

MiPlato Your Way Health Professional Guide

Over the years, the need for the Dietary Guidelines for Americans (DGA) to be translated into actionable and culturally relevant materials to aid the increasingly diverse US population in building healthy eating patterns has become more apparent. To address this need, the Hass Avocado Board (HAB) developed a meal plan utilizing the traditional foods of one of the fastest-growing segments of the US population - Hispanics.

The Importance of Culturally-Relevance for the Hispanic Population

Diet-related chronic diseases disproportionately affect minorities in the United States

- Hispanics have the second-highest prevalence of obesity, after the Non-Hispanic black population. [1]
- Hypertension and diabetes are prevalent in the Hispanic American population, and the leading causes of death are heart disease and cancer.

Helping Hispanics retain their traditional cultural foodways is good for public health

- As Hispanic Americans acculturate, their diet quality declines.
- Mean Healthy Eating Index (HEI) score of the top Hispanic subgroups is 63.8; Mexicans have a higher score than average with 71.0 and Puerto Ricans have the lowest score at 56.0. [2]
- The average American HEI is 59.0. Under-consumed nutrients highlighted in the DGA include fiber, potassium, vitamin D, and calcium. Under-consumed food groups include fruits, vegetables, and dairy. [3]
- Traditionally Hispanic eating styles are healthful in many ways. For instance, avocados are a mainstay and one-third of a medium avocado contributes 11% of the Daily Value (DV) for dietary fiber and 6% DV for potassium. One medium avocado counts as one cup of vegetables in MiPlato. [4]



How MiPlato Your Way Was Developed

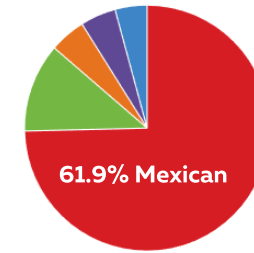
- A systematic review of 61 studies was used to identify foods consumed as part of a traditional Mexican eating plan. [5]
- Dishes incorporating these foods were used to build a 5-day eating plan that meets food group recommendations for a 2,000-calorie diet.
- Substitutions for foods and dishes traditionally consumed in the remaining four Hispanic subgroups (Puerto Rican, Cuban, Salvadoran, and Dominican) were identified as optional swaps to make the eating plan more relevant to the broad Hispanic American population.
- A registered dietitian nutritionist (RDN) specializing in Hispanic foodways was consulted.

References

1. NCHS, National Health and Nutrition Examination Survey, 2017–2018
2. Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Health Equity. 2019; 3(1): 319–327.
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
4. USDA Center for Nutrition Policy and Promotion. (n.d.). Vegetables. MyPlate. <https://www.myplate.gov/eat-healthy/vegetables>.
5. Nutrients. 2019 Nov; 11(11): 2803.
6. US Census Bureau, ACS Demographic and Housing Estimates.

Hispanics are expected to comprise close to one-third of the US population by the middle of the 21st century.

U.S. Hispanic Population



The largest Hispanic subgroup in the US is Mexican followed by Puerto Rican (9.7%), Cuban (3.95%), Salvadoran (3.9%), and Dominican (3.5%). [6]

How You Can Use MiPlato Your Way in Practice

- Ask your patients or clients which foods they already consume and how they consume them.
- Show your patients how their traditional foods fit within MiPlato.
- Familiarize your patients with the food group recommendations at their needed energy level.
- Discuss food and recipe substitutions with your patients to reduce saturated fats, sodium, and added sugars while maximizing under-consumed food groups (e.g., fruits, vegetables, unsaturated oils, dairy) and nutrients (e.g., dietary fiber, potassium).
- Use as a starting point for discussing the health benefits of traditional diets.