



Celebrating Hispanic Heritage Month: A Guide to Healthy Meals

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National Hispanic Heritage Month celebrates the rich history and traditions of those in American with Hispanic ancestry. Regardless of the country of origin, food continues to unite people of all cultures together. Here are some healthy foods you can try as we explore the diverse Hispanic cultures throughout our country:

Arepa – Made of corn meal and filled with cheese, beans or meat, arepas are a balanced choice that can be enjoyed baked or grilled.

Tajadas – Traditionally, these fried ripe plantains are a naturally sweet and starchy food that can be enjoyed as a side dish or on it's own! Try frying them in a plant based oil, like canola or avocado oil, for added health benefits, or cook them in an air-fryer for a lower fat alternative.

Gallo Pinto – A staple in Costa Rican and Nicaraguan cuisines, this easy "rice and beans" dish can be enjoyed with a side of vegetables for a well-balanced meal.

Tacos – Enjoy with your choice of lean protein, topped with sliced avocado or guacamole instead of cheese/sour cream for a lower fat version. Don't shy away from the spices and salsas for an extra kick!

Stuffed peppers – Bell peppers or poblano peppers are stuffed with meat and cheese, highlighting the vitamin C rich vegetables that are roasted to perfection.

Grilled corn – "Mexican street corn" amps up the plain corn of the cob with a mixture of mayonnaise, chili powder and other seasonings – a healthier alternative to popular street foods.

Ceviche – A popular seafood dish that can be found in the coastal regions of Peru, Ecuador and Mexico. Enjoy fresh seafood marinated in citrus juices and other seasonings. Inherently a low fat dish, enjoy alongside sliced avocado and tostadas.

Huntington Hospital encourages individuals of all backgrounds to eat healthy and tasty meals that everyone can enjoy!



In accordance with the American Diabetes Association, use the "Mi Plato" method to enjoy traditional dishes celebrated throughout the Hispanic culture. Simply make $\frac{1}{2}$ your plate vegetables, $\frac{1}{4}$ of your plate lean protein and the last $\frac{1}{4}$ of your plate a healthy grain or starch.

Want to learn more?

Talk with our Registered Dietitians for an individualized meal plan, visit www.huntingtonhospital.org/nutritioncounseling for more information.

