



Latinos Living Healthy Nutrition



Healthy diet and exercise have been proven solutions to many of the health problems (high cholesterol, hypertension, heart disease, diabetes) that plague Latino communities. The National Health and Nutrition Examination Survey found that calories from solid fat and added sugars comprise over 40% of total calories consumed by Latino youth. This can be attributed to a variety of social, economic and environmental factors. Low income neighborhoods often have limited access to the healthy food options but these same neighborhoods are littered with low cost convenience stores and fast food chains offering high fat food options. Even so, Latino families should make an effort to increase the amount of health foods in their daily diets. (Salud America! www.salud-america.org)

EAT MORE

- **Whole Grains:** Choose whole grain breads and cereals, brown rice, and whole wheat pasta
- **Fruits and Vegetables:** Eat a variety of fruits and vegetables. Adults should eat 2 cups of fruits and 2 ½ cups of vegetables daily. Frozen fruits and vegetables can be a low cost and more convenient option
- **Seafood:** salmon, rainbow trout, and oysters are protein rich and high in Omega-3 fatty acids which are essential for bodily function
- **Alternative sources of protein:** Dark leafy greens, corn, avocado, soybeans, and quinoa instead of high fat meats and poultry

EAT LESS

- **Ready to Eat foods:** Avoid eating heavily processed foods such as frozen or pre-made meals, processed meats, and refined grains. Many of these contain exceedingly high amounts of sugar/ fats/ and sodium
- **Added Sugar:** Soft drinks, baked goods, ice cream, etc. all contain high amounts of added sugar and little other nutritional value. Consume these in moderation. Most women should not consume more than 6 teaspoons. For men, it's about 9 teaspoons. Substitute a piece of fruit which are high in natural sugars as well as essential nutrient
- **Sodium:** Reducing sodium intake daily helps prevent and control hypertension. Daily sodium intake should be less than 2,300 milligrams. Using herbs, and spice rubs in cooking will add flavor to meals without adding salt. Choose "low sodium" or "no added salt" food item
- **Saturated and Trans Fats:** Reduce saturated fats and remove trans fats from your diet. Saturated and trans fats found in animal products and processed foods, respectively, can be replaced by mono/poly-unsaturated fats found in fish, beans, nuts and plant based oils (olive, canola, sunflower)

SIMPLE SUBSTITUTES

Healthier Alternative	Avoid
Baking	Frying
Steaming	Boiling
Olive and canola oils	Butter or margarine
Corn tortillas or lettuce wraps	Flour tortillas
Nonfat Greek yogurt	Sour cream or mayonnaise
White meat chicken	Beef
Brown rice	White rice
Artichoke hearts	Green olives
Low-fat/nonfat dairy products	Full fat dairy products
Whole grains	Refined grains
Popcorn	Tortilla chips

Additional resources can be found at:

www.choosemyplate.gov

www.cdc.gov/nutrition

[Healthy recipes for traditional Latino meals](#)

[Keep Track of foods and physical activity](#)

For more information on LULAC and Latinos Living Healthy visit:

LULAC.org/health