

Adelante

The Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Newsletter



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LETTER FROM THE EDITOR

Dear LAHIDAN Members,

I am excited to bring you the second *Adelante* newsletter of the 2022-2023 membership year! In this issue, you will find the latest LAHIDAN news and events, information on membership renewal, research articles, health and practice resources, and delicious recipes.

In the LAHIDAN News section, you will learn about our many LAHIDAN Award Winners, including for the Distinguished Trinko Award, 2022 FNCE® Student Scholarship, and the Student Leadership Service Award. Plus, check out some of our pictures from this year's FNCE®! We also have an update from the most recent House of Delegates meeting that would be beneficial to read.

This month, we highlighted some key Health/Practice Resources that may be useful, including information on preparing a safe stuffing, bone-strengthening foods, and fun winter foods for kids. Check this out and feel free to save for reference! In the Research section, you will find an article about how well Hispanics adhere to the Dietary Guidelines for Americans.

The Sabor Latino section highlights a delicious recipe of Southwest Veggie Burgers from the LAHIDAN website. Bookmark this recipe for later! As always, please contact us at LAHIDAN@eatright.org with any questions or if you are interested in being published in our next issue.

Sincerely,

Alejandra Amezola
 2022-2023 LAHIDAN Newsletter Editor



Get Featured in the LAHIDAN Newsletter

Want to share an original recipe, research article, a recent accomplishment, or a great idea?

We are always looking for new content to feature in our e-newsletter, website, and social media accounts!

Submissions are open to all members - including RDNs, students*, and trainees.

**Students are invited to submit content to be featured in Adelante's Student Section.*

This is an excellent opportunity to get involved and contribute to LAHIDAN. We want to hear from you!

Click **here** to submit.



Member Spotlight Nominations

Do you know someone that you would like to nominate for the LAHIDAN Member Spotlight?

To nominate, please contact us at **LAHIDAN@eatright.org** with your nominee's name and contact information.

Benefits of Membership

The benefits of being a LAHIDAN member include opportunities for professional development and increasing cultural competency.

Professional Development Benefits:

- Leadership Opportunities
- Mentoring Program
- Professional Networking
- Student Scholarship
- LAHIDAN Website
- Connections with Friends and Colleagues
- Quarterly Newsletter
- Trinko Award
- Webinars
- Discussion Board
- FNCE® Poster Award
- Monthly Eblasts
- Student Leadership Service Award

Cultural Competency Benefits:

- Language and Cultural Exchange
- Webinars

Congratulations to our
FNCE® 2022 Student Scholarship Winners!



Read more about their FNCE® experiences in the following pages!

FNCE® 2022 Student Scholarship Experience

By Natali A. Mendez Ortiz

The RDN's Role in Recognizing and Reducing Diabetes Inertia session at this year's FNCE in Orlando, Florida, led by two certified diabetes care and education specialists (CDCES), Alefiya Faizullahbhoj and Laura Russell, was one of the many sessions I was eager to get a seat in. Learning about diabetes inertia was intriguing, not only because I am fascinated with diabetes, but also because I had never heard of diabetes inertia.

In this session, I learned what diabetes inertia is and how to identify it in practice to provide the best care to patients. I learned that barriers such as lack of knowledge of appropriate health care, denial, medication inconsistency, and low health literacy may all be factors contributing to diabetes inertia in patients. The lack of knowledge and understanding about the healthcare system and insurance coverage as well as the high costs of glucose monitoring tools and medications can also be factors that play a role in diabetes inertia.

Despite the potential barriers some people may face, I recognize how, I, as a future dietitian, can make an important and significant impact by being proactive in my practice with my level of competency. It was shocking to hear real-life scenarios about patients not knowing where to inject their insulin dosages. We all gasped when hearing Ms. Alefiya explain that some patients

were squirting insulin into their mouths. Healthcare professionals often assume their patients have pre-existing knowledge or have a good understanding on how to use a new device or medication after receiving just simple verbal instructions or an educational handout.

Going forward, I will be thoughtful in recognizing behaviors that may contribute to inconsistencies with medication adherence and try to avoid assumptions. I will strive to remember the importance in promoting personalized treatment targets. In the clinical setting, these key takeaways can be easily lost in all the other factors we must account for, such as providing evidence-based medical nutrition therapy (MNT) and interpreting labs. However, incorporating patient-based MNT, following-up on medication adjustments, and taking the time to teach insulin administration instructions is something we can do to set our patients up for success.

As a Latina whose family has experienced medical issues due to low health literacy, lack of access to care, and health inequity, I have made it my goal to be an advocate and resource for individuals and families who are disproportionately vulnerable to poor health and diabetes.

ABOUT THE AUTHOR



Natali A. Mendez Ortiz is a first-year master's student at Colorado State University in Human Nutrition. Natali grew up in Santa Paula, California, a small town in Ventura County. She completed her bachelor's in Nutrition, with an emphasis in Dietetics from California Polytechnic State University, Pomona in Spring 2022. As an undergraduate student, Natali was involved in the Estudiantes de Dietetica Program as the Vice President and the Student Representative of the California Academy of Nutrition and Dietetics, Education Council. Her first introduction to research was as a participant, which sparked her interest and led to her role as the primary investigator in two studies. Her research focused on the nutritional analysis of commonly consumed breakfast bars, consumer knowledge, protein supplementation, and the effects of omega-3 FAs and probiotics on cognitive health.

Natali currently works at Colorado State University, in Dr. Sarah Johnson's lab, studying functional foods in relation to cardiovascular health. She also works as a Graduate Teaching Assistant for the Medical Nutrition Therapy (MNT) undergraduate course and the graduate assistant for the CSU Extension office. Natali hopes to enroll in the Coordinated Master's Program at Colorado State to become a Registered Dietitian. Her research interests are functional foods and dietary supplementations, prevention of development and progression of chronic diseases, and nutrition and food-related interventions.

House of Delegates Meeting Update

By Dr. Virginia Tijerina Walls, DrSc, MS, LN
LAHIDAN Delegate at House of Delegates

I want to start providing an overview for members unfamiliar with the House of Delegates (HOD). The HOD serves as a voice for Academy members. It identifies, discusses, and develops solutions to the profession's most critical challenges. It comprises 112 members, including representatives from Academy's Affiliates, Dietetics Practice Groups (DPGs), and Member Interest Groups like LAHIDAN. In addition, the HOD has a Leadership Team (HLT) and At Large-Delegates.

The HOD provides information about current and emerging trends, particularly those in nutrition and dietetics practice, and identifies Critical Issues. All members can give input on issues affecting the profession. The HOD supports and encourages proactive two-way communication.

A Critical Issue can relate to one or multiple specialized practice areas. Have an immediate or intermediate impact on the profession (3 or more years). And reveals novel threats and opportunities in a VUCA (volatility, uncertainty, complexity, and ambiguity) environment, which require a systems approach or solutions.

[Read the full update here](#)

FNCE® 2022 Student Scholarship Experience

By Andrea Lopez, DTR

As a first-generation Mexican American, throughout my life and nutrition studies, I have heard the same rhetoric and generalization: that Mexican and Latinx/Hispanic cultural foods are "unhealthy." These generalizations premise statistics about the high percentage of the Hispanic population in the United States who are at a higher risk for developing metabolic diseases such as obesity, type 2 diabetes, and hypertension, among other diet-related diseases. The belief that personal responsibility, such as cultural food choices, solely influences the development of diet-related diseases like obesity, is one of many barriers encountered for those in the LAHIDAN community as well as the diverse clients receiving nutrition and medical care.

One of the sessions that resonated with me during my FNCE® 2022 experience was *Breaking Down the Barriers to Obesity Care*. This session consisted of a moderator and three panelists who work in weight management and obesity care. The focus of the session was to discuss barriers to obesity prevention, treatment and identify areas the RDN/NDTR professionals can address to make progress in improving care. A key takeaway was that blaming obesity as a personal responsibility can be harmful and counterproductive when providing care to an individual. Obesity is a complex disease that considers metabolic, social-environmental

influences, and individual psychology, among other aspects. As such, these generalizations can be detrimental to the communities within LAHIDAN and the diverse communities we serve.

Thus, as practitioners, we are called upon to continue to educate, inform others about the complexity of this disease, and implement realistic solutions in our practice while keeping in mind our client's preferences and needs. An interesting point during the session regarding incoming RDNs/NDTRs was that "the next generation must do better than *eat less and exercise more*." As I have learned during my rotations and work experience, it is important to highlight this shared decision-making process and patient-directed care to diverse communities where all cultural foods fit.

RDNs are an essential part of the interdisciplinary approach. As a clinician, opening the discussion on treatment options for obesity as a disease is an important step to recognize with the individual. The session noted several barriers to obesity treatment from the practitioner's standpoint: the patient, the healthcare organization and the environment. From the practitioner's perspective, potential barriers include

FNCE® 2022 Student Scholarship Experience

By Andrea Lopez, DTR

weight stigma and internal biases. Patient's first-language, and advocating for this language in policies at the workplace, among colleagues and the profession, was an important takeaway from the session as well. Another barrier from the patient's standpoint include cultural practices, socioeconomic factors, lack of quality care, and food insecurity, which disproportionately affects Hispanic, Latinx and Spanish-speaking communities. Therefore, counseling techniques with appropriate interventions, referrals, as well as advocating for better care are critical tools used that the RDN should be prepared and up-to-date.

Other actionable items and takeaways from this presentation include:

- Prioritize and practice implementing patient-centered care; create an inclusive and supportive environment for all body sizes, refine communication skills by using appropriate language expressions, understand and express empathy as this can aid in behavior change and building trust with clients
- Refer to [LAHIDAN's resource page](#) for links and further professional development on obesity care and management
- Take the [Project Implicit @ Social Attitudes Weight Bias Implicit Association Test](#) and reflect on your own biases during your counseling care with people with higher weight status or people with obesity

- Review, understand and summarize actionable items that you can apply as a RDN/NDTR
 - [Provider Competencies for the Prevention and Management of Obesity](#)
 - [People-First Language for Obesity one-pager](#)

I would like to express my gratitude to LAHIDAN as a recipient of the FNCE® 2022 Student Scholarship recipient. FNCE® 2022 in Orlando was an incredible and fulfilling experience as an RD2Be. I was able to reconnect, network, engage and be inspired by many RDNs/NDTRs. As Luis Gonzalez, LAHIDAN's 2022-2023 Chair, mentioned during the LAHIDAN reception, students are the vessel of LAHIDAN and an important part of the continuing and strengthening of the dietetics profession.

As I am wrapping up my Future Education Model (FEM) graduate and dietetic internship program at Long Island University in New York, I take away a variety of learning opportunities, follow-up actionable items that I have applied to my rotations after FNCE®. This experience will also shape my practice as I continue in the dietetics field with the RDN credential and most importantly provide optimal care for my Hispanic community. Through this experience I gained

FNCE® 2022 Student Scholarship Experience

By Andrea Lopez, DTR

insight on current research, trends and practice applications in the diverse dietetics field and the influence that RDNs/NDTRs have in this career path. The FNCE® Expo had great networking opportunities, from large organizations to dietitian-led private practices. The Expo provided the opportunity to try new and upcoming products that meet the needs of a dietitian's clients. My appreciation grew deeper for the nutrition field that I chose since declaring my DPD program. I am very grateful that LAHIDAN continues to provide opportunities to students for professional development, mentorship and networking.

My personal highlights that I encourage future students to participate in are:

- LAHIDAN networking event and reception: provides the opportunity to meet individuals in leadership, other dietetic interns, and professionals from across the country
- ACEND FNCE® for Students workshops and resources, including a resume writing workshop and best-practices for passing the RDN exam
- Diversify Dietetics' Meet up Fundraiser, including LAHIDAN members and other BIPOC RDNs/NDTRs; this organization is vital to our community as professionals and is very supportive of students and dietetic interns

ABOUT THE AUTHOR



Andrea Lopez, DTR, is currently in the inaugural cohort of the Future Education Model (FEM) at Long Island University (LIU) to hold the MS/RDN credential by December 2022. Prior to beginning the program in the Fall of 2021, Andrea dedicated the past four years to improving access to high quality, locally sourced food for low-income children and their families through USDA Child Nutrition Programs. She conducted bilingual nutrition education for children ages 0 to 5 years old and did menu planning for NiaCentral Catering company in the Washington metropolitan area. Andrea holds a Dietetic Technician Registered (DTR) credential, a B.S. in Nutrition and Latin American Studies from the State University of New York (SUNY) at Plattsburgh, and is an accredited instructor for the Food Manager Certification. When not in school or working, Andrea is supporting her grandparent's Mexican bakery in Brooklyn, NY. Above all, she is driven to support meaningful change by cultivating habits that form healthy hearts and minds among children and families in the dietetics field.

LAHIDAN NEWS

LAHIDAN Members at FNCE® 2022



2022-2023 LAHIDAN Chair Luis Gonzalez, MS, RD, speaks to members



LAHIDAN Members pose for a group picture



*Nancy Correa-Matos, PhD, RD, LDN and
Past-Chair Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND*



*Nancy Correa-Matos, PhD, RD, LDN pictured
holding the 2021-2022 LAHIDAN Distinguished Trinko Service Award*

LAHIDAN Members at FNCE® 2022



LAHIDAN Members pictured at FNCE® 2022



Andrea Lopez, DTR (left) and Natali Ortiz (right) (FNCE® 2022 Student Scholarship Winners) pictured with Marianella Herrera-Cuenca, MD, MSc, PhD (middle) at FNCE® 2022



Marianella Herrera-Cuenca, MD, MSc, PhD, pictured with Nancy Correa-Matos, PhD, RD, LDN at FNCE® 2022



Marianella Herrera-Cuenca, MD, MSc, PhD, pictured accepting the 2022-2023 LAHIDAN Distinguished Trinko Service Award

LAHIDAN Student Leadership Service Award

Award Description

We are pleased to announce a new addition to our LAHIDAN awards! This year, we introduce to you the *LAHIDAN Student Leadership Service Award*. The purpose of this award is to recognize an individual student and LAHIDAN member who has demonstrated extraordinary skills and commitment to the LAHIDAN community.

Nominees for this award are considered based on: volunteering and service related to LAHIDAN leadership team activities, the LAHIDAN member community, and other related commitments to the nutrition profession.

2022-2023 LAHIDAN Student Leadership Service Award Recipient



Alejandra Amezola
2022-2023 LAHIDAN Newsletter Editor

Award Recipient

Alejandra Amezola holds a Bachelor of Science degree in Nutritional Sciences with a concentration in Dietetics and Food Administration from California State University, Fresno. She is currently completing a combined dietetic internship and master's degree program at Texas Tech University in Lubbock, Texas. Alejandra has a comprehensive background in diabetes care and education through a number of work and volunteer experiences. She plans to become a certified diabetes care and education specialist (CDCES) in the near future.

An aspiring dietitian, Alejandra remains involved in various dietetic organizations and groups. She is an active member of the Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) MIG and has served as their Newsletter Editor since 2020. Alejandra's areas of interest in dietetics include: plant-based nutrition, women's health, digestive disorders, diabetes, and eating disorders. During her free time, Alejandra enjoys staying active, traveling, spending time with friends and family, and cooking plant-based meals.

LAHIDAN Distinguished Trinko Service Award

Award Description

The Distinguished Trinko Service Award is LAHIDAN's highest recognition. Its purpose is to honor members who have made outstanding contributions to LAHIDAN, the dietetics profession, and the health of the population. The Trinko Award describes a member who has contributed to the advancement of the dietetics profession and the Latinx community through education, health promotion, clinical practice, research, or another field. Furthermore, this is a member who has been actively promoting optimal health and nutritional status in the Hispanic population within legislation, research, education, clinical/community nutrition, and management.

2022-2023 LAHIDAN Distinguished Trinko Service Award Recipient



Marianella Herrera-Cuenca, MD, MSc, PhD

Award Recipient

Marianella Herrera-Cuenca, MD, MSc, PhD, is an accomplished Professor and Researcher in Public Health Nutrition. As a researcher, faculty and consultant for many organizations she has interacted with politicians, entrepreneurs, philanthropic and scientific personalities and high level international cooperation agency leaders. Through her lines of research she provides a more holistic perspective encouraging positive changes, sustainable over time, for solving nutrition and health problems.

Dr. Herrera has more than sixty peer reviewed published articles, and several book chapters written in the last 8 years and is a recognized national and international lecturer. As an expert she has been interviewed and/or quoted by national and international media such as: The Economist, CNN international and CNN, BBC news, Canada Broadcasting Network, America's Quarterly, Financial Times, India Times, Al Jazeera London, Deutsche Welle (Germany), El Nacional (Venezuela), El Universal (Venezuela), El Tiempo (Colombia), El Mercurio (Chile) among others. In 2017 she was the recipient of the prestigious award "Excellence in Public Health/Community Nutrition Award" from the Academy of Nutrition and Dietetics, and in 2018 she was awarded the "Outstanding Dietitian of the Year" by the International Affiliate of the Academy of Nutrition and Dietetics. She continues her work in her native Venezuela, Latin America and the USA. Dr. Herrera is a native Spanish speaker, is fluent in English, and has conversational skills in French and Portuguese and basic knowledge of Mandarin.

The LAHIDAN Mentorship Program

The LAHIDAN Mentorship Program is designed to help students and new nutrition professionals grow and develop professional qualities that will help them succeed in their careers.

Mentoring includes topics such as:

- Career guidance
- Support on how to enhance eligibility into Dietetic Internship programs
- Time management
- Networking
- Job search
- Sharing the mentor's own experiences with the mentees

Mentoring is a great way for nutrition professionals to give back to the profession, and it provides an excellent opportunity to learn more about the profession from a LAHIDAN member's perspective.

Do you have experience or advice that you are willing to share? Are you interested in helping incoming nutrition professionals and students advance in the nutrition and dietetics profession?

If you answered yes, we would like you to consider becoming a mentor for the next membership year. Mentors develop a professional relationship with mentees via electronic, phone, or face-to-face contact which involves a small monthly time commitment.



Dr. Julie Plasencia, Past Mentorship Chair, pictured with Dr. Andie Lee Gonzalez, a Past Mentee and past Chair for LAHIDAN.

LAHIDAN Mentor Profile Form

Are you a student member of LAHIDAN or new to the nutrition and dietetics profession? Would you like to be mentored by a more experienced LAHIDAN member?

If you answered yes, join our mentoring program! This is a mentee-driven program that connects students and newly credentialed LAHIDAN members with more experienced members.

LAHIDAN Mentee Profile Form

If you have any further questions about becoming a mentee or a mentor, please contact LAHIDAN@eatright.org.

HEALTH RESOURCES

Key Dates in November 2022

1st: World Vegan Day
3rd: National Sandwich Day
6th: National Nachos Day
9th: National Greek Yogurt Day
14th: World Diabetes Day
18th: National Apple Cider Day
23rd: National Eat a Cranberry Day
24th: Thanksgiving
29th: Giving Tuesday
20-26:
Gastroesophageal Reflux Disease (GERD)
Awareness Week
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness
Month
National Diabetes Month
National Family Caregivers Month
Native American Heritage Month

Top Tips for Safe Stuffing (Thanksgiving)

This Thanksgiving, take proper planning, preparation and storage steps to ensure this side dish is not only delicious, but free from harmful bacteria. [Click here to learn more.](#)

- Start by determining how much stuffing you need. When serving individual-sized portions, plan for about ½ cup of prepared stuffing per serving. If stuffing whole poultry, plan for about ½ to 1 cup of prepared stuffing per pound of uncooked poultry.
- Have a food thermometer ready. Stuffing should reach an internal temperature of 165°F, which may take longer if cooked inside of poultry or meat. For maximum safety, consider cooking stuffing separately in a casserole.
- When stuffing the large cavity of fresh or thawed whole poultry, use a moist stuffing mixture rather than a dry one. Spoon the stuffing in loosely, avoiding over-stuffing the bird.
- Refrigerate any leftover foods that are perishable within two hours. When reheating leftovers, make sure they reach an internal temperature of 165°F once again before eating them.

Supporting Bone Health with Calcium

Learn about the vital role calcium plays in building and supporting strong bones as well as sources of this important nutrient. [Click here to learn more.](#)

- Bones need continuous maintenance. If your daily intake of calcium is low, your body will take calcium from your bones to keep blood calcium at normal levels.
- Focus on meeting your calcium needs with foods. For best calcium absorption, spread out your portions over the course of the day.
- Sources of calcium include low-fat or fat-free milk and yogurt or calcium-fortified soy versions, such as soymilk. Additional food sources include some leafy greens, like spinach and kale, calcium-fortified tofu and canned fish with small bones.
- When shopping, look for foods and beverages fortified with calcium and vitamin D, and read Nutrition Facts Labels to identify good sources (providing 10% or more of the Daily Value).

Winter Foods for Kids

When the temperature and daylight hours change, energy levels and mood can change, too. Help keep your kids happy and healthy this winter with these seasonal favorites. [Click here to learn more.](#)

- There's some research to suggest that certain amino acids in protein foods, like salmon, may help regulate sleep, mood and appetite. Serve this fatty fish broiled or grilled with your kids' favorite marinade or sauce.
- Clementines are in season during the winter and packed with vitamin C, which helps support a healthy immune system.
- Winter squash come in many varieties, inspire many dishes and are all packed with nutrients. Try roasting butternut squash or acorn squash and topping with cinnamon.
- The ever-versatile cauliflower can be served raw, roasted or even made into a "rice" and stir-fried. Either way, it's rich in vitamin C and a good source of vitamin K.

RESEARCH

How Well Do U.S. Hispanics Adhere to the Dietary Guidelines for Americans? Results from the Hispanic Community Health Study/Study of Latinos

By Siega-Riz AM, Pace ND, Butera NM, Van Horn L, Daviglus ML, Harnack L, Mossavar-Rahmani Y, Rock CL, Pereira RI, Sotres-Alvarez D

How Well Do U.S. Hispanics Adhere to the Dietary Guidelines for Americans? Results from the Hispanic Community Health Study/Study of Latinos. *Health Equity*. 2019 Jul 11;3(1):319-327. doi: 10.1089/heq.2018.0105. PMID: 31338484; PMCID: PMC6643200.

Abstract

Purpose

To examine alignment between 2010 Dietary Guidelines for Americans (DGA) and dietary choices of individuals in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) between 2008 and 2011.

Methods

Data are from 15,633 adults 18–74 years from the population-based cohort in HCHS/SOL. The Healthy Eating Index (HEI) 2010 was used to measure diet quality. Means and standard errors (SEs) for the HEI total and each of the 12 component scores were calculated overall and by Hispanic/Latino heritage, sex, age group, and measures of acculturation. Linear regression was used to examine correlates of the HEI 2010 total score. All analyses accounted for complex survey design.

Results

The overall HEI mean of 63.8 (SE: 0.4) varied across groups from a high (healthier diet) of 71 (SE: 0.9) among Mexicans to a low of 56 (SE: 0.1) among Puerto Ricans. The proportion with a maximum score for the HEI components varied across heritage groups; >25% of adults adhered to recommendations for total proteins, and seafood and plant proteins, whole fruits, and

greens and beans, with the exception of Cubans and Puerto Ricans, who had lower adherence scores for the latter two. The components with the lowest adherence were sodium (<2%) and fatty acids (overall 7.4%) among all heritage groups.

Characteristics associated with better adherence included sociodemographic variables, Spanish language preference, weight status, medical conditions, and lifestyle behaviors.

Conclusions

Individuals with Mexican, Dominican, and Central American heritage had better overall dietary quality compared to other groups. However, all can improve their eating habits to align more with the DGAs by reducing sodium consumption and improving fatty acid ratios.

Keywords

Diet, Hispanics, Dietary Guidelines, Healthy eating

[Read the full article here](#)

SABOR LATINO

Southwest Veggie Burgers

From the LAHIDAN website



INGREDIENTS

- 1 cup brown rice, cooked
- ½ cup oats, old-fashioned (not “quick oats”)
- ½ cup Textured Vegetable Protein – presoaked with 3 Tbsp water*
- ¼ cup Textured Vegetable Protein – dry*
- 1 cup black beans, no-salt-added, drained
- ¼ cup corn, frozen
- 1 each zucchini, medium, diced
- 8 oz baby bella mushrooms, diced
- 2 Tbsp tomato paste
- ¼ cup yams, cooked and mashed
- 1 Tbsp chipotle peppers in adobo sauce, minced
- 2 tsp Worcestershire sauce
- 1 tsp liquid smoke
- 1 egg
- 1 Tbsp salt
- 1.5 Tbsp garlic powder
- 1.5 Tbsp dried minced onion
- 1.5 tsp black pepper
- 1.5 Tbsp cumin
- 4 Tbsp corn starch

***Textured Vegetable Protein (TVP)** is a dried soy product. It can be found in the vegetarian, organic, or whole food section at your local grocery store.

RECIPE INFORMATION

- **Total preparation time:** 20 minutes
- **Cooking time:** 8-10 minutes
- **Serving size:** 1 burger patty
- **Servings:** 8 patties

DIRECTIONS

1. Combine all ingredients except zucchini, mushrooms, and corn in large bowl. Mix well. Add to food processor and puree until somewhat chunky. Add vegetables and pulse until vegetables are finely minced, but not pureed. Transfer back to large bowl and mix to combine.
2. Form mixture into 8 even sized balls and place onto wax paper. Each ball should be approximately ½ cup of the mixture, but will depend on how well the mixture is pureed. Using hands, press down on balls to form patties. Freeze for 2 hours or until firm.
3. Using hot cast iron skillet or electric grill/skillet, cook each side until completely cooked and firm. Do not flip until the sides look visibly separated from the heated surface to prevent breaking. Flip once; cook the second side until firm and darkened in color.
4. Serve hot on a whole grain bun with your choice of toppings (i.e., chipotle aioli, roma tomatoes, mixed greens, avocado, and jalapeño).
5. This can be stored up to 3 months in the freezer. Not recommended to store under refrigeration.

CONNECT WITH LAHIDAN

2022–2023 LAHIDAN Leadership

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Visit our website

Access the LAHIDAN website [here](#) for more exclusive member resources, such as our discussion board, delicious recipes, upcoming events, and so much more!

LAHIDAN Distinguished Trinko Service Award

Award Description

The Distinguished Trinko Service Award is LAHIDAN's highest recognition. Its purpose is to honor members who have made outstanding contributions to LAHIDAN, the dietetics profession, and the health of the population. The Trinko Award describes a member who has contributed to the advancement of the dietetics profession and the Latinx community through education, health promotion, clinical practice, research, or another field. Furthermore, this is a member who has been actively promoting optimal health and nutritional status in the Hispanic population within legislation, research, education, clinical/community nutrition, or management.

2021-2022 LAHIDAN Trinko Award Recipient



Nancy Correa-Matos, PhD, RD, LDN
2022-2023 LAHIDAN Professional Development Committee Chair

Award Recipient

Nancy J. Correa-Matos, PhD, RD, LND. is an Associate Professor in the Nutrition and Dietetics Program at the University of Puerto Rico, Rio Piedras Campus. She received her PhD in Nutritional Sciences at the University of Illinois, Urbana-Champaign.

As a member of LAHIDAN MIG, Nancy has collaborated in the Nominating Committee and the Mentorship program. She has many peer-reviewed publications and authored book chapters on nutrition and chronic diseases. She is a co-author in the book "Latino Food Lover's Glossary".

With more than 30 years of experience as a clinical dietitian, teacher and researcher, her work has been focused on the relationship between dietary fiber and the prevention of childhood obesity in Latinos.