

# Culturally Relevant & Healthy Meals: *Latin/Mexican Cuisine*

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***“Helping patients modify recipes for foods they typically eat is valuable in achieving and maintaining adherence to recommended dietary changes. A study at the diabetes clinic of Grady Memorial Hospital in Atlanta, Ga., found that the primary reason for patients not following food recommendations was that the recommended diet was not familiar to them and contained unfamiliar food choices”***

*– Karmeen D. Kulkarni, Registered Dietitian, American Diabetes Association*

## Healthy Choices for Entrées

- Fresh squeezed lemons or limes to enhance flavor and to reduce the need for salt
- Small tortillas for portion control
- Ground turkey in the place of ground beef with adequate seasoning and spices
- Corn or whole wheat tortillas instead of flour
- Replace refried beans by using whole beans (mash in a pan on the stove, stir with vegetable oil and lime juice)



## Healthy Snacks

- Fresh mango, jicama, papaya or any fruit with chile and lime juice
- Baked and seasoned plantains/banana chips ([realhealthyrecipes.com](http://realhealthyrecipes.com))
- Grilled corn with margarine and chile