



ENHANCING NUTRITION THROUGH CULTURAL ADAPTATION:

**Perspectives & Realities in AAPI,
Black, Latino & South Asian
Indian Communities**

A Resource Guide

Created for FNCE 2025
NEPDPG Spotlight Session Attendees

Cultural Adaptation and Cultural Competency Resources

Culture, Foodways & Counseling: A Guide to Culturally Sensitive Nutrition Care in the United States, 2nd Ed.
Culture, Foodways & Counseling: A Guide to Culturally Sensitive Nutrition Care in the United States, 2nd Ed.

Vincze, L., Barnes, K., Somerville, M. *et al.* Cultural adaptation of health interventions including a nutrition component in Indigenous peoples: a systematic scoping review. *Int J Equity Health* **20**, 125 (2021). <https://doi.org/10.1186/s12939-021-01462-x>

Joo JY, Liu MF. Culturally tailored interventions for ethnic minorities: A scoping review. *Nurs Open.* 2021 Sep;8(5):2078-2090. doi: 10.1002/nop2.733. Epub 2020 Dec 9. PMID: 34388862; PMCID: PMC8363345.

Broyles SL, Brennan JJ, Burke KH, Kozo J, Taras HL. Cultural adaptation of a nutrition education curriculum for Latino families to promote acceptance. *J Nutr Educ Behav.* 2011 Jul-Aug;43(4 Suppl 2):S158-61. doi: 10.1016/j.jneb.2011.02.014. PMID: 21683288; PMCID: PMC3124678.

Lagisetty PA, Priyadarshini S, Terrell S, Hamati M, Landgraf J, Chopra V, Heisler M. Culturally Targeted Strategies for Diabetes Prevention in Minority Population. *Diabetes Educ.* 2017 Feb;43(1):54-77. doi: 10.1177/0145721716683811. PMID: 28118127; PMCID: PMC5408505.

Barrera M Jr, Castro FG, Strycker LA, Toobert DJ. Cultural adaptations of behavioral health interventions: a progress report. *J Consult Clin Psychol.* 2013 Apr;81(2):196-205. doi: 10.1037/a0027085. Epub 2012 Jan 30. PMID: 22289132; PMCID: PMC3965302.



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South Asian Indian Resources

[AAPi's Nutrition Guide - Optimal Health Using Principles of Functional Medicine/Nutritional Genomics](#)

[AAPi's Nutrition Guide to Optimal Health - Part II](#)

[AAPi's Nutrition Guide to Optimal Health - Part II - Introduction & Foreward](#)

[AAPi's Nutrition Guide to Optimal Health Part III](#)

[Carb Counting Handout](#)

[Indian Foods: AAPi's Guide to Nutrition, Health and Diabetes](#)

[Indian Healthy Plate with Fruits and Dairy](#)

[Lifestyle therapies to decrease atherogenic cholesterol and promote CV health](#)

[National Lipid Association Recommendations for Patient-Centered Management of Dyslipidemia: Part 2](#)

[Renal Diet for Indian Population \(Pushpa Soundararajan, MBA, RDN, CAP, CYI\)](#)

[Sports Nutrition for Indians 2021](#)

[AAPi Books \(aapiusa.org\)](#)

Vegetarian Nutrition Dietetic Practice Group: <https://www.vndpg.org/idea/culture-plates>

- Click on India for South Asian plate

South Asian Diets: <https://hopkinsdiabetesinfo.org/south-asian-diets/>

The Basics of South Asian :<https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/just-the-basics-south-asian-english.pdf?ext=.pdf>

Healthy Eating Resources: South Asians: <https://diabetesonthenet.com/diabetes-primary-care/tools-support-practice-healthy-eating-resources-south-asians/>

Prevention for Asian Indians: <https://cadiresearch.org/topic/prevention-and-control/prevention-asian-indians>

Underestimation of Risk in Asian Indians: <https://cadiresearch.org/topic/risk-stratification/underestimation-of-risk-in-asian-indians>

South Asian Cardiovascular Health: <https://www.acc.org/latest-in-cardiology/articles/2021/08/02/14/16/south-asian-cardiovascular-health>

South Asian Indian Resources, continued

Abbasi, J. Masala Study Probes Why People With South Asian Ancestry Have Increased Cardiovascular Disease Risks. (2022). *Jama Network*. 328(6):511-514. doi:10.1001/jama.2022.11417.

Reddy, N., Kaushal, V., Kanaya, A., Kandula, N., Gujral, U., Shah, N. (2021). Cardiovascular Risk factor profiles in North and South Indian and Pakistani Americans: The MASALA Study. *American Heart Journal*, Vol. 244, 2022, pp. 14–18, <https://doi.org/10.1016/j.ahj.2021.10.115>.

Anjana, Ranjit MohanMohan, Viswanathan et al. Metabolic non-communicable disease health report of India: the ICMR-INDIAB national cross-sectional study (ICMR-INDIAB-17) *The Lancet Diabetes & Endocrinology*, Volume 11, Issue 7, 474 – 489 [https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(23\)00119-5/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(23)00119-5/fulltext)

https://www.molinahealthcare.com/~/media/Molina/PublicWebsite/PDF/providers/mi/medicaid/resource/resource_MI_AsianIndianCulture-InfluencesAndImplicationsForHealthCare.pdf

Bhopal RS, Douglas A, Wallia S, Forbes JF, Lean ME, Gill JM, McKnight JA, Sattar N, Sheikh A, Wild SH, Tuomilehto J, Sharma A, Bhopal R, Smith JB, Butcher I, Murray GD. Effect of a lifestyle intervention on weight change in south Asian individuals in the UK at high risk of type 2 diabetes: a family-cluster randomised controlled trial. *Lancet Diabetes Endocrinol*. 2014 Mar;2(3):218-27. doi: 10.1016/S2213-8587(13)70204-3. Epub 2013 Dec 23. PMID: 24622752.

Vlaar EM, van Valkengoed IG, Nierkens V, Nicolaou M, Middelkoop BJ, Stronks K. Feasibility and effectiveness of a targeted diabetes prevention program for 18 to 60-year-old South Asian migrants: design and methods of the DH!AAN study. *BMC Public Health*. 2012 May 23;12:371. doi: 10.1186/1471-2458-12-371. PMID: 22621376; PMCID: PMC3504520.

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Kandula NR, Bernard V, Dave S, Ehrlich-Jones L, Counard C, Shah N, Kumar S, Rao G, Ackermann R, Spring B, Siddique J. The South Asian Healthy Lifestyle Intervention (SAHELI) trial: Protocol for a mixed-methods, hybrid effectiveness implementation trial for reducing cardiovascular risk in South Asians in the United States. *Contemp Clin Trials*. 2020 May;92:105995. doi: 10.1016/j.cct.2020.105995. Epub 2020 Mar 24. PMID: 32220632; PMCID: PMC8011000.

Anand SS, Samaan Z, Middleton C, Irvine J, Desai D, Schulze KM, Sothiratnam S, Hussain F, Shah BR, Pare G, Beyene J, Lear SA; South Asian Heart Risk Assessment Investigators. A Digital Health Intervention to Lower Cardiovascular Risk: A Randomized Clinical Trial. *JAMA Cardiol*. 2016 Aug 1;1(5):601-6. doi: 10.1001/jamacardio.2016.1035. PMID: 27438754.

Brown T, Smith S, Bhopal R, Kasim A, Summerbell C. Diet and physical activity interventions to prevent or treat obesity in South Asian children and adults: a systematic review and meta-analysis. *Int J Environ Res Public Health*. 2015 Jan 9;12(1):566-94. doi: 10.3390/ijerph120100566. PMID: 25584423; PMCID: PMC4306880.

South Asian Indian Resources, continued

<https://www.chwresourcehub.org/projects/reaching-immigrants-through-community-empowerment-project-rice> Peters H et al Culturally Tailored Dietary Recommendations for South Asians With Diabetes or Heart Disease and Their Caregivers: Findings From Two Workshops. Volume 8, Supplement 2102215 July 2024. [https://cdn.nutrition.org/article/S2475-2991\(24\)00149-5/fulltext](https://cdn.nutrition.org/article/S2475-2991(24)00149-5/fulltext)

Kaloth S et al A Qualitative Study of Perspectives on South Asian Dietary Practices: Exploring a Framework for Culturally Tailored Food-is-Medicine Interventions Circulation Volume 151, Number Suppl_1 https://doi.org/10.1161/cir.151.suppl_1.P1115

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Rahim, E., Rahim, F.O., Anzaar, H.F. *et al.* Culturally Tailored Strategies to Enhance Type 2 Diabetes Care for South Asians in the United States. *J GEN INTERN MED* **39**, 2560–2564 (2024).
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Farhat G et al. Effectiveness of lifestyle interventions/culturally bespoke programmes in South Asian ethnic groups targeting weight loss for prevention and/or remission of type 2 diabetes: a systematic review and meta-analysis of intervention trials January 2024 <https://doi.org/10.1111/jhn.13279>

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Naeem, Farooq & Khan, Tasneem & Fung, Kenneth & Narasiah, Lavanya & Guzder, Jaswant & Kirmayer, Laurence. (2020). Need to Culturally Adapt and Improve Access to Evidence-Based Psychosocial Interventions for Canadian South-Asians: A Call to Action. *Canadian Journal of Community Mental Health.* 38. 1-11. 10.7870/cjcmh-2019-016.

Stanford South Asian Translational Heart Initiative: <https://stanfordhealthcare.org/medical-clinics/stanford-south-asian-translational-heart-initiative.html>

South Asian Heart Center: <https://www.southasianheartcenter.org/>

Mass General South Asian Cardiac Health Research: <https://because.massgeneral.org/campaign/our-health-a-transformative-initiative-for-south-asian-cardiac-health-research-spearheaded-by-mgh/c348220>

AAPI Resources

Culturally Relevant Handouts from AAPI MIG at Academy of Nutrition and Dietetics:

<https://community.eatrightpro.org/aapi/professional-resources/handouts>

Oldways Asian Heritage Diet Pyramid & Heart-Healthy Asian Recipes from American Heart

Association: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/asian-heritage-diets>

National Dietary Guidelines from multiple AAPI countries. FAO:

<https://www.fao.org/nutrition/education/dietary-guidelines/regions/asia-pacific/en/>

Nutrition and Physical Activity Handouts in multiple languages. Asian American Research Center

on Health: <https://asianarch.org/resources/>

WIC Nutrient Infographics in multiple languages:

<https://wicworks.fns.usda.gov/topic/nutrient-infographics/nutrient-infographics-simplified-chinese>

Harvard Healthy Eating Plate in Multiple Languages:

<https://nutritiionsource.hspf.harvard.edu/healthy-eating-plate/translations/>

MyPlate in Multiple Languages: <https://www.myplate.gov/resources/myplate-multiple-languages>

Heart-Healthy Nutrition in Chinese. American College of Cardiology:

<https://www.cardiosmart.org/assets/infographic/heart-healthy-nutrition-chinese>

Nutrition Handouts in Chinese. Gleaners: <https://www.gleanersnutritionhub.org/chinese.html>

Healthy Asian Cuisine Recipes. Catherine Wong, Grace Lam Tee, & Martin Yan. SNAPEd. CalFresh.

California State University Northridge: <https://www.csun.edu/sites/default/files/Healthy-Chinese-Cuisine.pdf>

Healthy Southern Chinese Cuisine. Stanford Healthcare:

<https://med.stanford.edu/content/dam/sm/care/Nourishproject/Southern-Chinese-Cuisine.pdf>

Healthy Filipino Cuisine. Stanford Healthcare:

<https://med.stanford.edu/content/dam/sm/care/Nourishproject/Filipino-Cuisine.pdf>

Healthy Cuisines in Multiple Asian Cultures. Nourish Project. Stanford Healthcare:

<https://med.stanford.edu/care/research/research-programs/nourish-project.html>

Carbohydrate Counting: Traditional Filipino Food Lists For Management and Prevention of Diabetes Mellitus. Ashwini Wagle.

<https://pdp.sjsu.edu/people/ashwini.wagle/Tools/Filipino%20Carbohydrate%20Counting%20Tool%202025.pdf>

AAPI Resources, continued

Carbohydrate counting: a Korean quick guide. National Diabetes Service Scheme:

<https://www.ndss.com.au/wp-content/uploads/quick-guide-carb-counting-korean-english.pdf>

Healthy Eating Guidebook for Pacific Islander Communities. Ethnic Communities Council of

Queensland: https://ecccq.com.au/wp-content/uploads/2023/09/ETHCCQ26785-PACIFIC-ISLENGLISH-HEALTHY-EATING-GUIDE_C.pdf

Pacific Guidelines for Healthy Living. The Public Health Division of the Pacific Community:

<https://www.spc.int/sites/default/files/resources/2018-05/Pacific%20guidelines%20for%20healthy%20living.pdf>

AAPI Dietary Preferences Survey from Association of Asian Pacific Community Health

Organizations: <https://aapcho.org/wp-content/uploads/2021/06/AAPCHO-MHP-Salud-Healthy-Eating-Report-Final-1.pdf>

Herbs & Spices: Exploring Staple Asian Flavors. Today's Dietitian:

<https://www.todaysdietitian.com/newarchives/1123p12.shtml>

Toolkits, webinars and trainings, culturally adapted products, and additional materials on AAPI communities. AANHPI Health: <https://aanhpihealth.org/category/resources/tools/>

Eating Disorder and Culturally Competent Care for AAPI: National Alliance on Mental Illness. Asian American Native Hawaiian Pacific Islander: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander/>

Food Insecurity: UCLA Asian American Studies Center. Food Insecurity among Asian Americans in California: Increased Risk among Older Adults:

https://www.aasc.ucla.edu/aapipolicy/reports_feb10/Nhan-Wang_report.pdf

Cancer Facts & Figures for Asian American, Native Hawaiian, & Other Pacific Islander People

2024-2026. American Cancer Society: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/aanhpi-cancer-facts-and-figures/aanhpi-cff.pdf>

Screen at 23 Resource. National Council of Asian Pacific Islander Physicians:

<https://ncapip.org/programs/diabetes/screen-at-23/>

Chinese Food Guide Pagoda and Plate (2022):

https://en.chinacdc.cn/health_topics/nutrition_health/202206/t20220622_259773.html

Hispanic/Latino Resources

World Food Map: <https://www.worldfoodmap.org/>

Pocket Guide to Spanish for the Nutrition Professional: <https://www.eatrightstore.org/product-type/ebooks/pocket-guide-to-spanish-for-the-nutrition-professional-third-edition-ebook>

Hispanic Family Nutrition: Complete Counseling Kit: <https://www.eatrightstore.org/product-type/ebooks/hispanic-family-nutrition-counseling-kit-ebook>

American Diabetes Association (Spanish): <https://diabetes.org/es>

American Diabetes Healthy Placemat (Spanish): https://professional.diabetes.org/sites/dpro/files/2024-04/Placemat_Hispanic_LetterSize_REV_112.pdf

USDA MyPlate (Spanish): <https://www.myplate.gov/myplate-spanish>

Delicious Heart-Healthy Latino Recipes Book – Platillos latinos isabrosos y saludables!:
<https://www.nhlbi.nih.gov/resources/delicious-heart-healthy-latino-recipes-book-platillos-latinos-sabrosos-y-saludables>

American Heart Association What is High Blood Pressure (Spanish):
https://www.heart.org/-/media/files/health-topics/answers-by-heart/answers-by-heart-spanish/what-is-highbloodpressure_span.pdf

The TRUTH About Hispanic/Latina Women and Heart Disease Fact Sheet:
<https://www.nhlbi.nih.gov/resources/truth-about-hispaniclatina-women-and-heart-disease-fact-sheet>

National Heart, Lung, and Blood Institute (NHLBI) Your Heart, Your Life Manual: A Promotores de Salud Manual on Heart Disease for Hispanics/Latinos and Picture Cards:
<https://www.nhlbi.nih.gov/resources/your-heart-your-life-manual-promotores-de-salud-manual-heart-disease-hispanicslatinos-and>

NHLBI Taking Care of Our Hearts Together in the Hispanic/Latino Community Fact Sheet:
<https://www.nhlbi.nih.gov/resources/taking-care-our-hearts-together-hispaniclatino-community-fact-sheet>

Hunger Vital Signs: The Hunger Vital Sign™ - <https://childrenshealthwatch.org/hunger-vital-sign/>

Hunger Vital Signs (Spanish Translation): https://childrenshealthwatch.org/wp-content/uploads/Hunger-Vital-Sign_translations.pdf

Veteran Health Administration ACORN Screening Tool:
https://www.va.gov/HEALTHEQUITY/docs/ACORN_Screening_Tool.pdf

Black & African American Considerations

Articles:

1. **Coughlin, Steven S., and Selina A. Smith.** "Community-based participatory research to promote healthy diet and nutrition and prevent and control obesity among African-Americans: a literature review." *Journal of racial and ethnic health disparities* 4.2 (2017): 259-268.
2. **Senior, Joyce, et al.** "Culturally Tailored Nutrition Education Interventions: Why Focus on African American Women?" *Journal of Nutritional Health & Food Engineering*, vol. 2, no. 2, Apr. 2015, pp. 51–53.
3. **Williams, J. H., et al.** "Cultural Relevancy of a Diabetes Prevention Nutrition Program for African American Women." *Eat Well Live Well Nutrition Program*, 2006. Translated via Mdpi.com [Review].
4. **James, Delores.** "Factors influencing food choices, dietary intake, and nutrition-related attitudes among African Americans: application of a culturally sensitive model." *Ethnicity and Health* 9.4 (2004): 349-367.
5. **Davidson, Emma M., et al.** "Behavior change interventions to improve the health of racial and ethnic minority populations: a tool kit of adaptation approaches." *The Milbank Quarterly* 91.4 (2013): 811-851.
6. **Di Noia, Jennifer, et al.** "Designing culturally sensitive dietary interventions for African Americans: review and recommendations." *Nutrition reviews* 71.4 (2013): 224-238.
7. **Migneault, Jeffrey P., et al.** "A culturally adapted telecommunication system to improve physical activity, diet quality, and medication adherence among hypertensive African–Americans: a randomized controlled trial." *Annals of Behavioral Medicine* 43.1 (2012): 62-73.
8. **Turner-McGrievy, Gabrielle, et al.** "The Nutritious Eating with Soul (NEW Soul) Study: study design and methods of a two-year randomized trial comparing culturally adapted soul food vegan vs. omnivorous diets among African American adults at risk for heart disease." *Contemporary clinical trials* 88 (2020): 105897.
9. **Robinson-Dooley, Vanessa, et al.** "Introducing healthy together: A monograph of African American men, chronic disease, and self-management." *Social Work in Public Health* 39.7 (2024): 750-766.
10. **York, Felicia N., and Lu Tang.** "'Picture me heart disease free': understanding African Americans' cardiovascular disease experiences through a culture-centered approach." *Journal of Applied Communication Research* 49.3 (2021): 247-266.
11. **Yeary, Karen Hye-cheon Kim, et al.** "The WORD (Wholeness, Oneness, Righteousness, Deliverance): design of a randomized controlled trial testing the effectiveness of an evidence-based weight loss and maintenance intervention translated for a faith-based, rural, African American population using a community-based participatory approach." *Contemporary clinical trials* 40 (2015): 63-73.
12. **Springfield, Sparkle, et al.** "A randomized pilot study of a community-based weight loss intervention for African-American women: Rationale and study design of Doing Me! Sisters Standing Together for a Healthy Mind and Body." *Contemporary clinical trials* 43 (2015): 200-208.
13. **Potter, Deborah A., et al.** "Healthicization and lay knowledge about eating practices in two African American communities." *Qualitative Health Research* 26.14 (2016): 1961-1974.

Systematic Reviews:

1. **Lemacks, Jennifer, et al.** "Interventions for Improving Nutrition and Physical Activity Behaviors in Adult African American Populations: A Systematic Review, January 2000 through December 2011." *Preventing Chronic Disease*, vol. 10, 20 June 2013, Article 120256.
2. **Lofton, Saria, et al.** "A systematic review of literature on culturally adapted obesity prevention interventions for African American youth." *The Journal of School Nursing* 32.1 (2016): 32-46.
3. **Barr-Anderson, Daheia J., et al.** "Family-focused physical activity, diet and obesity interventions in African–American girls: a systematic review." *Obesity Reviews* 14.1 (2013): 29-51.

Books:

1. **Twitty, Michael W.** *The Cooking Gene: A Journey through African-American Culinary History in the Old South*. HarperCollins Publishers, 2017.
2. **Harris, Jessica B.** *High on the Hog: A Culinary Journey from Africa to America*. Bloomsbury, 2011.
3. **Terry, Bryant.** *Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed* [A Cookbook]. Ten Speed Press, 2014.

Black & African American Considerations

Book Chapter/Collected List:

1. **Opie, Frederick D.** *Hog and Hominy: Soul Food from Africa to America*. (Publication details from Epicurious reading list.)
2. **Tipton-Martin, Toni.** *The Jemima Code: Two Centuries of African American Cookbooks*. (Publication details from Epicurious reading list.)

References Contained in the Session

1. **Lucan, Sean C., et al.** "Cultural Aspects of African American Eating Patterns." *American Journal of Health Behavior*, vol. 36, no. 5, Sept. 2012, pp. 700–710. *PubMed*, PMID: 22584097. Focus groups with low- and middle-income African Americans revealed that eating practices are tied to historical adaptation, and effective dietary change must address both culture and food availability.
2. **James, Deborah C.** "Factors Influencing Food Choices, Dietary Intake, and Nutrition-Related Attitudes Among African Americans: Application of a Culturally Sensitive Model." *Ethnicity & Health*, vol. 9, no. 4, Nov. 2004, pp. 349–67. *PubMed*, PMID: 15570680. Using the PEN-3 model, this study found that cultural heritage, social norms, and perceived taste and cost barriers significantly affect healthy eating behaviors in African American communities.
3. **Designated Review (2013).** "Designing Culturally Sensitive Dietary Interventions for African Americans: Review and Recommendations." *International Life Sciences Institute*, 2013. *PubMed*, PMID: 23550783. This review summarizes strategies for culturally sensitive dietary interventions, emphasizing the urgent need for tailored programming to address diet-related disease disparities.
4. **Shaw, A. R., et al.** "Feasibility of the MIND+SOUL Culturally Tailored Brain Healthy Diet: A Pilot Study." *American Journal of Lifestyle Medicine*, Oct. 2024, online ahead of print. *PubMed*, PMID: 39540187. A pilot program implementing a culturally tailored cognitive-health diet (MIND+SOUL) indicates promising feasibility for nutrition interventions that resonate culturally.
5. **Shaw, Alicia R., et al.** "Cooking Interventions for Improving Diet Quality Among Black Americans: A Randomized Controlled Trial." *PubMed*, PMID: 36734623. This RCT demonstrates that cooking instruction videos (vs. standard info) significantly increased intentions and behaviors around healthy cooking, especially among participants facing food insecurity.
6. **Fowler, Barbara A., and Janice N. Giger.** "The World Health Organization—Community Empowerment Model in Addressing Food Insecurity in Low-Income African-American Women: A Review of the Literature." *Journal of the National Black Nurses Association*, vol. 28, no. 1, July 2017, pp. 43–49. *PubMed*, PMID: 29932567. A review emphasizing community empowerment models to tackle food insecurity and improve nutrition among low-income African American women.
7. **Houston, Anna, et al.** "Cultural Identity and Health Lifestyles Among African Americans: A New Direction for Health Intervention Research?" *PubMed*, PMID: 10892821. This study links strong cultural identity—or bicultural orientation—with healthier dietary choices, lower fat intake, and greater physical activity among African Americans.
8. **Rimer, Barbara K., and Colleagues.** "Cultural Relevancy of a Diabetes Prevention Nutrition Program for African American Women." *PubMed*, PMID: 16410421. This case study of a community-based diabetes prevention program for African American women demonstrated that culturally relevant, peer-delivered interventions significantly improved satisfaction and dietary behavior change.
9. **Nguyen, Y. T., and M. L. Mansur.** "The Influence of Ethnic and Mainstream Cultures on African Americans' Health Behaviors: A Qualitative Study." *Behavioral Sciences*, vol. 7, no. 3, 2017, article 49. *MDPI*. This qualitative study highlights the value of allowing African Americans to "pick and choose" health behaviors from both ethnic and mainstream cultures—promoting autonomy, self-efficacy, and better adherence to tailored interventions.
10. **Vaidya, S. R., et al.** "Nutrition Interventions Addressing Structural Racism: A Scoping Review." *PubMed*, PMID: 35022096. A scoping review highlighting that many successful nutrition interventions for African Americans combine education with policy, systems, or environmental changes—but structural barriers remain under-addressed.
11. **Kong, H., et al.** "Systematic Review of Behavioral Interventions With Culturally Adapted Strategies to Improve Diet and Weight Outcomes in African American Women." *Obesity Reviews*, 2014. Using Kreuter et al.'s framework, this review analyzes multiple adaptation strategies (surface, sociocultural, evidential, linguistic) in behavioral interventions targeting diet and weight among African American women.