

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Personalizing Your Plate To Include Foods from Other Cultures – Latin American

The foods we eat are often influenced by our family's history and culture. They're also influenced by where we live, our budgets, and our tastes. Many cuisines feature dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.

Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- **Fill half your plate with fruits and veggies.** Get creative with produce by trying an assortment of colors and textures.
- **Experiment with different grains.** Try substituting whole grains for refined grains in recipes.
- **Choose lean protein foods.** Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- **Complete your meal with dairy.** Include low-fat or fat-free options like milk, yogurt, cheese, calcium-fortified soymilk, or lactose-free milk.

A healthful eating style can be as unique as you!



Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Scrambled egg with tomato, onion and peppers in a corn tortilla or arepa with cheese
- Beans and rice, with sliced tomato and cooked egg and plantain
- Bean and cheese empanada (stuffed pastry) with a mango and jicama salad
- Arroz con Pollo (seasoned chicken and rice) with a side of peppers, tomatoes, and chayote squash

Lunch or Dinner:

- Tamales filled with cheese and chicken or beans, served with tomatillo salsa and zucchini
- Pumpkin and quinoa soup with white beans
- Pupusas (masa corn cake filled with cheese, beans or meat) with salsa and curtido (a type of cabbage slaw)
- Fish tacos with avocados and salsa, sautéed chard and pineapple
- Ropa vieja (shredded beef in a spicy tomato sauce) with rice, black beans, collard greens and avocado
- Soup or stew with hominy topped with shredded cheese, lettuce and radish and served with a side of fresh fruit
- A cup of sancocho (meat and root vegetable stew) with green salad and yogurt and berries for dessert

Snacks:

- Raw vegetables dipped in guacamole
- Fruit smoothie made with milk

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

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