



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

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

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

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

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

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## I. Books, Book Chapters, and Booklets

### **50+ Web-Based Lesson Plans for Ethnic Foods**

Learning ZoneXpress

Owatonna, MN. 2011.

**NAL Call Number:** TX66.A53 2000

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

### **The Cooking Demo Book**

Food and Health Communications, 2011.

**NAL Call Number:** TX.661.D63.2011

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

### **American Indian Food**

Linda Murray Berzok

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

**ISBN:** 0313329893

**NAL Call Number:** E98.F7 B47 2005

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

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

Derald Wing Sue and David Sue

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

**ISBN:** 1118022025

**NAL Call Number:** BF637.C6 S85

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



### **Cultural Food Practices**

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

**ISBN:** 978-0880914338

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

### **Diabetes Education in Tribal Schools (DETS) Curriculum**

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

**Web site:**

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

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

### **Food and Culture, 6<sup>th</sup> edition**

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

**ISBN:** 0538734973

**NAL Call Number:** TX357.K58

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

### **Food Culture Around the World**

Westport, CT: Greenwood Press, 2005.

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

**Food Culture in the Caribbean** by Lynn Marie Houston

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

**Food Culture in China** by Jacqueline M. Newman

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



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

### **Handbook of Multicultural Counseling**

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

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

### **The Oxford Companion to American Food and Drink**

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

**NAL Call Number:** TX349.094.2007

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



### **Spanish for the Nutrition Professional, 2<sup>nd</sup> Edition**

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

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

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

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

### **What I Eat: Around the World in 80 Diets**

Peter Menzel and Faith D'Aluisio

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

**ISBN:** 978-0984074402

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

## **II. Full-Text Online Information**

### **A Day in the Life**

Network for a Healthy California-African American Campaign

**Full Text:** [http://snap.nal.usda.gov/foodstamp/resource\\_finder\\_details.php?id=496](http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=496)

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

### **American Indian Health**

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

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

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

### **American Indians and Alaska Natives and Diabetes**

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

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

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



### **Asian Diet Pyramid**

Oldways Preservation Trust

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

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

### **Asian Language Nutrition and Physical Activity Brochures**

Center for Weight and Health, University of California, Berkeley

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

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

### **Chinese Language Food and Nutrition Resources**

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

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

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

### **Culturally Competent Care**

Diversity Rx

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

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

### **Community Wellness Newsletter**

Northern California Indian Development Council

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

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

### **Eat Healthy—Be Active Community Workshops**

U.S. Department of Health and Human Services

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

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



### **Food Distribution Program on Indian Reservations Fact Sheet**

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

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

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

### **Healthy Latino Recipes**

Champions for Change: Network for a Healthy California

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

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

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

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

**Full text:**

[http://www.aphis.usda.gov/import\\_export/plants/manuals/ports/downloads/fv.pdf](http://www.aphis.usda.gov/import_export/plants/manuals/ports/downloads/fv.pdf)

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

### **International Programs**

Healthy Meals Resource System, United States Department of Agriculture

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

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

### **The Kosher Primer**

Orthodox Union

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

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

### **Making Health Communication Programs Work: Pink Book**

National Cancer Institute, National Institutes of Health

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

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



### **Making WIC Work in Multicultural Communities**

Food Research Action Center

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

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

### **Mediterranean Foods Alliance**

Oldways Preservation Trust

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

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

### **Menus and Menu Planner**

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

**Full text:** [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/sampmenu.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm)

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

Asian-American Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/asian.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm)

Southern Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/southern.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/southern.htm)

Mexican-American Cuisine

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/mex\\_amer.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm)

### **Minority Women’s Health**

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

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

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

### **National Center for Cultural Competence**

Center for Child and Human Development, Georgetown University

**Full Text:** [www11.georgetown.edu/research/gucchd/nccc/resources/cultural6.html](http://www11.georgetown.edu/research/gucchd/nccc/resources/cultural6.html)

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





### **Native American Health**

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

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

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

### **Nutrition Education for Adult ESL**

Eating Well, Living Well

**Full Text:** [http://snap.nal.usda.gov/foodstamp/resource\\_finder\\_details.php?id=422](http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=422)

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

### **On the Move to Better Heart Health for African Americans**

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

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

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

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

National Council of La Raza

**Full text:**

[http://www.nclr.org/index.php/issues\\_and\\_programs/health\\_and\\_nutrition/health\\_care\\_reform/hcrarchive/healthprofiles/nutritionprofiles/](http://www.nclr.org/index.php/issues_and_programs/health_and_nutrition/health_care_reform/hcrarchive/healthprofiles/nutritionprofiles/)

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

### **Sisters Together: Move More, Eat Better**

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

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

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



### **Think Cultural Health**

Department of Health and Human Services, Office of Minority Health

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

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

### **Women's Health.gov**

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

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

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

### **What Is Halal?**

The Islamic Food and Nutrition Council of America (IFANCA)

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

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

## **III. Videos, Kits, Models, and Graphics**

### **American Foods of the South Set**

Life/form replicas; 10 plastic models

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 6

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

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

Lynn Walters and Jane Stacey

Cooking with Kids, 2005.

**NAL Call Number:** TX661 .W343 2008

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



**Fit Kids = Happy Kids/Niños Saludables = Niños Felices**

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

**NAL Call Number:** Kit no. 495

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

**Food and Fitness Matter: Raising Healthy, Active Kids**

Parents’ Action for Children, 2006.

1 DVD (24 min.)

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

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

**Food Replica Package No. 3**

Life/form replicas; 26 plastic models

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 5

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

**International Foods 2: Africa and the Middle East Powerpoint**

Learning ZoneXpress, 2005.

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



**Italian Food Model Kit**

Life/form replicas; 10 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 8

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

**Latin American Food Model Kit**

Life/form replicas; 25 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 31

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

**Mediterranean Food Model Kit**

Life/form replicas; 20 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 30

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

**Mexican-American Ethnic Food Set**

Life/form replicas; 12 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 7

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

**Vegetarian Diet Supplement Food Package**

Life/form replicas; 11 plastic models

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 12

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



### **Vegetarian Food Package**

Life/form replicas; 34 plastic models

Ft. Atkinson, WI: NASCO.

**NAL Call Number:** Model no. 10

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

## **IV. Resources in Spanish**

### **American Diabetes Association**

#### **La Diabetes Entre los Latinos**

(Spanish language Diabetes in Latinos)

1701 North Beauregard St.

Alexandria, VA 22311

Phone: 1-800-DIABETES

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

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

### **Centers for Disease Control and Prevention (CDC)**

1600 Clifton Rd.

Atlanta, GA 30333

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

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

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

### **Food Insight in Spanish**

International Food Information Council Foundation (IFIC)

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

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



### **Latino Nutrition Coalition**

Oldways Preservation Trust

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

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

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

United States Department of Agriculture

**Full text:** [http://www.nhlbi.nih.gov/health/prof/heart/latino/foto\\_sp.pdf](http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_sp.pdf)

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

### **MyPlate in Spanish**

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

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

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

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

1 Information Way

Bethesda, MD 20892-3560

Phone: (800) 860-8747

Fax: (703) 738-4929

**Web site:** [http://diabetes.niddk.nih.gov/index\\_sp.htm](http://diabetes.niddk.nih.gov/index_sp.htm)

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

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

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

**Web site:** [http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/resources\\_espanol.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/resources_espanol.htm)

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



### **SNAP Outreach and Nutrition Education Materials in Spanish**

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

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

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

### **Spanish Language Food and Nutrition Resources**

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

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

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

### **SNAP-Ed Connection: Spanish Language Materials**

U.S. Department of Agriculture

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

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

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

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

National Heart, Lung, and Blood Institute

[http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat\\_mnl.htm](http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat_mnl.htm)

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

### **Wellness Resources for Child Care Providers**

Healthy Meals Resource System, United State Department of Agriculture

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

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



## V. Additional Contacts and Sources of Information

### **American Diabetes Association**

1701 North Beauregard St.

Alexandria, VA 22311

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

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

### **Association's Nutrition Center**

American Heart Association

**Web site:** [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp)

### **Asian American Diabetes Initiative, Joslin Diabetes Center**

1 Joslin Place, Room 382A

Boston, MA 02215

Phone: (617)226-5815

Fax: (617) 732-2607

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

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

2 Democracy Plaza, Suite 510

Bethesda, MD 20892-5467

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

Fax: (301) 480-3537

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

### **Chinese Americans in Dietetics and Nutrition**

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

### **Chinese Community Health Resource Center**

835 Jackson St. Room 425

San Francisco, CA 94133

Phone: (415) 677-2473

Fax: (415) 677-2457

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

### **Cooperative Extension Systems Offices**

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

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





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

Lucas State Office Building

321 E. 12<sup>th</sup> St.

Des Moines, IA 50319-0083

Phone: (515) 281-6538

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

**Food and Nutrition Information Center**

10301 Baltimore Ave. Room 105

Beltsville, MD 20705

Phone: (301) 504-5414

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

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

International Food Composition Resources page

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

**Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN)**

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

**Muslims in Dietetics and Nutrition (MIDAN)**

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

**National Council of La Raza**

1126 16<sup>th</sup> Street, N.W. Suite 100

Washington, DC 20036

Phone: (202) 785-1670

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

**National Heart, Lung, and Blood Institute Health Information Center**

Phone: (301) 592-8573

E-mail: [NHLBInfo@nhlbi.nih.gov](mailto:NHLBInfo@nhlbi.nih.gov)

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

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

P.O. Box 37337

Washington, D.C. 20013-7337

Phone: (800) 444-6472

Fax: (301) 230-7198

TDD: (301) 251-1432

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



### **Selected Patient Information Resources in Asian Languages (SPIRAL)**

Tufts University Hirsh Health Services Library

145 Harrison Ave.

Boston, MA 02111

Phone (617) 636-6075

Fax (617) 636-4039

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

### **U.S. Food and Drug Administration**

10903 New Hampshire Ave.

Silver Spring, MD 20993-0002

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

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

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National Agricultural Library, Room 108  
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TTY: 301-504-6856  
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Web site: <http://fnic.nal.usda.gov>

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