

## Portion Sizes

Watch your number of portions and your portion or “serving” size. Here are some visual clues for serving sizes:



**1 CUP = YOUR FIST**



**1 CUP DRY CEREAL = A LARGE HANDFUL**



**1 CUP OF VEGETABLES = YOUR FIST**



**MEDIUM PIECE OF FRUIT = A TENNIS BALL**



**2 OUNCES OF CHEESE = TWO THUMBS**



**3 OUNCES OF MEAT OR FISH = PALM OF YOUR HAND**



**1 TEASPOON = TIP OF YOUR THUMB**



**1–2 OUNCES OF SNACK FOOD = A HANDFUL**



**1 STARCH SERVING = FITS IN YOUR HAND**

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# ¡Delicioso! Healthy Hispanic Foods

**EATING HEALTHIER IS IMPORTANT FOR EVERYONE, ESPECIALLY HISPANICS (LATINOS).** Hispanics have a higher risk for life-changing diseases such as diabetes and heart disease, but these conditions can be prevented. Through regular exercise and healthier eating, most Hispanics can lower their chances of ever developing these serious conditions.

The Florida Department of Health created this packet of recipe cards to make it easier for Hispanic families to cook traditional foods in a healthier way. The recipes collected here came directly from our clients and staff in the Department of Health offices across the state.

## Welcome to Healthy Hispanic Foods!

This recipe packet is a great start toward eating healthier, because it is based on traditional Hispanic dishes from Colombia, Puerto Rico, Cuba and Mexico. Our nutritionists took these traditional recipes and modified them to lower fat, salt and sugar, by using fat-free or low-fat ingredients and a sugar substitute (Splenda™). Then, we tested each recipe with our clients, their families and friends. The result is traditional recipes that are healthier and taste great!

We've also included healthy portion recommendations for each of the recipes. You can use a 1/2-cup serving spoon to measure accurate portion sizes—and before long, you'll easily recognize how much is enough for one healthy serving!

We want to thank the many people who contributed to this project. Maria “Lola” Gomez, Candice Roberson, Marie LoPresti, Koko DeLisi, Gladys Borges and Tisha Keller were the masterminds behind this project. Keiser College and Chef Kevin Keating graciously supported this project through food preparation and styling for our photographs. Collier County Health Department, Osceola County Health Department, the PAEC Migrant Education Program and their clients and employees supplied a collection of recipes and conducted taste testing. Without these people, these recipes would still be a dream.

We hope you enjoy these recipes and use the information in this booklet to find new ways to prepare your favorite foods—and make them even healthier!

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## Everyone Needs to Eat More Fruits and Vegetables

Many studies recommend eating more fruits and vegetables to promote good health. In fact, fruits and vegetables should be the foundation of a healthy diet. Most people need to double the amount of fruits and vegetables they eat every day.

### FRUITS AND VEGETABLES FIGHT TO PROTECT YOUR HEALTH

Fruits and vegetables are packed with essential vitamins, minerals, fiber and disease-fighting substances that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended. Fruits and vegetables of different colors—green, yellow-orange, red, blue-purple, and white—contain their own combination of nutrients that work together to promote good health. Because of this, eating plenty of fruits and vegetables every day can help reduce your risk of:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Certain cancers

So, eat your colors!

### FRUITS AND VEGETABLES AND WEIGHT MANAGEMENT

Because most are low in calories and high in fiber, fruits and vegetables can help you control your weight. By eating more fruits and vegetables and fewer high-calorie foods, you'll find it much easier to control your weight.

### FRUITS AND VEGETABLES AND ENERGY

Busy lives require food that is nutritious, energizing, and easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give your body many nutrients you need to keep going.

## Try Some of These New Ways of Cooking and Shopping

**FOR BREADS** Use vegetable oil instead of lard, shortening, butter or stick margarine and skim milk or 1 percent milk instead of regular milk.

**FOR FLAVOR** Use skin-free smoked turkey, liquid smoke, fat-free bacon bits, or low-fat bacon instead of fatty meats.

**FOR SAUCES** Skim the fat off pan drippings. For cream or white sauces, use skim milk and soft tub or liquid margarine.

**FOR DRESSINGS** Add broth or skimmed fat drippings instead of lard, shortening, butter or stick margarine. Use herbs and spices for added flavor.

**FOR DESSERTS** Use egg whites or egg substitute instead of whole eggs. Two egg whites may be substituted in many recipes for one whole egg. Use applesauce to replace some of the butter or margarine.

### HEALTHY WAYS OF COOKING:

Bake, steam, roast, broil, microwave, poach, lightly stir-fry, stew, sauté in cooking spray or a small amount of vegetable oil, or boil instead of frying. This helps remove fat. Try these quick tips:

- For crispy fish: roll in cornmeal and bake.
- For crispy chicken: remove the skin; dip in skim milk mixed with herbs and spices; roll in bread crumbs, cornflakes, or potato flakes; and bake.
- Take off poultry skin before eating.
- Use a nonstick pan with vegetable oil, cooking spray or a small amount of liquid vegetable oil instead of lard, butter, stick margarine, shortening or other fats that are solid at room temperature.
- Trim visible fat before you cook meats.
- Chill meat and poultry broth until fat becomes solid. Skim off fat before using the broth.
- Healthy oils, reduced-fat margarine, light butter, mashed sweet potatoes or applesauce may replace all of the fat in cakes, muffins and biscuits.
- For desserts, use fruit purees and fruit juices, fat-free cream cheese and evaporated skim milk to reduce calories and fat.

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## HEALTHY SHOPPING TIPS:

- Buy more vegetables, fruits, and choose whole grains—select what’s in season for the best taste and cost savings.
- Choose chicken breast or drumstick instead of the wing and thigh.
- Select skim milk or 1 percent instead of 2 percent or whole milk
- Buy lean cuts of meat such as round, sirloin, and loin.
- Read nutrition labels on food packages.
- Plan your menus and shop with a list.
- Reduce the amount of sugary drinks you buy.

## FAT IN YOUR FOOD

Fats in food are a combination of saturated, monounsaturated, polyunsaturated and trans fats. These fats have different effects on your risk of heart disease. Knowing your fats can help you choose healthier foods.

**SATURATED FAT** is usually solid at room and refrigerator temperatures. The biggest source of saturated fat is food that comes from animals, such as meat, poultry with the skin, whole-milk dairy products, lard, and some vegetable oils, including coconut and palm oils. Saturated fat increases cholesterol in the blood more than anything else in the diet. Keep your intake of saturated fat low.

4 **UNSATURATED FAT** is usually liquid at room and refrigerator temperatures. Unsaturated fats are in most vegetable oils, most nuts, olives, avocados and fatty fish, such as salmon. There are different types of unsaturated fat: monounsaturated and polyunsaturated. Monounsaturated fat is found mostly in foods from plants, including olive, canola, sunflower and peanut oils. Polyunsaturated fat is also found in foods from plants, like safflower, sunflower, corn, soybean and cottonseed oils, plus many nuts. When unsaturated fats are used instead of saturated fats, they help lower blood cholesterol. Use moderate amounts of food high in unsaturated fats, because they can add extra calories to your diet.

**TRANS FATS** tend to raise blood cholesterol. Foods with trans fats include those high in hydrogenated and partially-hydrogenated vegetable oils, such as hard margarines and shortening. Some commercially-fried and bakery foods also have trans fat. When choosing margarines, opt for soft ones. Some may contain plant substances that help lower blood cholesterol.

## WHY SHOULD YOU BE CONCERNED ABOUT CHOLESTEROL?

Your body makes all the cholesterol you need. Eating foods high in saturated fat and trans fat can raise your blood cholesterol levels. The higher your blood cholesterol, the greater your risk for heart disease. Too much cholesterol can lead to clogged arteries. You are then at risk for having a heart attack, stroke, or poor circulation.

## TIPS TO EATING LESS SALT AND SODIUM

### BE A SMART SHOPPER.

- Read the food label to find out more about what is in the foods you eat. This will help you choose foods to limit the amount of sodium you eat to less than 2,300 mg each day.
- Size up your food. Compare the amounts you will eat to the serving size given. If you eat 2 cups and the serving size is 1 cup, you have to double the amounts of nutrients and calories listed.
- Read the nutrition information. Use the Percent Daily Value (% DV) to compare the amount of sodium among brands. Choose those foods that have lower values.
- Buy foods with these claims more often. The food label may include terms such as:

<i>sodium free</i>	<i>reduced (or less) sodium</i>
<i>very low sodium</i>	<i>light in sodium</i>
<i>low sodium</i>	<i>unsalted</i>

- Rinse canned food before cooking.
- Use spices and herbs like allspice, pepper, cilantro and many others instead of salt.

## Nutrition: To Know the Facts. . .

5 **M**ost packaged foods have a Nutrition Facts label, and so do our recipes. To eat healthier, use this tool to make smart food choices quickly and easily. Try these tips:

- Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low; 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% and 35% of calories.
- Get enough of these: potassium, fiber, vitamins A and C, calcium and iron
- Use the % Daily Value (DV) column when you can: 5% DV or less is low; 20% DV or more is high.
- Check servings and calories. Look at the serving size and how many servings you are actually eating. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.
- Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.
- Reduce sodium (salt), increase potassium. Studies show that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium (fruits and vegetables), which counteracts some of sodium's effects on blood pressure.

# Know Your Label

## Nutrition Facts

Serving Size 1 cup (228g) ←  
 Servings Per Container 2

### Amount Per Serving

Calories 250 ↑ Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g **18%**

Saturated Fat 3g **15%**

**Cholesterol** 30mg **10%**

**Sodium** 470mg **20%**

**Total Carbohydrate** 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

**Protein** 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*Start here

\*Check calories

\*Quick guide to % DV  
**5% or less is low**  
**20% or more is high**

Limit these

Get enough of these

Get enough of these

\*Footnote

# Legend



**FATS** “Healthy” fats are monounsaturated and polyunsaturated fats. These help keep your heart healthy and come mostly from vegetable sources and some fish.



“Unhealthy” fats are saturated and trans fats. Saturated fats come mostly from animal sources like poultry and meats, but coconut and palm oils also have saturated fats. Trans fats are usually found in bakery goods, commercially-fried foods and margarine. These fats may contribute to heart disease. You should try to limit the amount of unhealthy fats you consume to less than 15 grams per day (saturated fats) and trans fat to the lowest amounts possible.



**CHOLESTEROL** Cholesterol is a substance that is made in your liver and comes from some of the foods you eat. Since your body makes cholesterol, it is wise to limit the amount of cholesterol you get from food. People with high cholesterol levels are at a higher risk for heart problems. Eat less than 300 milligrams of cholesterol per day.



**SODIUM** Sodium chloride is the technical name for salt. Salt increases high blood pressure in some people, can make your body retain water and is easy to overdose on. Many canned and processed foods have salt added to make them last longer. Because of this, it is important to watch the amount of salt in your recipes.



**CARBOHYDRATE** Carbohydrates or “carbs” are an important energy source, but some are healthier than others. Carbohydrates are found in grains, cereals, rice, tortillas, breads, pasta, starchy vegetables (like corn, potatoes, plantains and yucca), beans, fruits, fruit juices, all types of sugars, and milk. Whole grains like oats, whole wheat, pearl barley, brown rice, whole corn and products made with them have more fiber and nutrients for health. Choose these over polished grains like the ones found in white rice or white bleached flours. You should limit added sugars and sugary drinks for good health.



**FIBER** Fiber helps keep your digestive system running smoothly and helps regulate the amount of water in your body. Many fruits and vegetables have natural “built-in” fiber that comes from their skins and flesh. Fiber is also found in beans, whole grain cereals and its products. Fiber also helps your body flush out cholesterol and other harmful toxins.



**PROTEIN** Protein comes mostly from fish, meat, poultry, milk, eggs, nuts and beans. Protein keeps you feeling full longer than carbohydrates, but the portion size for protein is usually smaller than for carbs. Among other things, protein is important for growth, tissue repair and energy. Many sources of protein are also natural sources for fat, so be sure to trim fat from meats before cooking.