



Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators November 2013

This publication is a collection of resources on the topic of cultural and ethnic food and nutrition education materials. Resources include books, pamphlets and audiovisuals. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/ethnic.pdf>

A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books, Book Chapters, and Booklets

50+ Web-Based Lesson Plans for Ethnic Foods

Learning ZoneXpress

Owatonna, MN. 2011.

NAL Call Number: TX66.A53 2000

Description: Provides ways to explore ethnic foods using the Web. It includes worksheets and exercises about holidays, spices, and unique foods in over 30 different countries. Students can follow the instructions provided to complete the assignments and exercises on their own.

The Cooking Demo Book

Food and Health Communications, 2011.

NAL Call Number: TX.661.D63.2011

Description: Contains food demonstration lessons that emphasize the use of fruit, vegetables, whole grains and beans. While mostly for use with consumers, one lesson addresses training staff on food safety during food demonstrations. Ethnic Cooking lessons are also included. Lesson leader guides feature objectives, rationale, materials needed, preparation required, activity ideas, recipes, make-ahead options and garnish/presentation tips.

American Indian Food

Linda Murray Berzok

Westport, CT: Greenwood Publishing Group, 2005. 248 p.

ISBN: 0313329893

NAL Call Number: E98.F7 B47 2005

Description: Chapters on the foodways history, foodstuffs, food preparation, preservation, and storage, food customs, food and religion, and diet and nutrition reveal the American Indians' heritage.

Counseling the Culturally Diverse: Theory and Practice, 6th edition

Derald Wing Sue and David Sue

New York, NY: J. Wiley & Sons, 2012. 576 p.

ISBN: 1118022025

NAL Call Number: BF637.C6 S85

Description: Primarily geared to mental health professionals, this book discusses multicultural counseling and therapy, culturally appropriate intervention strategies and multicultural family counseling and therapy. This book contains sections on counseling African Americans, Asian Americans, American Indians, Alaskan Natives, Hispanic Americans, gays and lesbians, women, the elderly, and persons with disabilities.



Cultural Food Practices

Cynthia M. Goody, PhD, MBA, RD and Lorena Drago, MS, RD, CDN, CDE
Diabetes Care and Education Dietetic Practice Group
Chicago, IL: American Dietetic Association, 2010. 244 p.

ISBN: 978-0880914338

Description: Chapters focus on food practices of 15 different cultures (American Indian, Alaska Native, African American, Central American, Caribbean Hispanic, South American, Asian Indian and Pakistani, Chinese American, Hmong American, Filipino American, Korean American, Cajun and Creole, Jewish, and Islamic). Food practices include: cuisine; special holiday foods; traditional health beliefs; current food practices; and culturally appropriate counseling recommendations. Also includes culturally specific client education handouts available on CD-ROM.

Diabetes Education in Tribal Schools (DETS) Curriculum

Indian Health Service, U.S. Department of Health and Human Services

Web site:

<http://www.ihs.gov/medicalprograms/diabetes/index.cfm?module=toolsCurriculaDETS>

Description: This curriculum is designed for teachers and other health educators working with students in grades K-12. The lesson plans focus on nutrition and healthy lifestyle choices to prevent diabetes in American Indian and Alaska Native communities. Materials include DVDs, posters, handouts, dance audio samples and for grades 5 and older, test bank questions. Curriculum may be viewed and downloaded from their Web site or a printed copy may be requested.

Food and Culture, 6th edition

Pamela Kittler and Kathryn Sucher
Belmont, CA: Thomson Wadsworth, 2011. 560 p.

ISBN: 0538734973

NAL Call Number: TX357.K58

Description: Gives information on the different ethnicities, religions and cultures that have become part of food culture in the United States. This textbook is targeted at chefs, health professionals, and others in the food service industry and discusses how to work effectively with members of different ethnic and religious groups.

Food Culture Around the World

Westport, CT: Greenwood Press, 2005.

Description: This series of books explores food cultures around the world by describing regional culinary delights and customs. Special attention is paid to historical and religious perspectives as well as the positions held by tradition. Areas of the world covered in the series include:

Food Culture in the Caribbean by Lynn Marie Houston

ISBN: 0313327645 **NAL Call Number:** TX716.A1 H67

Food Culture in China by Jacqueline M. Newman

ISBN: 0313325812 **NAL Call Number:** TX724.5.C5 N45



Food Culture in France by Julia Abramson
ISBN: 0313327971 **NAL Call Number:** TX719.A237 2006
Food Culture in Great Britain by Laura Mason
ISBN: 031332798X **NAL Call Number:**
Food Culture in India by Colleen Taylor Sen
ISBN: 0313324875 **NAL Call Number:** TX724.5.I4 S38
Food Culture in Italy by Fabio Parasecoli
ISBN: 0313327262 **NAL Call Number:** GT2853.I8 P37
Food Culture in Japan by Michael Ashkenazi and Jeanne Jacob
ISBN: 0313324387 **NAL Call Number:** TX724.5.J3 A88
Food Culture in Mexico by Janet Long-Solis and Luis Alberto Vargas
ISBN: 031332431X **NAL Call Number:** GT2853.M6 L66
Food Culture in Near East, Middle East and North Africa by Peter Heine
ISBN: 0313329567 **NAL Call Number:** GT2853.M628 H45
Food Culture in Russia and Central Asia by Glenn Randall Mack
ISBN: 0313327734 **NAL Call Number:** TX723.3 .M2356
Food Culture in South America by José Rafael Lovera
ISBN: 0313327521 **NAL Call Number:** TX716.A1 L68
Food Culture in Spain by F. Xavier Medina
ISBN: 0313328196 **NAL Call Number:** TX723.5.S7 M43
Food Culture in Sub-Saharan Africa by Fran Osseo-Asare
ISBN: 0313324883 **NAL Call Number:** TX725.A4 O78

Handbook of Multicultural Counseling

Joseph G. Ponterotto, J. Manuel Casas, Lisa A. Suzuki, Charlene M. Alexander
San Francisco, CA: Sage Publications, Inc., 2009. 848 p.
ISBN: 978-1412964326

Description: Features latest advances in theory, ethics, research, measurement, and clinical practice and assessment in multicultural counseling and therapy.

The Oxford Companion to American Food and Drink

Andrew Smith
Oxford, NY: Oxford University Press, 2007. 736 p.
ISBN: 978-0195307962

NAL Call Number: TX349.094.2007

Description: Aims to educate those interested in learning the history and culture of American food and drink. Entries highlight specific foods, restaurants, companies, diets, health trends, holidays and customs.



Spanish for the Nutrition Professional, 2nd Edition

Peggy A. Batty and Mary Jo Kurko, MPH, RD

Chicago, IL: American Dietetic Association, 2008 160 p.

Online Ordering Information: <http://www.eatright.org/Shop/Product.aspx?id=5013>

Description: This pocket guide is designed to assist the dietetics professional in communicating with and counseling Spanish-speaking clients. This resource contains illustrations for basic food items, English-to-Spanish translations of measurements, numbers, phrases, and common foods, as well as sections on culture-sensitive interviewing, working with interpreters and choosing culturally appropriate materials.

What I Eat: Around the World in 80 Diets

Peter Menzel and Faith D'Aluisio

Berkeley, CA: Ten Speed Press, 2010. 335 p.

ISBN: 978-0984074402

Description: Offers a photographic study of people and their diets from around the world, revealing what people eat during the course of their day.

II. Full-Text Online Information

A Day in the Life

Network for a Healthy California-African American Campaign

Full Text: http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=496

Description: A DVD and Discussion Guide to effectively teach the important of eating fruits and vegetables. This DVD and Discussion Guide show African Americans a variety of ways to eat the recommended amounts of fruits and vegetables and get the recommended amount of physical activity each day.

American Indian Health

U.S. National Library of Medicine, National Institutes of Health

Full text: <http://americanindianhealth.nlm.nih.gov/index.html>

Description: Serves as an information portal to information on issues affecting the health and well-being of American Indians. Health topics include: diabetes; children's health; elder's health; and heart diseases. Also provides information on: culture and traditions; research and statistics; and links to programs, services, and organizations.

American Indians and Alaska Natives and Diabetes

National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Full text: <http://diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm>

Description: Provides a list of publications, press releases, statistics and resources addressing diabetes among American Indians and Alaska Natives.



Asian Diet Pyramid

Oldways Preservation Trust

Full text: <http://oldwayspt.org/resources/heritage-pyramids/asian-diet-pyramid>

Description: Illustrates the traditional Asian diet. Provide a list of common and uncommon foods and flavors from Asian cuisine.

Asian Language Nutrition and Physical Activity Brochures

Center for Weight and Health, University of California, Berkeley

Full text: <http://cwh.berkeley.edu/resource/asian-language-nutrition-and-physical-activity-brochures-cambodian-chinese-hmong-korean-la-0>

Description: Series of five culturally-sensitive and relevant educational pamphlets developed to reduce the risk of adult and child obesity among specific Asian immigrant populations. Topics include: Healthy food options; healthier fast food and soft drinks choices; healthy weight for children; daily physical activity; and balancing TV and computer time with play time. Materials are available in Cambodian, Hmong, Vietnamese, Korean, Laotian and Chinese.

Chinese Language Food and Nutrition Resources

American Dietetic Association and Chinese Americans in Dietetics and Nutrition Member Interest Group

Full text: <http://www.eatright.org/Public/content.aspx?id=5691>

Description: Offers Chinese language food and nutrition information handouts. Topics include: basic guidelines for high blood pressure; cholesterol content in food; diabetic diet; low-fat diet; iron; and tips for weight control.

Culturally Competent Care

Diversity Rx

<http://www.diversityrx.org/topic-areas/culturally-competent-care>

Description: Provides information and links about ethnic and cultural issues that may arise during the delivery of health services.

Community Wellness Newsletter

Northern California Indian Development Council

Full text: <http://www.ncidc.org/galleries/community-wellness-newsletter>

Description: A newsletter created to promote healthy eating and living in Native American tribes.

Eat Healthy—Be Active Community Workshops

U.S. Department of Health and Human Services

Full Text: <http://www.health.gov/dietaryguidelines/workshops/>

Description: Based on the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines for Americans, this website provides six one-hour long workshops for community educators to teach adults in a wide variety of communities about healthy eating and exercise.



Food Distribution Program on Indian Reservations Fact Sheet

Food and Nutrition Service, U.S. Department of Agriculture

Full text: <http://www.fns.usda.gov/fdd/programs/fdpi/pfs-fdpi.pdf>

Description: Explains USDA's Food Distribution Program on Indian Reservations (FDPIR) including eligibility, participation, and types of foods and services provided.

Healthy Latino Recipes

Champions for Change: Network for a Healthy California

Full Text: <http://www.cachampionsforchange.cdph.ca.gov/en/docs/Healthy-Latino-Recipes.pdf>

Description: Recipe book that not only includes healthy Latino recipes, but also highlights general nutrition information and recommendations.

Identification Guide of Vegetables and Herbs and Identification Guide of Exotic Fruits, Fresh Fruits and Vegetables Import Manual

Animal and Plant Health Inspection Service, U.S. Department of Agriculture

Full text:

http://www.aphis.usda.gov/import_export/plants/manuals/ports/downloads/fv.pdf

Description: Manual covers fruits, vegetables and herbs imported into the U.S. from other countries. Descriptions contain common and scientific names, as well as pictorial identification guides.

International Programs

Healthy Meals Resource System, United States Department of Agriculture

Full text: <http://healthymeals.nal.usda.gov/resource-library/international-programs>

Description: List of resources about school programs around the world that pertain to gardening and healthy eating.

The Kosher Primer

Orthodox Union

Full text: <http://oukosher.org/the-kosher-primer/>

Description: Information on Kosher food and explanation of Kosher supervision and certification of foods.

Making Health Communication Programs Work: Pink Book

National Cancer Institute, National Institutes of Health

Full text: <http://www.cancer.gov/cancertopics/cancerlibrary/pinkbook/page1>

Description: Offers health professionals guidance in producing and implementing health communication programs. Tips suggest ways to tailor process to various communication needs.



Making WIC Work in Multicultural Communities

Food Research Action Center

<http://frac.org/federal-foodnutrition-programs/wic/wic-in-multicultural-communities/>

Description: A guide for WIC Staff that provides information on how to effectively implement WIC practices in multicultural communities. Addresses the issues of language barriers and how to communicate with “hard-to-reach” communities.

Mediterranean Foods Alliance

Oldways Preservation Trust

Full text: <http://www.mediterraneanmark.org/>

Description: Guides consumers in how to shop for, prepare, and enjoy foods, drinks and dishes of the Mediterranean diet. Includes: Mediterranean Diet Pyramid; recipes; “Make Each Day Mediterranean” toolkit; menu ideas and shopping tips.

Menus and Menu Planner

National Heart, Lung, and Blood Institute, National Institutes of Health

Full text: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm

Description: Provides examples of reduced calorie menus for traditional American meals as well as ethnic meals.

Asian-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm

Southern Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/southern.htm

Mexican-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm

Minority Women’s Health

Office on Women’s Health, U.S. Department of Health and Human Services

Full text: <http://womenshealth.gov/minority-health/>

Description: Give women’s health information on various topics, including general nutrition, diabetes, heart disease, and osteoporosis, geared toward African American, American Indian/Alaskan Native, Asian Pacific Islander, and Hispanic/Latina women.

National Center for Cultural Competence

Center for Child and Human Development, Georgetown University

Full Text: www11.georgetown.edu/research/gucchd/nccc/resources/cultural6.html

Description: This page describes the relationship between race, ethnicity, culture and health. Includes research on topics such as, but not limited to, cancer, cardiovascular disease, diabetes, infant mortality, and child and adult immunizations.



Native American Health

Department of Health and Human Services, National Institute of Health, and Medline Plus

<http://www.nlm.nih.gov/medlineplus/nativeamericanhealth.html>

Description: Outlines the health concerns of the Native American population in the United States. Includes articles on disease prevention, nutritional needs, and conditions that are specific to the population.

Nutrition Education for Adult ESL

Eating Well, Living Well

Full Text: http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=422

Description: A curriculum developed for English as a Second Language (ESL) students in California. Consists of 26 lessons, materials, and training resources for adults ESL and other educators for integrating nutrition into adult ESL programs.

On the Move to Better Heart Health for African Americans

National Heart, Lung, and Blood Institute, National Institutes of Health

Full text: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>

Description: Covers heart healthy living including information on heart disease, high blood pressure, blood cholesterol, diabetes, weight management and smoking cessation.

Profiles of Latino Health: A Closer Look at Latino Child Nutrition

National Council of La Raza

Full text:

http://www.nclr.org/index.php/issues_and_programs/health_and_nutrition/health_care_reform/hcrarchive/healthprofiles/nutritionprofiles/

Description: Third in a series of reports addressing health needs of the U.S. Latino population. Examines the latest research and data on twelve issues affecting Latino child nutrition.

Sisters Together: Move More, Eat Better

National Institute of Diabetes & Digestive & Kidney Diseases, National Institutes of Health

Full text: <http://win.niddk.nih.gov/sisters/index.htm>

Description: This program is designed to encourage African American women aged 18 and older to control their weight by increasing physical activity and eating healthy foods. Program guide and materials are available on the Web site.



Think Cultural Health

Department of Health and Human Services, Office of Minority Health

Full Text: <https://www.thinkculturalhealth.hhs.gov/>

Description: Think Cultural Health provides resources and tools to those in the health field to learn more about various cultures and ethnic groups in hopes of having health equity.

Women's Health.gov

Office on Women's Health, U.S. Department of Health and Human Services

Full text: <http://www.womenshealth.gov/minority-health/>

Description: Gives women's health information on various topics, including general nutrition, diabetes, heart disease, and osteoporosis, geared to African American, American Indian/Alaskan Native, Asian Pacific Islander, and Hispanic/Latina women.

What Is Halal?

The Islamic Food and Nutrition Council of America (IFANCA)

Full Text: <http://www.ifanca.org/>

Description: Explains principles of Halal, the foods appropriate under Muslim law. Includes a shopper's guide, glossary and frequently asked questions.

III. Videos, Kits, Models, and Graphics

American Foods of the South Set

Life/form replicas; 10 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 6

Description: Contents: barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips, grits, hush puppies, lima beans with salt pork, pan-fried catfish, and roasted spareribs.

Cooking With Kids: Integrated Curriculum Guide / Cocinando Con Niños : Guía del Plan de Estudios Integrado

Lynn Walters and Jane Stacey

Cooking with Kids, 2005.

NAL Call Number: TX661 .W343 2008

Description: Engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore a variety of foods using all of their senses, in an interactive, fun way that allows them to make their own healthy diet choices. Grade divisions within lessons for K-1, 2-3 and 4-6.



Fit Kids = Happy Kids/Niños Saludables = Niños Felices

Southwest Region Educating Communities on Healthy Options, Southwest Region WIC Programs, 2005.

NAL Call Number: Kit no. 495

Description: The kit can be customized by state agencies and culturally specific graphics and illustrations can be inserted. The kit may be used to support current state activities or, along with the 12 vignettes on DVD, to train staff. Features of the tool kit include: “Healthy Habits for Healthy Weights/Hábitos sanos para un peso sano” flip chart designed to reinforce positive eating, activity and TV behaviors and answer parents’ questions about how they can help their children develop healthy habits. Also includes “Jump for Joy/Brinca con Blanca,” a children’s physical activity and nutrition book, and a poster, “Help your child build healthy habits for a lifetime./Las costumbres saludables de hoy duran toda la vida.” Also included is an educator-focused training manual which contains six modules.

Food and Fitness Matter: Raising Healthy, Active Kids

Parents’ Action for Children, 2006.

1 DVD (24 min.)

NAL Call Number: DVD no. 124 English, DVD no. 119 Spanish

Description: DVD provides parents the information and support they need to make changes at home and in their local schools. In the video, health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher, explain the causes for the dramatic increase in overweight kids and the health problems associated with childhood obesity. The video also presents practical tips for parents to improve diet and fitness at home and profiles of schools and districts that successfully switched to healthier foods.

Food Replica Package No. 3

Life/form replicas; 26 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 5

Description: Along with various replicas of food from different food groups, includes the following Mexican-American foods: enchiladas, flour tortilla, refried beans, taco and Spanish rice.

International Foods 2: Africa and the Middle East Powerpoint

Learning ZoneXpress, 2005.

Description: Covers: North (Egypt & Morocco); West (Senegal & Nigeria); East (Ethiopia & Kenya); South Africa and the Middle East. Contains 25-30 content slides on CD plus activities, assignments, web resources, copy-ready handouts, and a quiz.



Italian Food Model Kit

Life/form replicas; 10 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 8

Description: Contains 10 models of Italian foods. The accompanying booklet contains recipes and food exchanges.

Latin American Food Model Kit

Life/form replicas; 25 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 31

Description: Contains 25 replicas of commonly eaten foods listed within the Latin American Diet Pyramid. Replicas include: corn tortilla, flour tortilla, corn bread, brown rice, baked potato, white rice, yam, refried beans, red beans, peanuts, avocado slice, kiwi, orange, broccoli, spinach, tomato, salmon, perch, chicken leg, chicken breast, skim milk, cheese cubes, fried egg, beef roast, and vanilla ice cream.

Mediterranean Food Model Kit

Life/form replicas; 20 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 30

Description: Contains 20 food replicas of commonly eaten foods listed on the Mediterranean Food Pyramid. Replicas include: slice of whole wheat bread, avocado slice, yogurt, brown rice, red beans, peanuts, broiled fish, spaghetti, tomato slice, chicken leg, baked potato, lettuce, leaf, fried egg, slice of rye bread, cheese cubes, chocolate ice cream, peach, salmon, red wine, and strawberries.

Mexican-American Ethnic Food Set

Life/form replicas; 12 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 7

Description: Contains: Hot chili pepper (jalapeño), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (plato de frijoles), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, and crisp taco.

Vegetarian Diet Supplement Food Package

Life/form replicas; 11 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 12

Description: Contains: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.



Vegetarian Food Package

Life/form replicas; 34 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 10

Description: Contains: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.

IV. Resources in Spanish

American Diabetes Association

La Diabetes Entre los Latinos

(Spanish language Diabetes in Latinos)

1701 North Beauregard St.

Alexandria, VA 22311

Phone: 1-800-DIABETES

Web site: <http://www.diabetes.org/espanol/>

Description: Web site for Spanish-language diabetes education materials.

Centers for Disease Control and Prevention (CDC)

1600 Clifton Rd.

Atlanta, GA 30333

Phone: 1-800-CDC-INFO (800-232-4636)

Web site: <http://www.cdc.gov/spanish>

Description: CDC's Spanish-language Web site covers health issues of relevance to Latino communities.

Food Insight in Spanish

International Food Information Council Foundation (IFIC)

Web site: <http://www.foodinsight.org/EnEspanol/>

Description: Spanish-language version of IFIC's Web site. Provides Spanish-language resources on topics including diet and health, weight management, food production, food components and food safety.



Latino Nutrition Coalition

Oldways Preservation Trust

Full text: <http://oldwayspt.org/resources/heritage-pyramids/latino-diet-pyramid>

Description: Collection of nutrition education materials designed for Latin American audiences. Includes: toolkit for health professionals; supermarket shopping guide; sample seasonal Latino meal plans; whole grain fact sheets; and the Latin American Diet Pyramid. Materials are available in English and Spanish.

Más Vale Prevenir: Que Lamentar/An Ounce of Prevention: A Guide To Heart Health

United States Department of Agriculture

Full text: http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_sp.pdf

Description: Uses stories to discuss tips for preventing heart disease. Each story includes a workbook segment to help the readers write down their personal pledges to improve their heart health and chart their own progress. Print copies in Spanish can also be ordered (see Web site).

MyPlate in Spanish

National Heart, Lung, and Blood Institute, National Institutes of Health

Full text: <http://www.choosemyplate.gov/en-espanol.html>

Description: The USDA's MyPlate is also available in Spanish. The web page also included general information, information about children's nutritional needs, and recipes.

National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

1 Information Way

Bethesda, MD 20892-3560

Phone: (800) 860-8747

Fax: (703) 738-4929

Web site: http://diabetes.niddk.nih.gov/index_sp.htm

Description: Provides list of Spanish-language publications covering a range of diabetes-related health topics including prevention, symptoms, treatment, nutrition, and management.

¡Podemos! (We Can!) Ways to Enhance Children's Activity and Nutrition Resources in Spanish

National Heart, Lung, and Blood Institute, National Institutes of Health

Web site: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/resources_espanol.htm

Description: The national childhood obesity prevention program, Provides tools and resources in English and Spanish to help families and communities better understand the basics of nutrition and how it relates to maintaining a healthy weight.



SNAP Outreach and Nutrition Education Materials in Spanish

Food and Nutrition Service, U.S. Department of Agriculture

Web site: <http://snap.ntis.gov/Default.aspx> (for Ordering Center) and Spanish-language Web site: <http://www.fns.usda.gov/fns/sp-default.htm>

Description: Provides nutrition education materials designed to educate low income people about the nutrition benefits of the federal Supplemental Nutrition Assistance Program and encourage participation. Materials available in Spanish include brochures, handouts, and activity sheets.

Spanish Language Food and Nutrition Resources

The Academy of Nutrition and Dietetics and Latinos and Hispanics in Dietetics and Nutrition Member Interest Group

Full text: <http://www.eatright.org/espanol/>

Description: Offers Spanish language food and nutrition information resources. Handouts are free to download. The brochures and other products can be ordered online.

SNAP-Ed Connection: Spanish Language Materials

U.S. Department of Agriculture

<http://snap.nal.usda.gov/resource-library/spanish-language-materials>

Spanish materials provided by SNAP-Ed connection. Included materials on how to eat healthy on a budget, information on MyPlate, and tips on how to make healthy recipes.

Su Corazón Su Vida: Manual Del Promotor Y Promotora De Salud

(Spanish language "Your Heart, Your Life: A Lay Health Educator's Manual for the Hispanic Community")

National Heart, Lung, and Blood Institute

http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat_mnl.htm

Description: Heart-health education for the Latino community. Contains skill-building activities, reproducible handouts, and idea starters.

Wellness Resources for Child Care Providers

Healthy Meals Resource System, United State Department of Agriculture

<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers/resources-spanish>

Description: List of resources in Spanish that cover a variety of topics on caring for a child, including general nutrition, child care tips, washing hands, and increasing activity level.



V. Additional Contacts and Sources of Information

American Diabetes Association

1701 North Beauregard St.

Alexandria, VA 22311

Phone: 1-800-DIABETES (800-342-2383)

Web site: <http://www.diabetes.org/in-my-community/programs/> **American Heart**

Association's Nutrition Center

American Heart Association

Web site: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

Asian American Diabetes Initiative, Joslin Diabetes Center

1 Joslin Place, Room 382A

Boston, MA 02215

Phone: (617)226-5815

Fax: (617) 732-2607

Web site: <http://aadi.joslin.org/>

Asian American Health, Specialized Information Services, National Library of Medicine

2 Democracy Plaza, Suite 510

Bethesda, MD 20892-5467

Phone: (888) FINDNLM (888-346-3656)

Fax: (301) 480-3537

Web site: <http://asianamericanhealth.nlm.nih.gov/>

Chinese Americans in Dietetics and Nutrition

Website: <http://cadn.weebly.com/>

Chinese Community Health Resource Center

835 Jackson St. Room 425

San Francisco, CA 94133

Phone: (415) 677-2473

Fax: (415) 677-2457

Web site: <http://www.cchrhealth.org/en/healthinfo/materials.html>

Cooperative Extension Systems Offices

National Institute of Food and Agriculture, U.S. Department of Agriculture

Web site: <http://www.csrees.usda.gov/Extension/>



Food and Consumer Safety Bureau, Iowa Department of Inspections and Appeals

Lucas State Office Building

321 E. 12th St.

Des Moines, IA 50319-0083

Phone: (515) 281-6538

Web site: <http://www.profoodsafety.org/>

Food and Nutrition Information Center

10301 Baltimore Ave. Room 105

Beltsville, MD 20705

Phone: (301) 504-5414

Web site: <http://fnic.nal.usda.gov>

Ethnic/Cultural Food Guide Pyramid page <http://fnic.nal.usda.gov/dietary-guidance/myplatefood-pyramid-resources/ethniccultural-food-pyramids>

International Food Composition Resources page

<http://fnic.nal.usda.gov/food-composition/international-food-composition-resources>

Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN)

Website: <http://www.eatrightlahidan.org/>

Muslims in Dietetics and Nutrition (MIDAN)

Website: <http://muslimdietitians.org/home>

National Council of La Raza

1126 16th Street, N.W. Suite 100

Washington, DC 20036

Phone: (202) 785-1670

Web site: <http://www.nclr.org>

National Heart, Lung, and Blood Institute Health Information Center

Phone: (301) 592-8573

E-mail: NHLBInfo@nhlbi.nih.gov

Web site: <http://catalog.nhlbi.nih.gov/catalog/home> (for online catalog of educational materials)

Office of Minority Health, U.S. Department of Health and Human Services Publications

P.O. Box 37337

Washington, D.C. 20013-7337

Phone: (800) 444-6472

Fax: (301) 230-7198

TDD: (301) 251-1432

Web site: <http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=1&lvlID=13>



Selected Patient Information Resources in Asian Languages (SPIRAL)

Tufts University Hirsh Health Services Library

145 Harrison Ave.

Boston, MA 02111

Phone (617) 636-6075

Fax (617) 636-4039

Web site: <http://spiral.tufts.edu/>

U.S. Food and Drug Administration

10903 New Hampshire Ave.

Silver Spring, MD 20993-0002

Phone: (888)- INFO-FDA (1-888-463-6332)

Web site: <http://www.fda.gov/InternationalPrograms/default.htm>

This resource list was compiled by:

Desireé Stapley, MEd, RD, Nutrition Information Specialist

Kathleen Pellechia, RD, Nutrition Information Specialist

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Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 108
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5719
Fax: 301-504-6409
TTY: 301-504-6856
Contact: <http://fnic.nal.usda.gov/contact>
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