

Expanding Data on the Nutrient Content of Hispanic/Latino Foods

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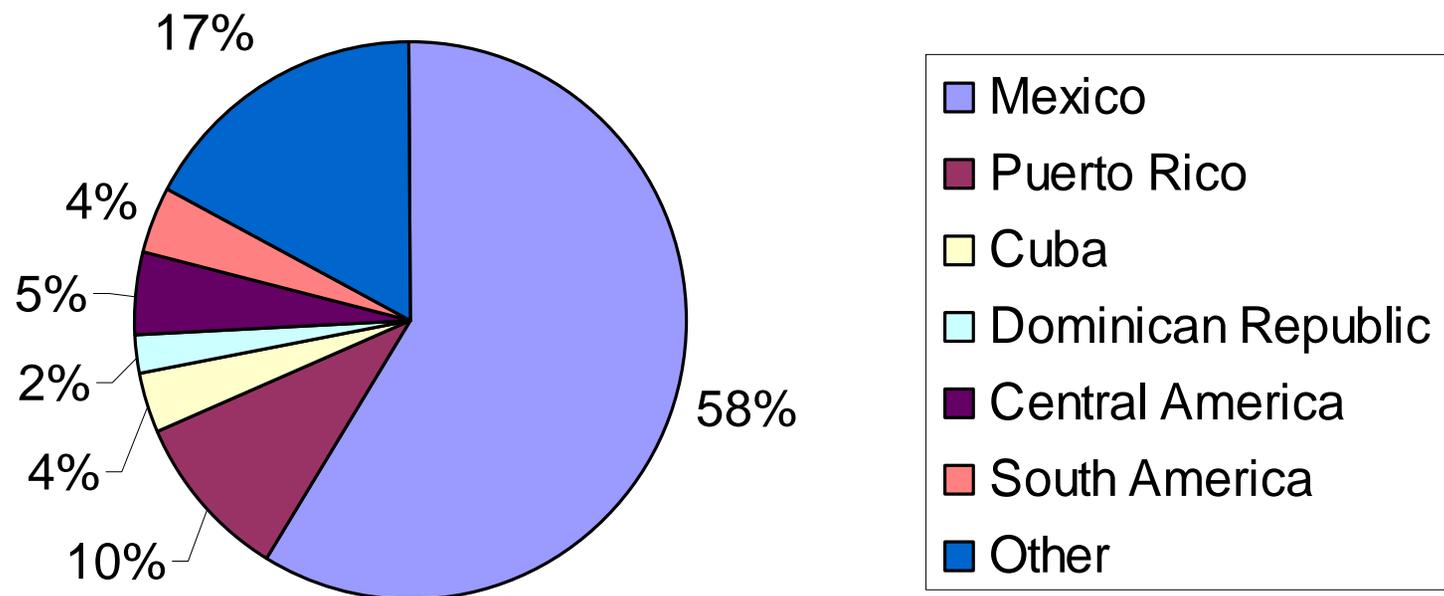
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Who are Hispanics/Latinos?

- Largest minority group in U.S.
 - 15% of Population (U.S. Census 2006 est.)
- Fastest growing minority group
- Diverse origins and culture
- Defined as Spanish-speaking people of:
 - Spain
 - Mexico
 - The Caribbean
 - Central and South America
- Concerns: Diabetes, CVD, Obesity

U.S. Hispanic Population by Country of Origin ¹



¹ U.S. Census 2006

Hispanic Foods Database

- Goal: Enhance number and quality of Hispanic/Latino foods in SR
- Contains mostly “Americanized” foods
 - Fast food restaurants (Taco Bell)
 - Ready-to-heat versions of primarily Mexican prepared foods (e.g. enchiladas, burritos)
- Supports large national studies and surveys
 - Hispanic Community Health Study conducted by NHLBI, NIH
 - What We Eat in America/NHANES

Hispanic Community Health Study

- Conducted by NIH-National Heart Lung and Blood Institute
- 16,000 subjects in four locations
 - Bronx, New York City, New York
 - Miami, Florida
 - Chicago, Illinois
 - San Diego, California
- Diet Center at Nutrition Coordinating Center, University of Minnesota

Development of Hispanic Foods Database - Local Food Sampling for Pilot Study

- Langley Park, MD August 2005
 - Incaparina
 - Pan de torta
 - Zemitita lida
 - Plantain chips
 - Arroz morelos
 - Corn tostadas
 - Horchata
 - Harina de maiz
 - Refried red beans
 - Supligen
 - Nestum
 - Quesadilla salvordorena

Analysis of Latino Foods

- Meal supplements and beverages

Sample	Protein (g/100g)	Total Dietary Fiber (g/100g)	Calcium (mg/100g)	Iron (mg/100g)	Vitamin B12 (µg/100g)
Incaparina	21.8	9.7	600	22	1.5
Supligen	3.5	—	110	2.2	0.5
Nestum	8.5	—	611	36.6	2.3
Horchata	7.5	4.0	60	5.8	—

*Full SR nutrient profiles generated.

Development of Hispanic Foods Database

- Sampling of Different National Foods

- Sample Locations
 - New York (from Dominican Republic, Puerto Rico)
 - Miami (from Cuba)
 - Chicago (from Mexico, Puerto Rico)
 - San Diego (from Mexico)
 - Minneapolis (from Mexico)
- 3 Foods sampled in July 2007
 - Beef empanadas, fried
 - Arroz con pollo
 - Fried plantains

Analysis of Latino Foods

-Beef empanadas*



Sample	Protein (g/100g)	Fat (g/100g)	Sodium (mg/100g)
New York	13.3	19.6	402
Chicago	9.1	17.6	503
Miami	11.6	18.2	416

*Full SR nutrient profiles generated.

Analysis of Latino Foods

- Arroz con pollo*



Sample	Protein (g/100g)	Fat (g/100g)	Cholesterol (mg/100g)	Sodium (mg/100g)
Miami, Cuban	9.3	6.3	33	612
Chicago, Mexican	17.8	3.0	52	440
Chicago, Puerto Rican	15.9	6.0	38	580
New York, yellow rice	8.6	5.1	31	516

*Full SR nutrient profiles generated.

Analysis of Latino Foods

- Fried plantains*



Sample	Protein (g/100g)	Fat (g/100g)	Sodium (mg/100g)
New York	1.2	10.8	7
Chicago	1.2	5.2	5
Miami	1.8	6.7	7

*Full SR nutrient profiles generated.

Development of Hispanic Foods Database

- Sampling of different sources

Foods sampled in November 2007

- From restaurants

- Arroz con frijoles negres
- Arroz con habuchuelas colorados
- Arroz con grandules
- Arroz con leche

- From markets

- Plantain chips
- Yucca chips
- Dulce de nance
- Papayas con conserva
- Dulce de leche

Analysis of Latino Foods - Rice and beans*



Food	Location	Fat (g/100g)	Total Dietary Fiber (g/100g)	Sodium (mg/100g)
Arroz con frijoles negres	Bronx, NY	5.1	2.6	495
	Miami	6.3	3.3	368
	San Diego	1.4	3.4	506
	Minneapolis	2.6	4.4	309
Arroz con grandules	Bronx, NY	5.0	1.4	533
Arroz con habuchuelas colorados	Bronx, NY	4.2	2.2	386
	Miami	3.8	2.8	414
	San Diego	2.4	2.9	310

*Full SR nutrient profiles generated.

Analysis of Latino Foods - Plantain chips*



Nutrient	Mean	SD	N	Min	Max
Fat (g/100 g)	29.6	2.7	4	26.0	32.2
Starch (g/100 g)	60.0	1.6	4	58.0	61.4
Total Dietary Fiber (g/100 g)	3.5	0.2	4	3.3	3.8
Potassium (mg/100 g)	786	71	4	701	853
Sodium (mg/100 g)	154	154	4	10	377

*Full SR nutrient profiles generated.

Analysis of Latino Foods

- Yucca chips*

Nutrient	Mean	SD	N	Min	Max
Fat (g/100 g)	25.9	6.1	4	23.5	34.8
Starch (g/100 g)	62.2	7.6	4	57.9	53.9
Total Dietary Fiber (g/100 g)	3.7	0.7	4	3.1	4.7
Potassium (mg/100 g)	867	196	4	580	1020
Sodium (mg/100 g)	295	105	4	140	359

*Full SR nutrient profiles generated.

Development of Hispanic Foods Database - Future Plans

- Produce
 - Nance, jackfruit, narnajilla, cherimoya, feijoas, sapotes, carios, caimto
- Additional prepared foods
 - Marinated Chicken (Pollo)
 - Pollo en ficasse
 - Stews
- Ingredients (e.g. seasonings)

Development of Hispanic Foods Database - Summary

- Expand data on Hispanic foods in future releases of SR
- Provide ingredient data for calculation of recipes
- Permit assessment of dietary intakes of Hispanic/Latinos
- Enhance dietary advice and educational materials on traditional Hispanic/Latino foods