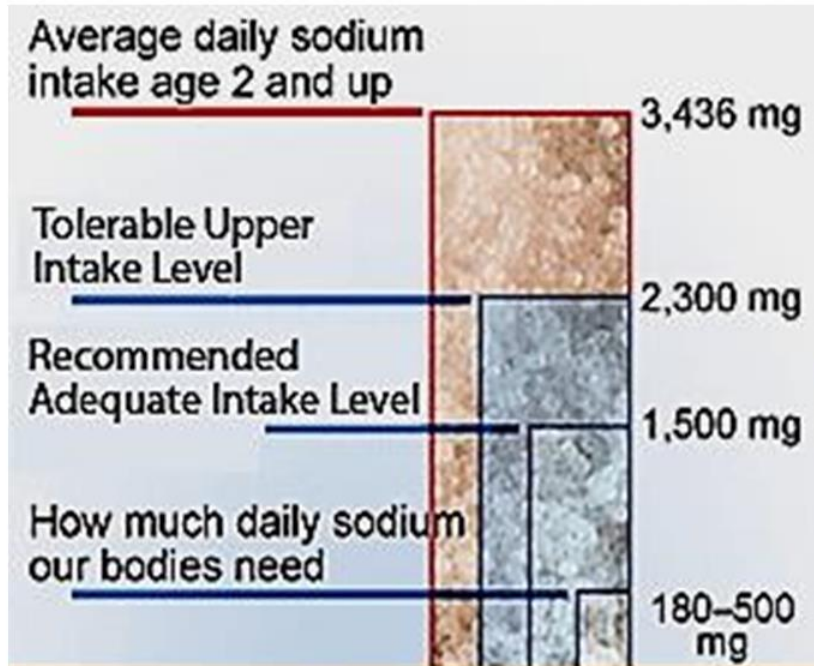
CHOOSE



Demonstrate Serving Sizes

Strategies

USA Sodium Facts



Decreasing sodium intake could prevent thousands of deaths annually.[^]

[^]Because nearly 400,000 deaths each year are attributed to high blood pressure.

GOALS

◀ **2,300 mg/day or less (~1 teaspoon salt) Average Adults & Kids NOT in groups below**

◀ **1,500mg mg/day or less for:**

- Adults age 51 and older,
- African Americans of any age,
- People with Hypertension (or family history)
- People with Diabetes
- People with CKD

Strategies

Encourage **READ THE LABEL:**

- Avoid TransFats
- Reduce **Sat Fat:** less than 10% of calories
- FIBER: Daily Goals 25g-35g** choose
 - Legumes
 - Vegetables
 - Low sugar Fruits
 - Whole Grains
- SODIUM:** choose **140 mg or less**
- SUGAR:** choose **10g or less**

Start here →

Limit these nutrients

Get enough of these nutrients

Quick guide to % DV:

- 5% or less is low
- 20% or more is high

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 1.5g	
Cholesterol 30mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Strategies

HEALTHY FATS – Highlights

OLIVES(Green)-

Serving Size: 10 large(28.75g) = 45 Calories & 5g FAT

- **Lower Fat & Calories than Oils!**
- **1g Fiber + Vit A, B's, Biotin & Minerals that oils don't.**
- Choose ONLY Low Sodium & Reduced sodium products.
- Plant compounds in Olives may help lower disease risks

OLIVE OIL-

Serving Size: 1 teaspoon = 45 Calories & 5g FAT

- Plant compounds in Olive oil may help lower disease risks
- 2 tablespoons per day provides Vit K= 20% DV

Portion Control is Essential



Strategies

HEALTHY FATS – Highlights

AVOCADO-

1 Serving: 2 Tablespoon(28.3g) Puree = 45 Calories & 5g Fat
1/5 medium (30 g/1 oz.)Sliced = 45 Calories & 5g Fat

- **Lower Fat & Calories than Oils**
- **2g Fiber + Vit A, B's, Biotin & Minerals that oils don't.**
- 2 Tablespoons Avocado puree yields Vit K=7 % or 8%DV

CANOLA OIL –

1 Serving: 1 teaspoon(4.5g) = 45 Calories & 5g FAT

- **has 12x More Omega 3 than Olive oil**
- good alternative for people who don't eat fish
- 2 tablespoons per day provides Vit K= 24% DV

Portion Control is Essential



Strategies



Use Moderation with fat intake

- Read food labels
- Use Canola for High Heat
- Avoid trans fats
- Choose lean meats, fish, poultry(skinless)
- Eat fewer cold cuts, less bacon, sausage, hot dogs, organ meats
- Choose low-fat dairy products
- Choose Enriched non-dairy substitutes to benefit health, calcium, Vit A, Vit D and other needs of Dominican, Puerto Rican, Cuban, & other populations.



Strategies

BEANS - Highlights

- ❑ Protein, fiber, Vitamins, Minerals, antioxidants
- ❑ **BEAN FIBER & NUTRIENTS-** helps
 - lower BLOOD PRESSURE
 - lower CHOLESTEROL,
 - lower risk of OBESITY
 - smaller WAISTLINE & WEIGHT Management,
 - balance blood sugar levels- good for DIABETES
 - those with HIV
- ❑ **NUTRIENTS not all the same:** Garbanzo- High Phytoestrogens; Fava Bean- Caution High Tyramine
- ❑ **HIGHEST ANTIOXIDANT is Red Beans. #1** higher than fruits & other veggies in USDA study of 100 foods analyzed (#3 Red Kidney; #4 Pinto Beans)
Also Higher fiber (than Kidney, Pinto, Black, Garbanzo)



Strategies

BEANS - Highlights

- CANNED** usually **GLUTEN FREE**. **Read Labels!**
Dry beans may not, due to cross contamination.
- Choose **LOW SODIUM** $\leq 140\text{mg}$ - Read Labels
- Rinse** canned or dried. **Reduces $\approx 40\text{-}50\%$ sodium**
- natural fiber **helps prevent blood sugar levels from rising rapidly after a meal.**
- Add beans to low fiber recipes to up fiber intake**

SERVING SIZE: $\frac{1}{2}$ cup cooked
Portion Control is Essential

Note: canned may benefit those with digestive & immune issues

Strategies

YUCA- Highlights

- ❑ **Healthy Substitute for POTATO & rice**
- ❑ **½ cup boiled Yuca(cassava)=**
 - **more Vit A, E & Beta-carotene** than ½ cup boiled **Potato**
 - **Yuca contains Vit D!** *Not in potato, rice, quinoa, amaranth etc. (USDA Nutrient Data Base 26)*
- ❑ **½ cup Yucca + ½ cup either Blackeyed, Broad, Cannellini or Lentils + 1 cup leafy greens keeps Carb count Under 45g**
- ❑ **Easy Digestion**
- ❑ **An alternative for Arthritis sufferers, Not nightshade**
- ❑ **Gluten Free, Wheat Free, Dairy Free, Nut Free**

Serving SIZE: ½ cup

(about the size of a fist or a ½ of softball)

Portion Control is Essential



Strategies

RICE - Highlights

- ❑ Therapeutic food used worldwide
- ❑ Easy digestion- babies 1st food & good for elderly
- ❑ Gluten Free & Wheat Free
- ❑ Parboiled white rice can provide MORE Vitamin B1,B2,B3,Biotin, Folate, Chromium, Iron than: quinoa, couscous, brown rice, hominy or potato
- ❑ RICE with BEANS easier digestion & less acid than putting Beans with higher oxalates like wheat ,etc.

PORTION SIZE: ½ cup

(about the size of a fist or a ½ of softball)

Portion Control is Essential



Strategies

FRUIT- Highlights

Among these 6 Cultural Fruits @ 100g Wt:



- ❑ **Guava**: **HIGHEST** in **Fiber(5.4g)**, Protein(2.5g); **Vit C 380%DV**(228mg); **Folate 12%DV**, **Potassium(417mg)**; Omega 3 & 6; Lycopene. has VitA12%; Magnesium5%Dv **Carb14g**
- ❑ **Papaya**: Papain Enzyme, Lowest Carb & sugar, VitA 19%DV; Vit C101%DV. **Carb11g**
- ❑ **Pineapple**: Bromelain Enzyme; anti-inflammatory; VitC29%; ↓carb & sugar . **Carb12g**
- ❑ **Mango**: Highest Vit A 21%DV & Beta Carotene. Has fiber 2g;Vit C 60%DV. **Carb15g**
- ❑ **Orange**: **Fiber(2.5g)**; Vit C 75%DV; Folate 4%DV. **Carb12g**
- ❑ **Banana**: Highest Magnesium 7%Dv; Maganese10%. Has **Fiber(2.5g)**; Protein(1g); **Vit C 14%DV**; **Potassium(358mg)**; Biotin **5%DV**; VitA 1% . **Carb 23g**



MyPlate- Fast, Nutritious & Lower Cost

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BEEF Meal NUTRITION



1/4 lb Cheeseburger + Large Fries
+ Large Soda



All MyPlate Recipes: 1/4 pound Argentine grilled **Steak**
+ Quinoa + 3Bean Salad + non-dairy milk + Guava

Macro-NUTRIENTS In One(1) Meal	Fast Food Restaurant \$6.79	<u>MyPlate</u> meal @ Home <u>\$3.49</u>
Calories	1,530 calories	569 calories
Sodium (mg)	1,664.5 mg	766mg
Fat (g)	53 g	25 g
Saturated Fat	14 g	5 g
Carbs (g)	235 g	47 g
SUGARS (g)	117g	10g
FIBER (g)	8 g	16g
Protein (g)	36 g	39 g

SOURCE: Based upon NY/NJ Metro area price; U.S.D.A.; GOYA MyPlate Recipes @ <http://www.goya.com/english/myplate.html>

Strategies for the Hispanic Community

QUESTIONS

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