

Health & Nutrition Resources for Spanish Speaking Individuals

**This list was edited, reviewed, and revised
from the USDA's**

**"Cultural and Ethnic Food and Nutrition Education Materials: A
Resource List for Educators 2008"**

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<http://www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.pdf>

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1. ¡Es Facil! Libro de Recetas; It's Easy! Recipe Book

Johanna Asarian-Anderson

Los Angeles County California, Public Health Nutrition Program, 2003.

NAL Call Number: TX716.A1 I87 2003

Description:

- Spanish & English, alternating pages
- This cookbook promotes fruit and vegetable consumption through the use of easy to prepare, healthy recipes. It is a collection of primarily Latino recipes from lower income community members of Highland Park, CA. After receiving recipes from community members, the authors modified the recipes to be healthy yet still flavorful. They were then tested by the community members that originally submitted them and received positive feedback.
- The recipe book also includes information about cooking with herbs, food safety, how to involve children meal preparation, common measurement conversions, common cooking substitutions, and tips for stretching food dollars.
- Each recipe includes yield and serving size, preparation time, cost per serving, and nutrition facts for selected nutrients. Recipes are grouped according to categories: Appetizers & Beverages; Soups, Salads & Side Dishes; Main Dishes; Dessert & Pastries.
- The LA County Health Department (213-351-7889) grants permission to print & distribute the online copies available at their website.

Location:

Online:

Nutrition > Resources > Cookbook

<http://www.lapublichealth.org/NUTRITION/index.htm>

Direct link:

<http://www.publichealth.lacounty.gov/nutrition/cookbook/cookbookmain.htm>

Note: I had difficulty accessing the site using the direct address. Using Google to search for the nutrition section of the LA Health Department may be easiest.

2. Healthy Latino Recipes: Made with Love (English) **Recetas Latinas Saludables: Hechas con Amor (Spanish)** California Latino 5-a-day Campaign, 2004, Public Health Institute of California

Description:

- Colorful, 42-page book of recipes categorized as breakfast, lunch, dinner, snack, party, and 'Latino basics.' The book provides additional information on serving size, examples of colorful fruits and vegetables, the benefits of fruits and vegetables, as well as a seasonal guide to fruits and vegetables. With the exception of the "Latino Basics" meals, each recipe includes serving size, cook time, calories, carbohydrates, protein, fats, etc!

Location:

Online:

Spanish Version:

<http://www.kitsapcountyhealth.com/>

http://www.kitsapcountyhealth.com/community_health/health_promotion/docs/hp_latino_cookbook_spanish.pdf

Note: Located in Bremerton, WA

English & Spanish Versions:

Home>Health Information>Healthy Living>Nutrition>Recipes & Cookbooks

<http://www.cdph.ca.gov>

Direct Links:

http://www.cdph.ca.gov/programs/CPNS/Documents/Retail/CPNS-LatinoCookbook_English.pdf

http://www.cdph.ca.gov/programs/CPNS/Documents/Retail/CPNS-LatinoCookbook_Spanish.pdf

Also: View PDF or **order online** at \$1.50 per copy:

<https://web3.kpcorp.com/v2/com/mod/stdhome/entry.asp?js=1>

Click "Order Items" (left tab)

Followed by "Cookbook/Recipes" (top tab)

Spanish copy available for order August 2008

3. Discover the Secret to Healthy Living (English) Descubra el Secreto para una Vida Saludable (Spanish)

California Latino 5-a-day Campaign, 2004, Public Health Institute of California

Description:

- Colorful, 51-page recipe book, similar to the Healthy Latino Recipes (above), which promotes eating 5-9 servings of fruits and vegetables a day, along with physical exercise, for a healthy lifestyle. Some recipes repeat from the Healthy Latino recipe book, but there are also a variety of new recipes. Included in the recipe section are balanced breakfasts, lean lunches, dependable dinners, delicious desserts, simple snacks, and drinks. Resources included: serving size, color guide, physical activity chart, and seasonality guide.
- **Note:** Some pages highlight specific fruits and vegetables and are specific to California. On the other hand, the ripeness information is still accurate for Wisconsin in terms of look and feel.

Location:

Online:

English & Spanish Versions:

Home>Health Information>Healthy Living>Nutrition>Recipes & Cookbooks
<http://www.cdph.ca.gov>

Direct Links:

<http://ww2.cdph.ca.gov/HealthInfo/healthyliving/nutrition/recipes/Documents/Discover%20the%20Secrets.pdf> (English)

<http://ww2.cdph.ca.gov/HealthInfo/healthyliving/nutrition/recipes/Documents/Discover%20the%20secrets%20spanish.pdf> (Spanish)

4. Everyday Healthy Meals (English) Recetas Saludables para Todos los Días (Spanish)

California Department of Public Health, Champions for Change, 2007

Description:

- The most up-to-date (2007) variation of the other recipe books provided by the California Department of Public Health. Downside → only a limited number of the recipes are available in Spanish. To access the PDF files online, you must visit two different sites: one in English and one in Spanish.
- Each book includes breakfast, lunch, dinner, dessert, and snack recipes – all of which have nutrition and serving size information included! Users are able to access individual recipes OR the entire recipe book in English. Spanish recipes are best accessible by viewing each recipe section online (e.g. Breakfast) and from there, selecting those recipes that are not listed in English (see additional instructions below).
- There is also information on the recommend number of fruits and vegetables consumed by men and women depending on age and amount of physical activity. In the introduction there are seasonality guides and serving size charts. This information is only available in English for both books.

Location:

Online:

English: <http://www.cachampionsforchange.net/en/Recipes.php>

Access by various links: breakfast, lunch, dinner, desserts, snacks...
OR view the complete recipe book

Direct link: http://www.cachampionsforchange.net/en/docs/COOK-220_NOV_2007FINAL.pdf

Spanish: <http://www.campeonesdelcambio.net/es/Recetas.php>

Click on desayuno (breakfast), almuerzo (lunch), cena (dinner), postre (dessert), or bocadillos (snacks) for a listing of each specific recipe-type. If the selection says “En inglés” – it is only available in English. If not, then it **is** available in Spanish.

Also: View PDF or **order online** at \$1.50 per copy:

<https://web3.kpcorp.com/v2/com/mod/stdhome/entry.asp?js=1>

Click “Order Items” (left tab)

Followed by “Cookbook/Recipes” (top tab)

5. Kids...Get Cooking!

Description:

- A colorful, 6-page PDF of quick, easy, appetizing recipes for children. The first three pages are in English, and the following pages in Spanish. Recipes include: Banana Berry Dynamo Smoothie, AmaZING Fruit Salad, & Fresh Salsa.
- **Note:** I occasionally encountered problems loading the California Department of Public Health website. If you have difficulty loading the site, it may be that it's loading slowly or you may need try again in a few hours or the following day.

Location:

Online:

California Department of Public Health

www.cdph.ca.gov

Home > Programs > Cancer Prevention and Nutrition > Resources > Recipes

<http://ww2.cdph.ca.gov/programs/CPNS/Pages/Recipes.aspx>

Click on "Kids...Get Cooking!" or go to the direct link:

<http://www.cdph.ca.gov/programs/CPNS/Documents/Power%20Play/CPNS-Cookbook-2006.pdf>

6. Fit for Two: Tips for pregnancy

Weight-control Information Network (WIN) an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). September 2006.

Description:

- Downloadable PDF brochure that covers various topics including food, weight during and after pregnancy, and physical activity. It is divided into two main topic areas: Healthy Eating and Physical Activity.
- Topics include:
 - What is a healthy eating plan for pregnancy?
 - How many calories should I eat?
 - Why is gaining a healthy amount of weight important?
 - How much weight should I gain during my pregnancy?
 - Do I have any special nutrition needs now that I am pregnant?
 - Can I continue to follow my vegetarian diet during pregnancy?
 - Tips for Healthy Eating
 - What foods should I avoid during pregnancy?
 - Should I be physically active during my pregnancy?
 - What physical activities should I avoid during my pregnancy?
 - Tips for Getting Physically Active
 - What habits should I keep up after my baby is born?
 - Why should I return to a healthy weight after delivery?
 - Be Good to Yourself

Location:

Online:

Download PDF by clicking on link in the left column or view information online.
http://win.niddk.nih.gov/publications/la_futura_mama.htm (Spanish)
<http://win.niddk.nih.gov/publications/two.htm> (English)

7. Helping Your Child: Tips for Parents

Weight-control Information Network (WIN) an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). January 2007.

Description:

- Downloadable PDF brochure that covers various topics about physical activity and nutrition for children. Topics include:
 - How will healthy eating and physical activity help my child?
 - How are my child's eating and activity habits formed?
 - What should my child eat?
 - Sources of Calcium
 - How can I help my child eat better?
 - Simple Snack Ideas
 - What about physical activity?
 - How can I help my child be more active?
 - What if my child is overweight?
 - How can I help my overweight child
 - Tips for Parents
 - Additional Reading
 - Childhood Resources

Location:

Online:

Download pdf by clicking on link on the left column or view information online.

<http://win.niddk.nih.gov/publications/child.htm> (English)

http://win.niddk.nih.gov/publications/su_hijo.htm (Spanish)

8. Find Out About Food/Conoce La Comida

Pleasantville, NY: Weekly Reader Publishing, c 2008.

Description:

- This series of English-Spanish bilingual books explain the new food pyramid. There are many resource topics (fruit, milk & cereal, bread & cheese, etc). I looked up the books about fruits and vegetables up online at biblio.com to see approximately how much they cost.

Fruit/Fruta by Tea Benduhn

ISBN: 9780836884555 **NAL Call Number:** jTX397.B46 2007

- \$19.30 - \$31.18 at biblio.com – photo online
- Published 2007, 24 pages

Vegetables/Vegetales by Tea Benduhn

ISBN: 9780836884593 **NAL Call Number:** jTX401.B46 2007

- \$19.30 - \$31.18 at biblio.com – photo online
- Published 2007, 24 pages

Location:

Search online

9. Nutrición Para la Embarazada/"Eating Expectantly"

Bridget Swinney 1 volume (loose-leaf)

NAL Call Number: RG559.N88 2000

Description:

- A set of tip sheets covering various aspects of good nutrition during pregnancy, including meal and snack planning, weight gain, gestational diabetes, vegetarian meal planning, and coping with morning sickness. Note: Spanish title supplied by cataloger, not author.
- Amazon.com \$28.60, paperback

Location:

Search online

10. Diabetic Cooking for Latinos – Cocinando para Latinos con Diabetes — 4634-01

Author: Olga V. Fuste, MS, RD, CDE

Description:

- “All the great Spanish classics made healthier! 87 recipes in Spanish and English fit into your diabetes meal plan. Kitchen-tested favorites include: Tender Chayotes -- a Costa Rican delight with just 65 calories; Chicken Hallacas -- a true Venezuelan treat wrapped in healthier banana leaves; Baked Papaya topped with ice cream and just 90 calories. Includes exchanges. “
- Online price: US \$16.95; 276 pages

Location:

Online:

<http://store.diabetes.org/products/>

11. New York Online Access to Health (NOAH)

Description:

- Online resource for articles, PDF's, and videos (which can be viewed on the web) regarding nutrition and physical activity. Site can be navigated in Spanish or English (link at top of page switches language). Date of information varies according to resource. Resources are most often from educational institutions, state, or federal agencies.

Location:

Online:

Home Page: <http://www.noah-health.org/> (**English & Spanish**)

Nutrition-specific link:

English: <http://www.noah-health.org/en/healthy/>

Spanish: <http://www.noah-health.org/es/healthy/index.html>

Pregnancy specific link:

English: <http://www.noah-health.org/en/pregnancy/>

Spanish: <http://www.noah-health.org/es/pregnancy/index.html>

12. FREE Milk Matters Materials

National Institute of Child Health and Development, National Institutes of Health (NIH), 2006

Description:

- “The *Milk Matters* campaign offers a number of free publications and materials about the importance of calcium for children and teens. Some of these items are geared toward parents, some toward children and teens, and some toward health care professionals.”
- Materials are available for download on the website or for order (FREE!)
- If you need to order quantities greater than the online order limits will allow (>999 copies), or if you have questions, contact the NICHD Information Resource Center at:
 - Phone: 1-800-370-2943
 - TTY: 1-888-320-6942
 - Fax: (301) 984-1473
 - Mail: P.O. Box 3006, Rockville, MD 20847
 - E-mail: NICHDInformationResourceCenter@mail.nih.gov
- Publications in Spanish and English include:
 - **For Strong Bones...For Lifelong Health...Milk Matters!** (English)
Salud! con leche...Para huesos fuertes...Para toda su vida (Spanish)
This booklet, part of the NICHD *Milk Matters* campaign, explains that young people ages 11 to 18 need calcium and physical activity to build strong bones that last a lifetime (2005/2006).
 - **Young teens need calcium...so pour it on!** (English poster)
Los muchachos jóvenes necesitan calcio...y ¡que mejor que la leche! (Spanish poster)
This poster, part of the *Milk Matters* campaign explains why calcium is important to young people ages 11 to 18 for building strong bones that last a lifetime (2005/2006).
 - **Milk Matters with Buddy Brush Coloring Book** (English)
Salud con leche! y el Amiguito Cepillito (Spanish)
This coloring book, part of the *Milk Matters* campaign, explains the importance of calcium and good dental care for healthy teeth and for overall health (2006/2007).

Location:

Online:

Health Information > Publications & Materials

<http://www.nichd.nih.gov/publications/pubskey.cfm?from=milk>

13. Wellness Ways Resource Book

University of Illinois Extension

Description:

Wow! This is a great compilation of newsletters, fact sheets, and teaching guides constructed by the University of Illinois-Extension. Many of the materials are available in English AND Spanish! Visit the general link listed below (#1) or any of the links I've pre-reviewed (#2-8).

Locations:

Online:

1. General link for all resources:
 - <http://wellnessways.aces.uiuc.edu/>
2. Access English and Spanish brochures for "Farmers Market" promotion:
 - <http://wellnessways.aces.uiuc.edu/FarmersMarket.html>
 - Examples:**
 - Fruit & Vegetable Bargains, Summertime Meals, Vegetables, Herbs & Spices, More Fruit and Vegetables, Food Safety, Fall Fruits and Vegetables, Berries, MyPyramid, & Shopping for Fruit.
3. Newsletters in Spanish & English! (1-3pgs)
 - <http://wellnessways.aces.uiuc.edu/newsletters.html>
 - Examples:**
 - Canned Fruits and Veggies are GOOD choices
 - A Healthful Dish is Fish
 - How Much of a Good Thing
 - Oils in the foods you eat
 - Eat More Dark Green Vegetables
 - Cheese and Yogurt
 - Nuts and Seeds
 - Breakfast Cereals Are Not Created Equal

Note: Scroll down on the "Newsletter" page for some great handouts! (only available in English)
4. Building Healthy Lifestyles 2
 - Access teaching guides, educational presentation outlines, and fact sheets for each topic listed below!
Click on the corresponding "check-mark" for materials in Spanish or English (*only fact sheets are available in Spanish*).
 - <http://wellnessways.aces.uiuc.edu/lifestyles/index.html>
 - Examples:**
 - Eating Right during Pregnancy
 - Feeding Your Baby
 - Feeding Your Children Ages 2-5
 - Meal Planning
 - Food Labels
 - Shopping for Food

Food Safety
 Grains
 Fats and Cholesterol
 Fruit
 Dairy
 Vegetable
 Meat & Beans
 Breakfast
 Snacks and MORE!

5. Fun with Nutrition – Educational Coloring Book (English and Spanish)
 - <http://wellnessways.aces.uiuc.edu/coloringbook/index.html>
6. Food for Thought – Newsletters for Parents of Preschoolers (English and Spanish).
 - These resources look great!!
 - <http://wellnessways.aces.uiuc.edu/fft.html>

Examples:

Feeding Preschoolers (REVISED)	Lunch To Go
Grain Group (REVISED)	Healthy Halloween Treats
Vegetable Group (REVISED)	Thanksgiving
Fruit Group (REVISED)	Holiday Baking
Dairy Group (REVISED)	Breakfast Ideas
Meat Group (REVISED)	Trying New Foods
Fat, Oil & Sweets	Low Fat Diets
Healthy Snacks	Body Weights
Kids & Food	Grow Herbs
Water	Summer Picnics
Food & Family	Growing Up Fit
Food Activities	Grocery Shopping
Handwashing (NEW)	

7. Letters from Your Unborn Baby
 - Month-by-month teaching guides in English and Spanish that contain advice for moms regarding nutrition, medical concerns, activity, “about the baby” and “about the mom” sections, and more!
 - <http://wellnessways.aces.uiuc.edu/pregnancy.html>
8. Materials for Teaching Nutrition and Healthy Lifestyles!
 - Various materials – mostly English. You must click on each link to determine whether the resource is available in both Spanish and English.
 - <http://wellnessways.aces.uiuc.edu/Teaching.html>