



# Adelante LAHIDAN

Fall 2007 Vol. 1 No. 1

Latinos and Hispanics in Dietetics & Nutrition

A Member Interest Group of  
**American Dietetic Association**  
[www.lahidan.org](http://www.lahidan.org)  
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## American Dietetic Association (ADA) Approves First Member Interest Group (MIG)

**A**nd you ask...What are MIGs? **Member Interest Groups** are groups of ADA members who have a common interest. Unlike Dietetic Practice Groups or Affiliates, MIGs focus on areas other than the practice of dietetics or geographic location. As divisions of the national organization, MIGs reflect the many characteristics of ADA's membership and the public it serves. *LAHIDAN*, the ADA's first Member Interest Group as of June 1, 2007, officially welcomes **all** members of the American Dietetic Association, Friends and Sponsors to join together to make a difference for Latinos and Hispanics - either because you work with this community, want to practice Spanish or just love the culture and want to make a difference.

### Mission

The purpose of this Association shall be to support member needs while fostering the development and improvement of food, nutrition and health care for Latinos and their families in the United States and related territories with outreach to Hispanic and Latino international members.

### Key activities:

- A.** Lead in the planning, implementation and evaluation of food, nutrition and health service delivery to Latino communities.
- B.** Promote professional practice, research and educational advancement.
- C.** Enhance cultural competency of *LAHIDAN* members, friends and sponsors.
- D.** Strengthen the influence of the MIG on professional organizations, policy makers, government and other identified entities through coordinated action.
- E.** Highlight the contributions of members, friends and sponsors.
- F.** Support leadership development and promote member service utilization.
- G.** Identify, mentor and support promising members and students...nuestro futuro.
- H.** Maintain a national resource directory of food and health professionals and those interested in supporting the organization's mission.

### Declaración de Propósitos

*El Propósito de esta asociación es brindar apoyo a las necesidades de sus miembros, a la vez que se fomenta el desarrollo y mejoramiento de los alimentos, la nutrición y los servicios de atención a la salud de los latinos y sus familias en los Estados Unidos y sus territorios, haciéndoles llegar dicho apoyo a los miembros hispanos y latinos a nivel internacional.*

### Actividades claves:

- A.** Dirigir la planificación, implementación y evaluación de los alimentos, nutrición y servicios de salud en las comunidades latinas.
- B.** Promover la práctica profesional, la investigación y el avance educativo.
- C.** Promover la competencia cultural de los miembros de *LAHIDAN*, amigos y patrocinadores.
- D.** Reforzar la influencia del MIG en las organizaciones profesionales, los políticos, el gobierno y otras entidades identificadas a través de una acción coordinada.
- E.** Enfatizar las contribuciones de los miembros, amigos y patrocinadores.
- F.** Apoyar el desarrollo del liderazgo y promover la utilización de los servicios por parte de los miembros.
- G.** Identificar, aconsejar y apoyar el futuro de profesionales latinos especializados en dietética.
- H.** Mantener como un recurso nacional un directorio de profesionales en alimento y salud así como de individuos interesados en contribuir al propósito de la organización.

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## Events at FNCE 2007 Philadelphia

Saturday, September 29  
**Executive Committee Meeting & Strategic Planning**  
 11a.m. – 3 p.m.  
 Philadelphia Marriott Downtown Hotel  
 Room 308

Sunday, September 30  
**YOU'RE INVITED! Member Meeting and Reception**  
 5 p.m. – 7 p.m.  
 Philadelphia Marriott Downtown Hotel  
 Room 305–306

Monday, October 1  
**LAHIDAN Member Showcase**  
 10:30 a.m. – 1 p.m.  
 Philadelphia Convention Center  
 Booth #2

Sept 30–Oct 2  
**Join us in thanking our '07 – '08 Sponsors and visit their Booths:**  
**The Almond Board of California # 1239 ★★ ★★**  
**The American Council for Fitness and Nutrition # 1906 ★★**  
**Kraft Foods # 1424 ★★**  
**McNeil Nutritionals # 1014 ★★**

Nov. 6, 2-3:30 p.m. EST:  
*LAHIDAN* supported Teleseminar "**Survival Spanish for Clinicians**".  
 Call: (800) 775-7654 or go to [www.eatright.org/pd\\_survivalspanish](http://www.eatright.org/pd_survivalspanish)

**Bienvenidos...**Join today and take advantage of the "**Meet LAHIDAN Special Introductory Offer**" in our **Membership Insert**.



# RESEARCH

A D V E R T I S E M E N T

## Executive Committee "Noticias"

### STRATEGIC PLAN FOCUS FOR FY 2007 -2008:

- ☀ Strengthen the influence of LAHIDAN on associations, professional organizations, policy makers, government and other entities through coordinated action.
- ☀ Promote cultural competency.
- ☀ Lead in the planning, implementation, and evaluation of food, nutrition and health service delivery to Latino communities.
- ☀ Support leadership development and promote member service utilization.

### QUARTERLY REPORT HIGHLIGHTS:

- LAHIDAN reviewed and collaborated with the American Council for Fitness and Nutrition to develop and distribute a community action toolkit entitled: *Salud...Un Ingrediente para la Familia* and subsequently reviewed the **Healthy Families, Healthy Communities Blueprint for Action** which will be made available free to new members of LAHIDAN. (see page 3)
- Newsletter '**Adelante LAHIDAN**' has been launched...issues to follow quarterly...review committee being formed...get involved now!
- LAHIDAN's comment project for FY 2006-2007 was completed: US Dietary Guidelines for Latinos...to **premiere** at LAHIDAN Member Meeting & Reception - FNCE 2007.
- National network of leaders developed for LAHIDAN.

**Special Introductory Offer from  
Oct. 1 to May 31, 2008...Dues  
Discount**

- \$15.00 for ADA active members
- \$10.00 for ADA students
- \$25.00 for Friends
- Corporate Sponsors contact  
LAHIDAN: 734-741-8600.

## Study Suggests Overweight Children Can Prevent Excess Weight Gain By Adopting Two Small Changes in Their Daily Routine

New clinical research<sup>1</sup>, supported in part by McNeil Nutritionals, LLC, bolsters obesity researcher Dr. James O. Hill's claim that simple changes in diet and exercise can disrupt the root causes of today's growing epidemic of childhood obesity. These findings and others are featured in the America on the Move Family Study. The study also suggests that using SPLENDA® Brand Sweetener is a helpful way to reduce caloric intake. Investigators in the study randomized 216 families with at least one overweight child to either a lifestyle intervention group or a control group. Families in the intervention group were asked to eliminate 100 calories a day from their diet, including replacing sugar with SPLENDA® No Calorie Sweetener or consuming beverages made with sucralose (SPLENDA® Brand Sweetener), and increase physical activity by 2,000 steps daily. Families in the control group were asked to monitor their diet and exercise levels. Food journals and pedometers were utilized to measure progress. After six months, significantly more overweight children in the intervention group maintained or reduced their percent BMI-for-age, compared to the selfmonitoring group (67% versus 53%).

Physical inactivity and high fat/sugar diets have long been suggested as contributors to the increase in childhood obesity, but while there was agreement about the urgent need to address this epidemic, there were few proven therapeutic or prevention strategies. For McNeil Nutritionals, LLC, Dr. Hill's study approach offered the opportunity to support potentially important findings about health and nutrition.

SPLENDA® No Calorie Sweetener is a tool parents can use to serve reduced calorie and reduced sugar meal and drink alternatives, without sacrificing taste. The America On the Move Family Study indicates that reducing caloric intake by 100 calories per day, along with an increase in physical activity of 2000 steps per day can help to slow the rate of weight gain in overweight children. This family-based, weight-gain prevention program has positive implications for anyone who interacts with children - from parents, healthcare professionals, and pediatric dietitians, to school administrators, teachers and physical education teachers. It provides simple steps to enhance the health and well being of future generations. Healthcare professionals are ready and willing to tackle the problem of excessive weight gain in children, but are seeking logical, easy, and proven ways to help their patients and families get there. The America On the Move Family Study supplies the clinical evidence and McNeil Nutritionals, LLC, prepared the turnkey educational materials to help deliver the information to parents. If you are interested in these materials for your patients please log onto [www.splenda.com](http://www.splenda.com) and go to "A Child's Weight Matters."

<sup>1</sup> Rodearmel, Susan J., Wyatt, Holly R., Stroebele, Nanette, Smith, Sheila M., Ogden, Lorraine G. and James O. Hill. "Small Changes in Dietary Sugar and Physical Activity as an Approach to Preventing Excessive Weight Gain: the America On the Move Family Study." *Pediatrics* October 2007

## ACFN Unveils Blueprints for Healthy Families, Healthy Communities

*Guide Written by ADA Member Interest Group Leaders to Help Minority Communities Adopt and Maintain Healthier Lifestyles*

**W**ashington DC – The American Council for Fitness and Nutrition (ACFN) has released an authoritative blueprint for Hispanic communities that aims to build, expand and promote programs designed to help families adopt and maintain healthier lifestyles.

The document, developed in partnership with the American Dietetic Association Foundation and leaders of their Latino and Hispanics in Dietetics & Nutrition (*LAHIDAN*), outline ways to reach minority communities in order to help people make healthier choices in both nutrition and physical activity. The blueprint provides guidance on how one can become an agent of change within the Hispanic communities.

"As we learned through our grassroots outreach efforts over the last two years, cultural relevance is extremely important when it comes to building healthy families and communities," said ACFN Chair Susan Finn, Ph.D, RD, LD, FADA. "I am proud of this document that will serve as fantastic resources for community members interested in health and wellness."

*Healthy Families, Healthy Communities, A Blueprint for Action; Mi Pueblo...Mi Familia and*



**Susan Finn**, ACFN Chair Susan Finn, Ph.D, RD, LD, FADA

*Community Connect* were both written by Latino Health Communications of Ann Arbor, Michigan. The firm specializes in bridging across cultures with a focus on projects that close the gap on health disparities. The document was written by well-known experts in the field of nutrition and health. The Hispanic blueprint was drafted by Cecilia Pozo Fileti, MS, RD, FADA, a nutrition and health care consultant, and President of Latino Health Communications, with Vice-President Francisca Fernández, MS and Jaime Militzer. Committed to high quality standards, the firm's team members represented content experts and native speakers from Hispanic regions around the world to assure cross cultural relevancy for results that are linguistically appropriate and technically accurate.

ACFN will widely disseminate the blueprints across the country, targeting local, state and national leaders, advocates and health care experts. The blueprints will be made available at many events and on the ACFN website, empowering those who want to make a difference with their families and communities. ACFN believes the adaptation of the various components in the blueprints will lead to the promotion and sustainability of healthier lifestyles in this country.

The concept of blueprints came after ACFN held a series of TRIUMPH (Trends, Resources and Inspiration for Understanding and Maintaining Physical Health) events last year in seven cities to discover what's really working in communities regarding the promotion of health and wellness, and to celebrate the successes of local programs that are making a difference. One of the most important things ACFN learned is that cultural relevance and community leaders are the critical parts of reaching people in all communities, especially those that are most at-risk of obesity.

The complete text of both blueprints can be found on ACFN's website at [www.acfn.org](http://www.acfn.org). **LAHIDAN's members will receive a complementary copy** of the MIG's reviewed resource for improving the lives of Hispanics and Latinos through food, nutrition and physical activity for their communities.



# MEMBER SPOTLIGHT

## Meet the 2007 – 2008 *LAHIDAN* Leaders

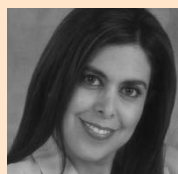
### EXECUTIVE COMMITTEE



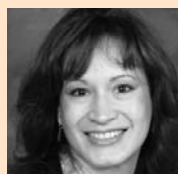
**Cecilia Pozo Fileti**, MS, RD, FADA –  
Former ADA Hispanic Spokesperson  
President, Latino Health Communications,  
Ann Arbor, MI  
*LAHIDAN*: Chairman and Chair of  
Membership Committee, Adelante Editor



**Carina Roe Saez**, RD, LD, CDE  
Diabetes Educator/Nutrition Consultant,  
Dallas, TX  
*LAHIDAN*: Chairman – Elect and Chair of  
Strategic Planning Committee



**Claudia Gonzalez**, MS, RD, LD/N –  
Former ADA Hispanic Spokesperson  
Nutrition Consultant and Author, Miami, FL  
*LAHIDAN*: Treasurer and Co-Chairman of  
Finance and Development Committee



**Malena Perdomo**, RD, CDE –  
Current ADA Hispanic Spokesperson  
Research Dietitian Viva Bien, Kaiser  
Permanente, Denver, CO  
*LAHIDAN*: Secretary and Chair of Guiding  
Principles and Honors Committee



**Delia Solis**, MS, RD, LD  
Clinical Nutrition Manager, Dallas, TX  
*LAHIDAN*: Immediate Past-Chairman and  
Co-Chairman of Finance and Development  
Committee



**Judith C. Rodriguez**, RD, PhD, FADA  
Professor, University of North FL,  
Jacksonville, FL  
*LAHIDAN*: Executive Committee At Large  
and Nominating Committee Chairman

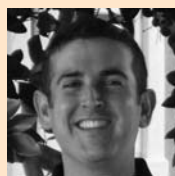
### REGIONAL COORDINATORS:



**Monica Montes**, RD  
N.E.W. Health Consultants, Inc, Pasadena, CA  
*LAHIDAN*: Area 1 Regional Coordinator  
(AK, CA, HI, ID, MT, OR, WA, WY)



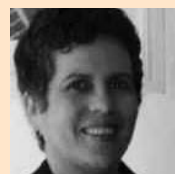
**Nelda Mercer**, MS, RD, FADA  
Nutrition Communications Consultant,  
Ann Arbor, MI  
*LAHIDAN*: Area 2 Regional Coordinator  
(IL, IN, KY, OH, IA, MI, MO, NE, ND, SD, WI)



**Daniel Santibanez**, MPH, RD, LD/N  
Nutrition and Health Consultant,  
Jacksonville Beach, FL  
*LAHIDAN*: Area 3 Regional Coordinator  
(AL, AK, FL, GA, LA, MS, TN, WV, SC)



**Julie Plasencia**, MS Candidate, Registration  
Eligible  
Clinical Dietitian and Cooperative Extension  
Instructor, Las Vegas, NV  
*LAHIDAN*: Area 4 Regional Coordinator,  
Adelante Editor  
(AZ, CO, KS, NV, NM, OH, TX, UT)



**Ivonne Angleró**, MMSc, LND, RD  
Professor and Dietetic Internship Program  
Director, Univ. of PR, San Juan, PR  
*LAHIDAN*: Area 5 Regional Co-Coordinator  
(PR, AODA)

**Juanita Centeno**, RD, EdD  
Professor, Dietetic Internship, Univ. of PR,  
San Juan, PR  
*LAHIDAN*: Area 5 Regional Co-Coordinator  
(PR, AODA)



**Nicole Patience**, MS, RD, LDN  
Clinical Dietitian, Philadelphia, PA  
*LAHIDAN*: Area 6 Regional Coordinator  
(DE, DC, MD, NC, PA, VA)



**Lorena Drago**, MS, RD, CDN, CDE  
Hispanic/Latino Educator Specialist and  
Author, Forest Hills, NY  
*LAHIDAN*: Area 7 Regional Coordinator  
(CT, MA, ME, NH, NJ, NY, RI, VT)

### STANDING COMMITTEES

**Finance and Development Committee:** **Claudia Gonzalez**,  
MS, RD, LD/N, **Delia Solis**, MS, RD, LD, (3) open positions

**Guiding Principles and Awards Committee:** **Malena Perdomo**,  
RD, CDE, (4) open positions

**Member Services and Geographic Representative Committee:**  
**Cecilia Pozo Fileti**, MS, RD, FADA, **Elena Rios**, MD, MSPH, **Mary  
Christ-Erwin**, **Susan Finn**, PhD, RD, LD, FADA and **Alberto  
Barrocas**, MD

**Nominating Committee:** **Judith C. Rodriguez**, RD, PhD, FADA  
and (1) open position

**Strategic and Program Planning Committee:** **Carina Roe Saez**,  
RD, LD, CDE, (2) open positions

# AMIGOS ESPECIALES

A D V E R T I S E M E N T

## Almonds: A Handful Can Make a Difference

**A** little goes a long way with almonds, the most nutrient-dense nut ounce-for-ounce. A one-ounce serving of almonds (about 23) is an excellent source of vitamin E and magnesium, a good source of protein and fiber, and offers potassium, calcium, phosphorus, iron, and monounsaturated fat, making a huge nutritional impact for only 160 calories.

### Almonds and Heart Health

A widely publicized study found that people who ate a one-ounce handful of almonds daily for one month lowered their LDL, or "bad," cholesterol level an average of 4.4 percent. Those who ate twice as much lowered their LDL level by 9.4 percent on average.<sup>1</sup>

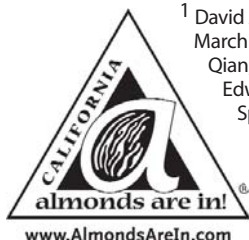
Almonds also play a significant role in the **Portfolio Eating Plan**, a dietary approach to lowering cholesterol. This special diet includes almonds, oatmeal, soy protein, plant sterols, lean meats and fish. Patients following this diet lowered their cholesterol by more than 20 percent, which is as effective as a first-line statin drug, without the side effects. Visit [www.PortfolioEatingPlan.com](http://www.PortfolioEatingPlan.com) to learn more.

### Almonds and Weight Maintenance

Almonds do not cause weight gain. A study in the September *British Journal of Nutrition* shows almonds help increase satiety, and that the fiber in almonds may block some of the fat they contain.<sup>2</sup> This explains why people can eat almonds without gaining weight.

### How many almonds should you eat?

The *Dietary Guidelines for Americans*, 2005 and the MyPyramid food guidance system both recommend a one-ounce portion of almonds – or about 23. To order your perfect portion of almonds packaged in a trendy tin, and learn more great ideas on perfect portion sizes, visit [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com) and click "Shop Now".



<sup>1</sup> David J.A. Jenkins, MD; Cyril W.C. Kendall, PhD; Augustine Marchie, BSc; Tina L. Parker, RD; Philip W. Connelly, PhD; Wei Qian, PhD; James S. Haight, MD; Dorothea Faulkner, RD; Edward Vidgen, BSc; Karen G. Lapsley, DSc; Gene A. Spiller, PhD. "Dose Response of Almonds on Coronary Heart Disease Risk Factors: Blood Lipids, Oxidized Low-Density Lipoproteins, Lipoprotein(a), Homocysteine, and Pulmonary Nitric Oxide." *Circulation*. 2002;106:1327. Research Institution: University of Toronto.

## Las Almendras: Un Puñado Puede Hacer la Diferencia

**T**odo lo que necesitas es un puñado de almendras – onza por onza, la nuez más densa en nutrientes. Una porción de una onza (más o menos 23) es una excelente fuente de vitamina E y magnesio y una buena fuente de proteína y fibra, además de ofrecer potasio, calcio, fósforo, hierro, y grasa insaturada le da un gran impacto nutricional por solamente 160 calorías.



### Las almendras y la salud del corazón

Un estudio muy divulgado demostró que aquellas personas que ingirieron una onza de almendras por un mes disminuyeron sus niveles de LDL o colesterol "malo" en un promedio de 4.4 por ciento. Aquellos que ingirieron una porción doble bajaron su nivel de LDL un promedio de 9.4 por ciento.<sup>1</sup>

Las almendras son un elemento importante del Portafolio del Plan Alimenticio (**Portfolio Eating Plan**), un sistema dietético para la reducción del colesterol. Esta dieta especial incluye almendras, avena, carnes magras y pescado. Los pacientes que siguieron esta dieta disminuyeron su colesterol por más de un 20 por ciento, lo cual es tan efectivo como el uso de las drogas statin sin los efectos secundarios. Para aprender más, visite a [www.PortfolioEatingPlan.com](http://www.PortfolioEatingPlan.com).

### Las almendras y el mantenimiento del buen peso

Las almendras no causan aumento de peso. Un estudio publicado en el *British Journal of Nutrition* del mes de septiembre demuestra como las almendras pueden ayudar a saciar el hambre. La fibra de las almendras pueden bloquear parte de la grasa que contienen,<sup>2</sup> por lo cual las personas pueden consumir almendras sin aumentar de peso.

### ¿Cuántas almendras debe de comer usted?

Las Guías Alimenticias para los Estadounidenses del 2005 y el sistema de alimentación MiPiramide recomiendan una porción de una onza – aproximadamente 23 almendras. Para ordenar una latita ultramoderna con su porción exacta de almendras y obtener más ideas de los tamaños perfectos de una porción, visite [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com) y haga clic en "Shop Now".

<sup>2</sup> James Hollis and Richard Mattes. "Effect of chronic almond consumption on body weight of healthy humans." *British Journal of Nutrition* 2007; 98(3): 651-656.

# EN EL BARRIO

## En El Barrio with the Winner...

**W**inner of the 2007 ADA/ADA Foundation Presidents' Circle Award for Nutrition Education, **Salsa, Sabor y Salud** is the first-of-its-kind healthy lifestyles program developed by Latinos for Latinos. The program was developed by the National Latino Children's Institute in collaboration with Kraft Foods and with significant input from Latino Health Communications and the National Recreation and Parks Association. It weaves in the unique traditions of Latino family gatherings as the foundation to teach and model healthful lifestyle choices that families can make. Developed as a bilingual (Spanish/English) program, **Salsa, Sabor y Salud** encourages full participation by all family members in their language of preference.

Using a practical approach and an eight-session curriculum, **Salsa, Sabor y Salud** engages Latino families by integrating culturally relevant songs, games, and traditions to promote hands-on learning about making nutritious food choices and increasing physical activities to build cardiovascular fitness, muscle strength and flexibility.

Focusing on four key steps to healthy living, **Salsa, Sabor y Salud** brings to life the messages of:

- ★ choosing nutritious foods and beverages from each of the main food groups every day,
- ★ being sensible about portions,
- ★ being physically active every day,
- ★ taking small steps for cumulative and lasting success.



**National Latino  
Children's Institute**

**Salsa, Sabor y Salud** has benefited more than 16,000 Latinos across the U.S. since the program was unveiled in 2004, and 236 staff members from 75 community sites in Latino neighborhoods of Chicago, Los Angeles, Miami, San Antonio, Madison, New York City and counties of New Jersey have been trained on the program.

This unique and creative healthy lifestyles program has demonstrated considerable positive impact on this at-risk population. The 2005 evaluation of the program conducted by Center for Prevention Research and Development at the University of Illinois showed that 93 percent of those participants surveyed report their families are eating more nutritious meals. In addition, the average number of days that participants

engaged in moderate to vigorous physical activity increased from 2 to 3.5 days per week - statistically significant. That's on top of the fact that 99 percent of participants reported being very satisfied or satisfied with the **Salsa, Sabor y Salud** program components, including adult-focused activities, program quality, enrollment process, and eating together with families.

## Q&A

**Q** How does an organization obtain a kit to participate in the **Salsa, Sabor y Salud** program?

**A** An organization must send two staff members to be trained to use the **Salsa, Sabor y Salud** curriculum kit. Please contact the National Latino Children's Institute at [www.nlci.org](http://www.nlci.org) to learn more about the program, or call NLCI at 210-228-9997 to register for the next training.

**Q** What is the cost to participants to attend the program?

**A** As organizations generally receive outside funding to run the program, participants do not pay to participate in the program.



# SOR JUANA EN LA COCINA

## Lemon Glazed Jumbo Shrimp Salad

Recipe developed by Lorena García.

**Preparation time:** 10 minutes  
**Cook time:** 10 to 12 minutes

Makes 4 servings

## Ensalada de Camarones Gigantes Glaseados con Limón

Creación de Lorena García.

**Tiempo de Preparación:** 10 minutos  
**Tiempo de Cocción:** 10 a 12 minutos

Para 4 personas

- 1 tablespoon extra-virgin olive oil
- 8 jumbo shrimp, peeled and deveined
- 1/2 cup fresh lemon juice
- 1/2 cup cider vinegar
- 1/2 cup SLENDA® No Calorie Sweetener, Granulated
- 1/2 teaspoon crushed red pepper
- 1 jalapeño trimmed, seeded and thinly sliced
- 2 cups baby arugula leaves
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced mango
- to taste salt & pepper

- 1 cuchara aceite de oliva extra virgen
- 8 camarones gigantes pelados y limpios
- 1/2 taza jugo de limón fresco
- 1/2 taza SLENDA® Endulzantes sin calorías, granulado
- 1/2 cucharadita ají picante machacado
- 1 jalapeño recortados, sin semillas y en tajadas
- 2 tazas hojas de rúcula tierna
- 1/2 taza pimientos rojos finamente cortados
- 1/2 taza mango finamente cortado
- al gusto sal & pimienta

**HEAT** oil in a medium skillet over high heat; add shrimp and cook 1 minute. Stir in lemon juice and cook 3 to 4 minutes or until shrimp are cooked through. Using tongs, transfer shrimp to a plate. Add vinegar, SLENDA® Granulated Sweetener, crushed red pepper, and jalapeño; bring to a boil and cook 4-5 minutes or reduced by half then remove from heat and set aside.

**PLACE** arugula, red pepper, mango in a large bowl; toss gently with some of the dressing and season to taste.

**DIVIDE** arugula mixture among 4 serving plates; top each salad with two shrimp and drizzle evenly with the warm vinegar mixture.



**CALIENTA** el aceite en un sartén de tamaño mediano sobre fuego alto, agrégle los camarones y cuécelos por 1 minuto. Remueve el jugo de limón en el sartén y continúa cociéndolos de 3 a 4 minutos más o hasta que los camarones estén totalmente cocidos. Usando una pinza transferir los camarones a un plato. Añade el vinagre, el SLENDA® Endulzantes granulado, el ají picante machacado y el jalapeño y continua cociendo el aderezo unos 4-5 minutos o hasta que el líquido se reduzca a la mitad. Retire del fuego y póngalo en un tazón.

**COLOCA** la rúcula, los pimientos rojos y el mango en un tazón grande y mezcla un poco del aderezo y sal y pimienta a su agrado.

**DIVIDE** la mezcla de rúcula entre 4 platos. Corone cada ensalada con 2 camarones y salpique el aderezo sobre la ensalada.

### Sabor Venezolano

**Arepa:** The Daily Bread of Venezuela made with masa de arepa/tortilla, shredded cheese, water and non-stick spray. It accompanies any meal and can be filled with meats, sausages, chicken or other ingredients. Bake for a healthier version.

### Nutrition Information

**per Serving:** 1 cup  
**Calories:** 120, **Calories from Fat:** 40, **Total Fat:** 4g, **Saturated Fat:** 1g, **Cholesterol:** 105mg, **Sodium:** 220mg, **Total Carbs:** 10g, **Dietary Fiber:** 1g, **Sugars:** 6g, **Protein:** 12g.  
**Dietary Exchanges Per Serving:** 1/2 Starch, 1 Vegetable, 1 Fat

### Datos de Nutrición por Ración:

1 taza  
**Calorías:** 120, **Calorías de Grasa:** 40, **Grasa Total:** 4g, **Grasa Saturada:** 1g, **Colesterol:** 105mg, **Sodio:** 220mg, **Carbohidrato Total:** 10g, **Fibra Dietética:** 1g, **Azúcar:** 6g, **Proteína:** 12g. **Intercambios por Ración:** ? Almidón, 1 Vegetal, 1 Grasa

## ADVERTISEMENT

McNeil Nutritionals, LLC, the makers of the SLENDA® Brand Sweetener, congratulate Latinos and Hispanics in Dietetics & Nutrition (*LAHIDAN*) on becoming the first Member Interest Group within the American Dietetic Association.



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## ¿Quién es Chef Lorena García?



García graduated from Johnson & Wales University in 2000 with an AS in Culinary Arts and a BS in Administrative Management. She then took her education on a world tour of cities known for their great food – Paris, Italy, Japan, Korea, Thailand, and China. Upon her return she worked with renowned chefs such as Pascal Audin,

Michelle Bernstein (J&W '94) and Jeffery Chodorow in famous restaurants like China Grill, Nao, Red Square, and the Oriental Mandarin Hotel. García is the owner and Executive Chef of Elements, a new restaurant featuring an eclectic blend of Latin and Asian-inspired dishes in Miami's design district.

Because of her Latin upbringing and charismatic personality, she was quickly tapped by the local Latin television stations Telemundo, Gems and Mundo, where she has hosted several shows including "Vida Gourmet", "Cocine Mundos", "De Mañanita" and she is currently the host of "El Arte del Buen Gusto," one of the highest rated shows on MGM's 'Casa Club TV' airing both in the U.S. and Latin America.

Most recently, García created a non-profit organization called "Big Chef, Little Chef," a program that promotes eating right and staying active to children ages 8-12. The program is a series of cooking classes designed to enlighten young minds about healthy eating to combat the epidemic of childhood obesity.

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# Adelante LAHIDAN

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