



Regional Hispanic Cuisine

- 20 countries!
- Mexico:
 - Spicy sauces with chile base
 - Pinto and black beans
 - Yellow rice/Spanish rice
- Central America: Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica
 - Milder spice
 - Red beans, whole (in combo w/white rice = gallo pinto)
 - Plantains: Ripe: dessert, green: starch
 - Coconut



Regional Hispanic Cuisine

- Caribbean:
 - Cuba, Puerto Rico, Dominican Republic
 - Seafood
 - Black beans
 - Green plantains (used in tamales vs. corn)
 - Bread vs. tortillas
 - Garlic, cilantro vs. chile
- Northern South America
 - Columbia, Venezuela, Ecuador, Peru
 - White rice
 - Black beans
 - Arepas: corn/flour cake
 - Sofrito: Bell pepper, onion, tomato, garlic

Regional Hispanic Cuisine

- Southern South America
 - Chile, Argentina, Paraguay, Uruguay
 - Argentina & Uruguay: Highest beef intake per capita in the world!
 - Also home to chimichurri sauce
 - Chile & Argentina: Fresh Seafood: Ceviche!
 - Yucca as side dish daily
 - Dulce de leche
 - Pasta
 - Empanadas
 - Chickpeas & pumpkin
 - Apples, grapes, peaches

www.micfood.com/blog/the-diversity-of-hispanic-cuisine-from-mexico-to-patagonia

NWRD Hispanic population

- Washington:
 - 858,000 as of 2014 (12% of total population and 12th in U.S.)
 - 80% of Mexican origin
- Oregon:
 - 496,000 as of 2014 (12% of state population, 19th in U.S.)
 - 87% of Mexican origin
- Alaska:
 - 49k (7% of state pop, 44th in U.S.)
- Idaho: 198k (12%, 33rd)
- Montana: 34k (3%, 46th)
- British Columbia: 44k (1% of total population in 2016)

pewhispanic.org

Poll Question!

- What percentage of your clinic's population is Hispanic?
 - A: 0-10%
 - B: 10-25%
 - C: 25-50%
 - D: 50-75%

**Tiene hambre?
Let's talk about food!**

Meal patterns

- 1-3 meals/day + snacks
 - Meals often not seen as such
 - Binders often not used d/t same
 - Consider impact of employment on eating habits



- Breakfast/Desayuno:
 - Cookies or Pan dulce (sweet bread) + coffee or tea
 - Avena (oatmeal, typically thinned to drinkable)
 - Eggs + beans/potatoes/chorizo + tortillas
 - Meat and/or beans + vegetable + tortillas
- Lunch/Almuerzo/"La comida"
 - Typically the largest, often mid-afternoon (1-4pm)
 - Meat + rice and/or beans + vegetable + tortillas
 - Homemade chicken soup (caldo de pollo)
 - Tostadas, sopes, enchiladas

Meal patterns

- Dinner/Cena:
 - Often later in evening
 - Smaller meal/snack
 - 1-2 tacos
 - Cereal + milk
 - Pan dulce + coffee



- Snacks/Meriendas:
 - Fruit, cookies, nuts



Holiday Meals

- Easter: ¡Feliz Pascuas!**
 - Carnaval (2 weeks prior to Lent)
 - Holy week (Palm Sunday-Easter)
 - Cascarones: Egg shells filled with confetti
 - Fish, seafood
- Sept 16th:** Mexican Independence Day (Surprise! It's not Cinco de mayo)
- Nov 1-2:** Día de los Muertos
- Christmas (12/16-24: Las Posadas)**
 - Posole
 - Menudo
 - Tamales
 - Mole
- Rosca de Reyes (Jan 6th)**
 - King's Cake Baby = hosting a party on February 2nd



Cooking methods

- Mortar/Pestle: Molcajete/tejolote
- Comal: Tortilla griddle
- Guisar (carne guisado)
 - Stew
- Carnitas: Stew, then fry
- Asar: dry roasting
 - Chiles, spices, onions, tomatoes, tomatillos, garlic
- Sudar: charred on open flame
- Birria: marinate overnight, then bake x 4 hours
- Barbacoa
 - Pot of hot water placed in large pit over coals
 - Grill placed above, meat wrapped in leaves or foil



Poll Question!

- Have you been to a Mexican panderia or tienda?
- Yes
- No

Mexican specialties

- Chile peppers: flavor & heat
 - If no chile in recipe, added as topping, even to fruit!
 - Tajin: ¼ tsp = 185mg Na+
- Mole: 20 ingredients, including chocolate & chili
- Menudo: Tripe cooked in broth with red chile base + hominy, lime, onion
- Posole: Pork & hominy soup + cabbage, radish, lime, chiles or salsas
 - Hominy: 1c canned: 345mg Na+, 15mg K+, 58mg PO4+
- Caldo de pollo: Chicken soup
- Sopa de fideo: noodle soup
- Sopas: Thick flat tortillas topped with beans/meat
- Torta: "Sandwich"



Hi K+ Fruits & Vegetables (1/2 c)

- Chayote (summer squash): 138mg
- Nopales (cactus): 145mg
- Camote (sweet potato): 224mg
- Pumpkin: 281mg
- Guava: 344
- Mango: 139
- Papaya: 209mg
- Jicama: 100
- Plantains
 - Green: 285
 - Yellow: 430mg
- Yuca root/cassava: 280
- Chirimoya fruit: 230mg



Mexican Cheeses!

• Type/Equivalent

Queso Blanco/Ricotta
Queso fresco/Feta
Cotija/Parmesan
Asadero/Provolone
Requesón/Ricotta
Crema/sour cream,
thinned
Oaxaca/mozzarella

Na+ in 1oz

PO4+

200 132
213 109
397 206
200 125
300 (1/2c)
128

178 100

www.nutritionvalue.org



Beans

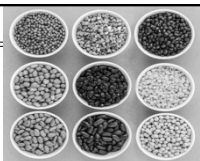
**Protein: 6-9gm,
Fiber: 4-9gm**

• Type

- Garbanzo
- Lima
- Black*
- Kidney
- Pinto*
- White
- Lentils

• PO4+/absorbed PO4+/K+

- 96/48/173
- 105/53/478
- 120/60/306
- 122/61/358
- 125/63/373
- 146/73/346
- 178/89/365



St-Jules DE, Woolf K, Pompeii M Lou, Kalantar-Zadeh K, Sevik MA. Reexamining the Phosphorus-Protein Dilemma: J Ren Nutr. 2016;(Table 1):1-5. doi:10.1053/j.jrn.2015.12.004.

Beverages

- Tea: Canela or manzanilla
- Chocolate caliente
 - Xocolatl (Aztecs)
- Jarritos, Manzanita sodas
- Sunny Delight, Hawaiian Punch, Tampico, Kool-Aid
- Atole:
 - Masa toasted on comal, mixed with water or milk boiled with cinnamon + vanilla, sugar
 - Occasionally mixed with chocolate (champurrado)
- Licuados (milk, fruit, powdered chocolate)
- Agua fresca (fruit, tamarind, lime/chia)
- Horchata: cinnamon/rice



Tidbits

- Brand loyal
 - Pan Bimbo
 - Mazola
- Pork "hace daño"
 - Why? Trichinosis still prevalent in MX
 - Suggest pork roast and chops as protein source
- Tortillas
 - Used in place of fork
 - 6" Corn: 3/meal = 255mg PO4+, 15mg Na+
 - 6" Flour: 3/meal = 165mg PO4+, 750mg Na+
- Enchiladas
 - Often only contain cheese, be sure to clarify contents
- Consommé = bouillon cubes/powder or Sazon packets
 - Used in soups, Spanish rice
- Beans/Lentils: Individualize based on labs



What behaviors can we promote while honoring cultural preferences?

- Encourage smaller, more frequent meals vs 1 large and/or adjust binder dose accordingly
- Expect homemade meals vs. processed
- Recipe and product substitutions
- Demonstrate portion control vs. omission
 - i.e. limit corn tortillas to 2/meal, use fork!
 - Limit beans to ½ cup + 1 oz cheese 3x/week
- Transition slowly from bouillon/seasoning packets
- Suggest cooking in canola or olive oil

Maximizing effectiveness of diet education

Familismo



- Valuing family over individual or community needs
- Provide social, emotional, & financial support
- Often 2-3 generations live together
- Food preparation for family & social events is considered an investment to maintain relationships
 - Considered rude to refuse food when offered!
- Encourage involvement of family in diet and medication adherence
 - Provide diet education to meal preparer if approved by patient

Cultural Considerations

- Cultural values to honor at each contact
 - Respeto
 - Especially if older; Señor/a, "su" verb forms
 - Overfamiliarity is not appreciated
 - Simpatía (Kindness, conflict avoidance)
 - May nod agreement, even if only for respect of health professional
 - Encourage questions
 - Personalismo
 - Establish rapport at each contact before proceeding with business
 - Ask questions re: family, recipes, traditions
 - Modestia
 - Ensure patient that questions are necessary to aid in providing the best care (i.e. discussion re: GI issues, urine output)

Additional Considerations

- 20-25% live in poverty
 - Adjust education/recommendations accordingly
 - Ensure patient aware of food resources
- 30% with education levels <9th grade
 - Less education in agriculture areas?
 - Adjust education to literacy level
- Reliance on Spanish TV, family/friends' opinions for diet/health/medication/herbs
- Food safety is not a priority
 - Area of education
 - <https://www.fsis.usda.gov>

Effective Education Techniques

- Honor cultural communication preferences
- Use return demonstration teaching method
- Include culturally appropriate foods in handouts/demos
- Use visuals
 - Hands
 - Food models/cups
 - Labels
- Use pictures
- Use interpreters as needed
- Incorporate family in diet education
 - Identify main meal preparer
 - Identify who does medication management



Medication Adherence

- Culture can impact adherence
- MD is authority, RD may be considered "MD"
- Reasons for non-use:
 - Fear of adverse s/e
 - Poor health literacy/insight into illness
 - "I feel fine!", only use with s/s
 - "I forgot!" (40% of respondents)
- Rx may be filled x 1, often not refilled
 - Auto-refill?
 - 90 day supplies?
 - Delivery?
 - Pill packs?
- Review **WHY** and **HOW** regularly
 - Use pictures and/or actual pills during med reviews
- Utilize family members to promote adherence
- Motivational interviewing



www.envisionrx.com/pdf/Hispanicmedadhere
www.psychiatrictimes.com/culture-as-a-factor-in-adherence

Herbal supplements & CAM use

Naturopathic/Holistic Tx

- Delicate balance between health, nature, & religion: off-balance = illness
- Curanderismo: Holistic system of religious beliefs, faith, prayer, massage and herbal remedies
 - Curanderos: traditional healer
 - Hueseros: Bone setter
 - Yerberos: Herbalist
 - Parteras: Midwives, pediatrics
 - Sobradores: Physical Therapist
- Many self-treat as no Rx needed in Mexico
 - Many pain relievers, Abtx, birth control are OTC
 - Quality questionable

Hot and Cold

Imbalance between person and environment

Hot (visible s/s)

- Vasodilation/high metabolic rate
- Diabetes
- HTN
- Pregnancy
- Sore throat
- GERD, Stomach ulcers
- Fever

Cold (invisible s/s)

- Vasoconstriction/low metabolic rate
- Cancer
- Colic
- Headache
- URI
- menstrual cramps
- PNA
- Empacho (indigestion from over-eating)

Herbal supplement use

- Mexican-American women 3x more likely to utilize
- In a New Mexico study, 77% of Hispanics used CAM vs. 47% non-Hispanics
- Most common complaints:
 - Cough, stomachache, sore throat, headache
- Most common herbs used:
 - Cinnamon, cloves, cumin, chamomile, garlic, onion, aloe, oregano, lemon

Use of Herbal Remedies by Hispanic patients
jafpm.org/content/jafpm/19/6/566

When discussing CAM

- Ask about herbal supplement use
- Remain tolerant and open
- Be aware of common herbs used in population
- Inform patient about lack of quality standards, possible s/e &/or drug interactions, and lack of safety/efficacy studies
- When not contraindicated, consider including in medication regimen (i.e. Cinnamon tea for colds)

"Caring for Latinos" American Family Physician
<https://www.aafp.org/aafp/2013/0101/p48.html>

Questions?
