



Cultural Influences on Nutrition: What you need to know



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Learning Objectives

-  Understand how to incorporate patient's cultural values and beliefs into patient education and goal setting
-  Outline strategies to implement culturally appropriate care with your patients

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Grew up in Papillion, Nebraska

Registered Dietitian 24 years

Hospital Registered Dietitian 8 years

- Bergan Mercy, Children's, Mercy, Lakeside and Immanuel Hospital

Community Nutrition Programs 16 years

- Headstart Health and Nutrition Coordinator
- Women, Infant and Children Dietitian and Program Manager

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Culture

- Accumulation of a group's learned and shared behaviors
- Lens we use to view and understand people's beliefs, customs and knowledge.
- Influences what we eat, when to eat, how to eat and with whom we eat.
- Influences attitudes towards belief's, practices and values



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Culturally Appropriate Care



Care that responds to the needs of the diverse individuals, family and caregivers

Nutrition guidelines and illustrations representing diverse foods with a broader definition of healthy eating

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Cultural Considerations

- FOOD PATTERN
 - Who, what, where and when
 - Who traditionally sits at the table
 - Time of day
 - How are the foods traditionally prepared
- Religion
 - Names of Holidays
 - Fasting
 - Time of day
 - Traditional foods
- Health
 - Define Healthy
 - Practices for healthy living
 - Meaning of disease or illness
 - Influencer of behavior changes



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Campinha-Bocote Model of Cultural Competence

Cultural Awareness

Cultural Knowledge

Cultural Skill

Cultural Encounter

Cultural Desire



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Cultural Awareness

Reflect-Your cultural background

- Assumptions about different ethnic and racial groups?
- Comments and Assumptions
 - Effective
 - Difficult
- Health values, beliefs and Practices



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Cultural Awareness

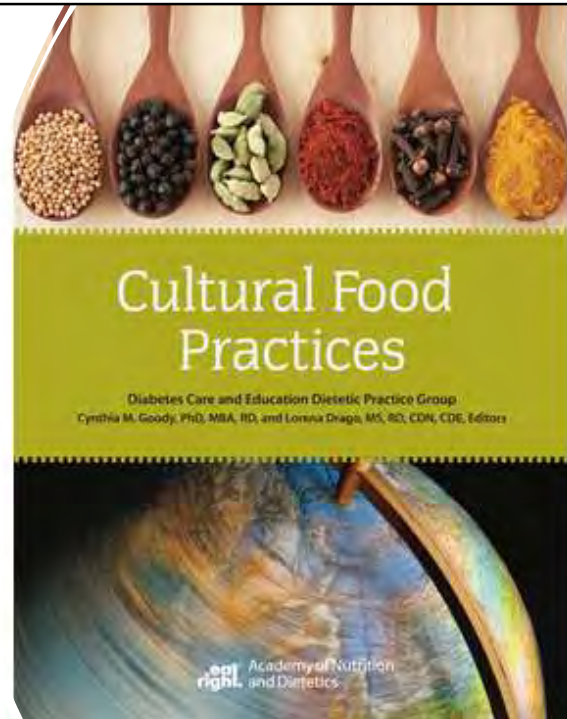
- Assumptions about White, African American, Asian and Hispanic patient's foods and eating styles?
- Why do you think someone develops Diabetes?
- What holidays do you celebrate?
- Where do you go to find more information about nutrition for Diabetes?
- Thoughts about the follow food and drink :
 - Drinks: Sweet tea, Kool-aid, Lemonade, Regular soda?
 - Food: Whole plate of white rice, 8 tortilla with each meal



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Cultural Knowledge

- Variations in family relationships
- Specific health beliefs about health
- Cultural food habits
- Feelings about health care professionals
- Who is responsible for care
- Food preference



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Cultural Knowledge

Research

- Top 3 cultures foods, health beliefs.
- Prevalence
- Perception health care professionals
- Food Habits and Management

Talk

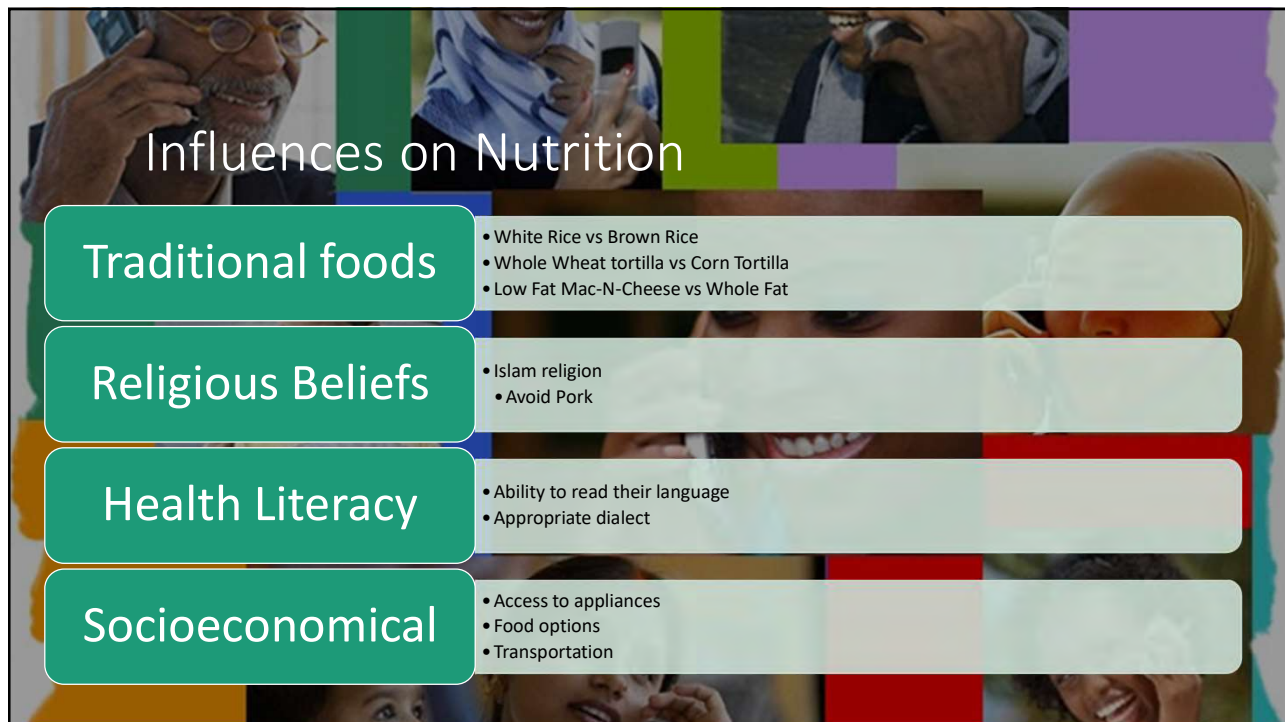
- Patients
- Colleagues
- Friends

Visit

- Grocery stores
- Restaurants



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Influences on Nutrition

Traditional foods	<ul style="list-style-type: none"> • White Rice vs Brown Rice • Whole Wheat tortilla vs Corn Tortilla • Low Fat Mac-N-Cheese vs Whole Fat
Religious Beliefs	<ul style="list-style-type: none"> • Islam religion • Avoid Pork
Health Literacy	<ul style="list-style-type: none"> • Ability to read their language • Appropriate dialect
Socioeconomical	<ul style="list-style-type: none"> • Access to appliances • Food options • Transportation

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Cultural Encounter

Learn from client

Verbal and Non Verbal responses

List of traditional vegetables, proteins to review

Food Labels, Advertisements, Cell phone pictures

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In my family, we have special foods we make together as a family. We make ravioli's do you have any favorite foods?

I may have this wrong, so I apologize beforehand.

What type of vegetables do you like?

How does religion and family traditions affect what you eat and drink?

Can you tell me more about how you make your favorite food and drink?

What stereotypes do people in your culture face and what do you wish they knew?

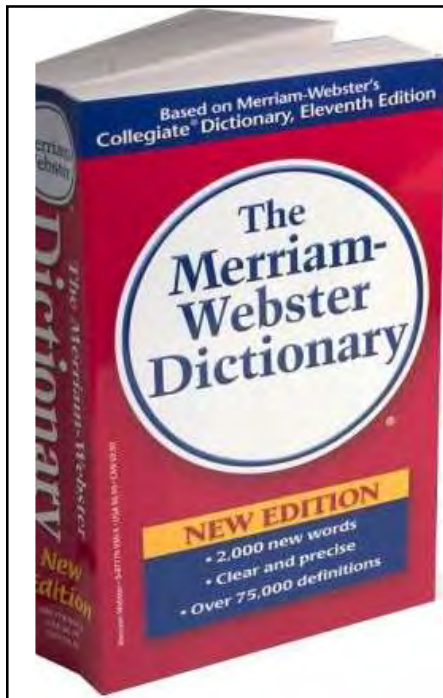
How do you think culture influences your food pattern or health beliefs?

Is there anything more you would like me to know about how you eat related to your Diabetes?

Is there ever a day in a month that you don't have enough money to eat?

What do you think you could do with your food and drink to decrease your blood sugars?

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RACE VS ETHNICITY

The concept of *ethnicity* contrasts with that of *race* in that it is concerned with group cultural identity or expression whereas *race* focuses on physical and biogenetic traits.

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Population: 586,327

Top 3 Race:

- White: 79.5%
- Black or African American: 11.5%
- Asian alone: 4.5%

Ethnicity:

- Hispanic/Latino: 13.9%

CDC Census Douglas County

July 1, 2022

Race and Hispanic Origin	
White alone, percent	79.5%
Black or African American alone, percent (a)	11.5%
American Indian and Alaska Native alone, percent (a)	1.4%
Asian alone, percent (a)	4.5%
Native Hawaiian and Other Pacific Islander alone, percent (a)	0.1%
Two or More Races, percent	3.1%
Hispanic or Latino, percent (b)	13.9%
White alone, not Hispanic or Latino, percent	67.6%

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My Healthy Plate

Soul Foods

The Institute of Family Health

Plan the portions for your plate

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African American Food Practices: Soul Foods

Long history of living in the United States	Food	Health Belief	Counseling
<ul style="list-style-type: none"> • Immigrants • Africa • Caribbean • Central and South America 	<ul style="list-style-type: none"> • Rice • Beans (black-eyed peas or red bean) • Greens • Grits with cheese and butter • Fried egg • Fried potatoes • Biscuits with margarine and jelly • Fried Chicken leg quarter • Boiled dried beans seasoned with ham, ham hocks, or fatback; • Macaroni and cheese 	<ul style="list-style-type: none"> • Respectful of community and church leader • Lack trust or confidence in health care system 	<ul style="list-style-type: none"> • Encourage substitute: • Sweet tea or Lemonade or Kool-Aid with lower sugar or sugar free options. • Fats such as olive or canola oil and smoked turkey in place of fatback or ham hocks. • Portion size

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Mexican

The Institute of Family Health

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Hispanic: Mexican American Food Practices

Mexico	Traditional Foods:	Food Plan:	Beliefs:
<ul style="list-style-type: none"> • Center plateau and center of Oaxaca • Maya in Southeast • Gulf of Mexico to Pacific Ocean on the west 	<ul style="list-style-type: none"> • Corn tortillas • Fish Tacos • Nopales: prickly pear cactus: Decrease blood sugars • Beans (pinto, red and black) • Carne asada-grilled beef • Chorizo-Pork Sausage • Manteca-Lard 	<ul style="list-style-type: none"> • Impact on family 	<ul style="list-style-type: none"> • Diabetes comes from too much sugar or God's will

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Create your own plates

Eatsmartmovemoreva.org



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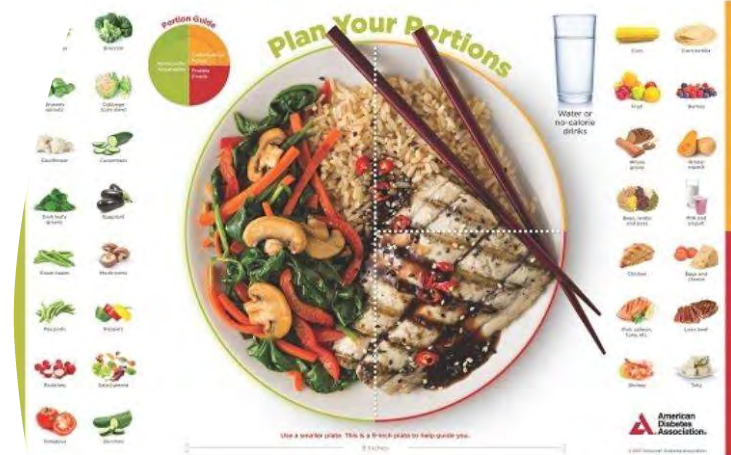
Hispanic: Central American Food Practices

Central America	Foods	Health Beliefs	Counseling
<ul style="list-style-type: none"> • El Salvador • Guatemala • Honduras • Nicaragua • Belize • Costa Rica 	<ul style="list-style-type: none"> • Corn-maize • Rice • Beans-Frijoles • Coffee with sweet bread (pan dulce) • Avacado • Fruit nectar with water 	<ul style="list-style-type: none"> • Fright (Susto)- physical conditions like diabetes have emotional and traumatic events lead to illness 	<ul style="list-style-type: none"> • Is patient open to eating 1-2 corn tortillas • Open to using canola or olive oil in place of lard

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Asian

- American Diabetes Association



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Asian: Hmong American Food Practice

Southeast Asia	Foods	Health Belief	Counseling
<ul style="list-style-type: none"> • Laos • Vietnam • Thailand (Karen) 	<ul style="list-style-type: none"> • Rice (2 cups per meal) • Prefer fresh-no refrigeration • Pork (primary)/Tofu • Bitter Melon (decrease blood sugars) • Mung bean noodles • Hmong rice patty (snack with molasses or caramel syrup) 	<ul style="list-style-type: none"> • Health and Illness related to spiritual beliefs • Healers: Shaman, Soul Callers, Magic Healers 	<ul style="list-style-type: none"> • Emphasize addition of non-starchy vegetables with meals and decrease amount of rice • Use measuring tools (Asian style bowls) to teach portion sizes • Discuss having smaller portions of rice if also having noodles

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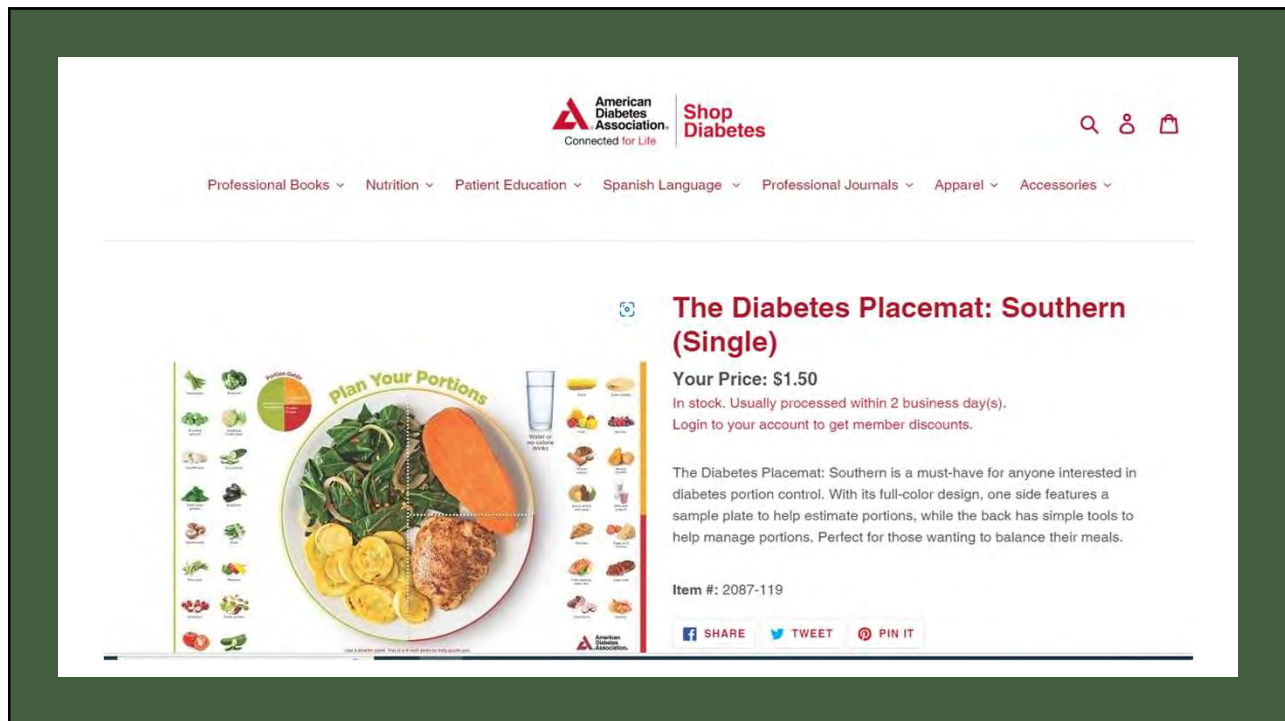
Asian: Asian Indian and Pakistani Food Practice

South Asia	Food	Health Beliefs	Counseling
<ul style="list-style-type: none"> • Pakistan • India 	<ul style="list-style-type: none"> • Homemade breads • Rice • Dal (legume-based dishes) • Plain yogurt, buttermilk or raita (yogurt with cucumber) 	<ul style="list-style-type: none"> • Religion influence <ul style="list-style-type: none"> • Hindu-may be vegetarian or do not eat beef or pork • Muslims-not vegetarian, avoid eating all pork and pork products • Orthodox Jains-vegetarians, avoid root vegetables or blood-colored foods 	<ul style="list-style-type: none"> • Assess clients religious affiliation, vegetarian • Discuss higher prevalence of Diabetes in Indian and Pakistani in United States verse homeland • Fasting and feasting on blood sugar management

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Eatright.org

Home > Food > Cultural Cuisines and Traditions

Cultural Cuisines and Traditions

Enjoy holiday dishes and celebrate cultural cuisines and traditions, plus learn how to build a healthful eating plan for your unique lifestyle and nutritional needs.



African



African American



Central and South American

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Nutrition Focus - Food Groups +


Nutrition Focus - Nutrients +

Food Groups +

Cooking Equipment +

Cuisine -

- American (116)
- Asian (20)
- Latin American/Hispanic (110)
- Mediterranean (19)
- Middle Eastern (10)
- Native American (15)
- Southern (65)
- V...




Apple Carrot Soup

Ginger and orange peel are the secret ingredients to this pork, apple, and carrot soup.

★★★★☆

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Asian Mango Chicken Wraps

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian ...

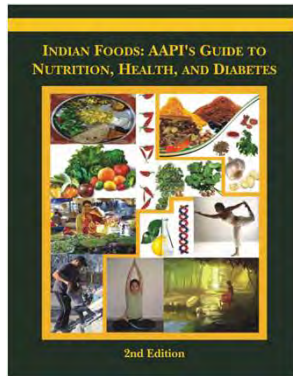
★★★★☆

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Myplate Kitchen

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American Association of Physicians of Indian Origin



Exchange Lists for Indians with Diabetes

Baked (Tandoori) chicken (no skin)	1 oz	9% milk	1 cup
Chicken (skinless)	1 oz	Whole milk	1 cup
Pork, lean	1 oz	½ milk	1 cup
Lamb	1 oz	Evaporated whole milk	½ cup
Veal, lean	1 oz	Nonfat buttermilk	1 cup
Turkey (skinless)	1 oz	Goat's milk	1 cup
Fish, fresh or canned	1 oz	Evaporated skim milk	½ cup
Ground meat, kabab	1 oz	Kefir	1 cup
Oysters	6	Nonfat dry milk	½ cup
Sardines	2	Plain, nonfat yogurt	1 cup
Cottage cheese, 4.5% fat	½ cup	Fruit flavored yogurt (nonfat, sugar free)	1 cup
Parmesan, grated	2 Tbsp	Laos, nonfat, sugar free	1 cup
		Panzer, 1% milk	1 oz
		Miso, 1% milk	1 cup
		Low fat (1.5 gm fat)	
		2% milk	1 cup
		Plain low fat yogurt	½ cup
		Sweet acidophilus milk	1 cup
		Fat Exchange	
		5 gm fat and 43 calories.	
		Monounsaturated Fats	Saturated Fats*
		Avocado, medium	½ (1 oz)
		Bacon, cooked	1 slice
		Bacon, regular	1 tsp
		Bacon, grease	8 large
		Olives	2 tsp
		Butter, stick	
		Nuts	1 Tbsp
		Whipped	6
		Almonds, cashews	2 Tbsp
		Reduced fat	6
		Mixed	6
		Ghee, clarified butter	1 tsp
		Peanuts	10
		Cocunut	2 Tbsp
		Peanut	4 halves
		Half and half cream	2 Tbsp
		Peanut butter	2 tsp
		Cream cheese, regular	1 Tbsp
		Sesame seeds	1 Tbsp
		Reduced fat	2 Tbsp
		Portion	
		Skim milk	1 cup

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Choose MyPlate Tip Sheets: Hmong, Chinese, & Vietnamese

2014 | USDA/Nutrition Education and Obesity Prevention Branch.

[SNAP-Ed](#) > [SNAP-Ed Library](#) > Choose MyPlate Tip Sheets: Hmong, Chinese, & Vietnamese

[Back to Search](#)

The USDA Ten Tips Sheets cover basic nutrition information about consuming whole grains, eating healthy meals, role modeling, limiting sweets and sodium, choosing beverages, and being active.

Developer: USDA/Nutrition Education and Obesity Prevention Branch.

Year: 2014

Website: [Top 10 Tip Sheets - Hmong](#)
[Top 10 Tip Sheets - Vietnamese](#)



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Resources

- [MyPlate Inspired Dishes from Around the World](#) – Eat Smart, Move More from the Virginia Family Nutrition Program
- [Healthy Plates Around the World](#) – The Institute for Family Health
- [10 Tips: Enjoy Foods from Many Cultures](#) – Eatright.org
- [The Diabetes Placemat: Pacific Islander/Indian/Southern/Hispanic](#)-Shopdiabetes.org
- [Indian Foods: AAPI's Guide to Nutrition, Health and Diabetes](#)-sukham.org
- [Myplate Kitchen](#)-myplate.gov
- [Top 10 Tip Sheets Hmong/Vietnamese/Cantones](#)-snaped.fns.usda.gov

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Summary



- Broaden Cultural Knowledge
- Embrace Similarities and Differences
- Demonstrate genuine interest in client/patient
- Don't assume
- Listen & Learn

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