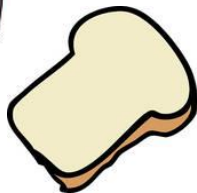


Diabetes Education Resources for Other Cultures



Diabetes Education Resources for Other Cultures

This project was created for a Girl Scout Gold Award
project in 2015.

Diabetes Education Resources for Other Cultures

BINDER

This binder is to be used as a tool to help educate non-English speaking, low literacy people about nutrition and diabetes. The health care professional will have the patient point to the foods in the binder that he or she eats on a regular basis. With this knowledge of the patient's diet, the dietitian or nurse will then be able to better educate the patient about appropriate food choices, portion sizes and the importance of healthy eating. Culture-specific foods, American foods, and foods from all of the main food groups are included in this binder. When people immigrate to America, they are exposed to a variety of foods they have not had before in their home countries. With the help of this binder, people will be able to identify not only their native foods, but also foods that they now eat in America. At the present time, African, Nepali, and Hispanic foods are the cultures included in this binder. However, other cultures can always be added as needed.

BROCHURE

Every patient should be given a brochure to take home for reference after the education session. Each African, Nepali, and Spanish brochure contains culture-specific foods, as well as the correct portion size for each food. Every brochure also contains a fruits and vegetables section with correct portion sizes. The health professional can customize the brochure with the number of portions appropriate for the patient. The last column in the brochure is a section of unhealthy foods that the patient should be advised to avoid. The brochures are written in both English and the patient's native language to help both the patient and the health professional understand the information.

To help remind patients of the steps for blood glucose testing, a column of pictures for blood sugar testing steps is included. The final section of the brochure contains pictures of digital and analog clocks to remind patients what time they should eat and test their blood sugar. A health professional should fill in the digital and/or analog sections of the clocks at the appropriate times they want the patient to eat and test. Each culture has different pictures in the snack and meal sections of the clocks to help remind them of what to eat and at what times. This brochure will provide a way to bridge the language barrier between diabetes staff and patients. Patients will have a way to take home the information they learned at their visit and apply it to their daily lives so they can better care for their diabetes.

Acknowledgements

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To Kharka Khapangi, Jacqueline Lopez-Eucedada, and Adane Redda, Case Workers at Lutheran Social Services of South Dakota, thank you for visiting the ethnic grocery stores with me, and for answering all of my language, cultural, and food-related questions. Also, special thanks to Asian Family Market, Safari Grocery, and Nikki's La Mexicana for allowing us to visit your grocery stores and take pictures of culture specific foods.

Emily Oyos
Dakota Horizons Troop 50134
Brandon, SD

African

Common Meals

Injera

(Made by mixing either teff flour or self-rising flour with water)



Meat

(Most common are beef, chicken, goat, and lamb)



Pasta



Tibs

(Meat and vegetables sautéed together with a variety of spices)



Wat

(A thick stew made with vegetables, meat, and spices. It is served atop injera)

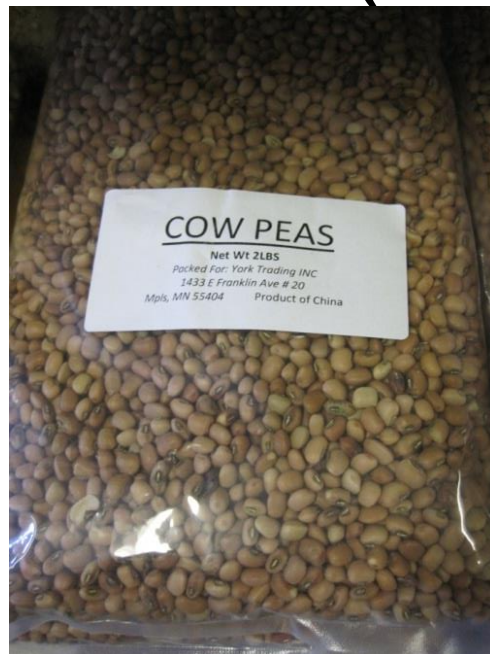


Grains and Lentils

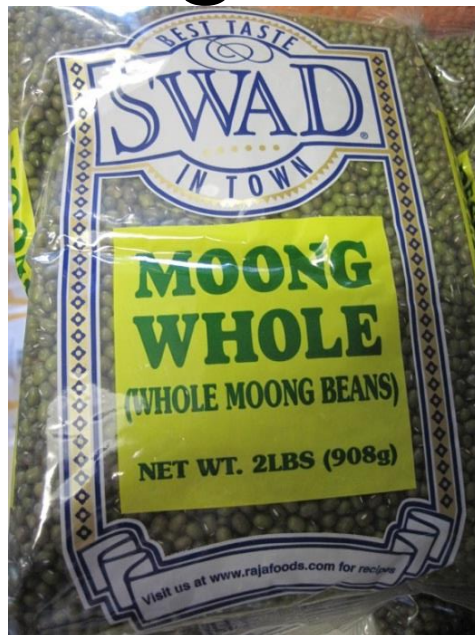
Corn Grits



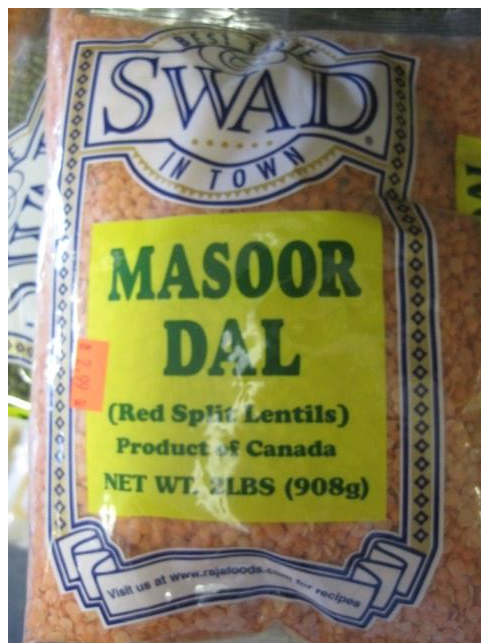
Cow Peas (Beans)



Moong Beans



Red Lentils



Rice



Teff Flour

(Used to make injera)



White Corn Meal



Miscellaneous

Chicken Flavoring



Coconut Milk



Coffee with Spices



Guava Fruit Drink Mix



Mix Spices

(Often put in tea)



Pineapple Fruit Drink Mix



Tea

(Usually mixed with spices, sugar, and milk)



Vegetables

Collard Greens



Plantains

(A fruit, but is cooked with main meals like a vegetable)



Yucca Root



Nepali

Common Meals

Curry

(Meat & Vegetables)



Dal Bhat Tarkari

(Lentils, Rice, & Vegetables)

Often served with Achar (preserved pickles)



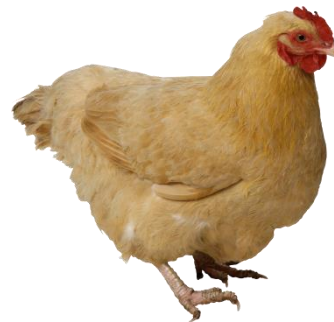
Dhido

(Made with water, cornmeal, & grains such as buckwheat)



Meat

(Most common are goat & chicken)



Roti

(Flat bread)



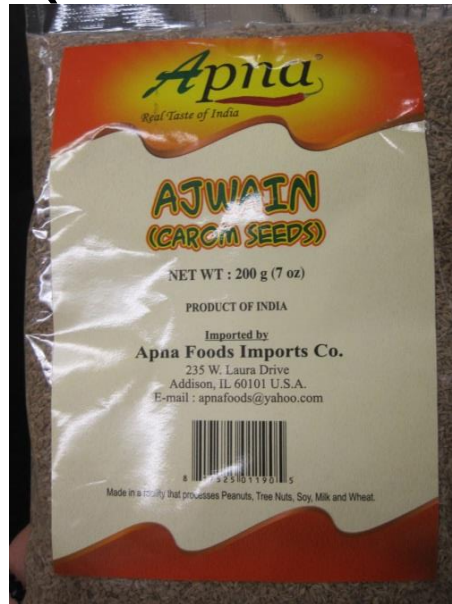
Yogurt

(Often homemade)

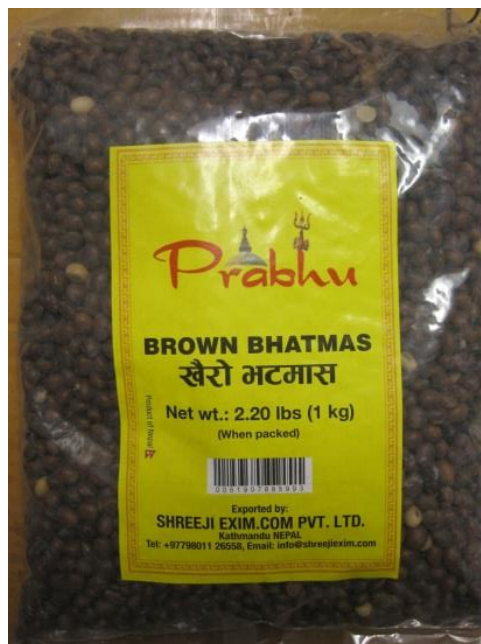


Grains and Lentils

Ajwain (Carom Seeds)



Brown Bhatmas



Chapati



Dill Seeds



Garden Cress Seeds



Horse Gram (Lentils)



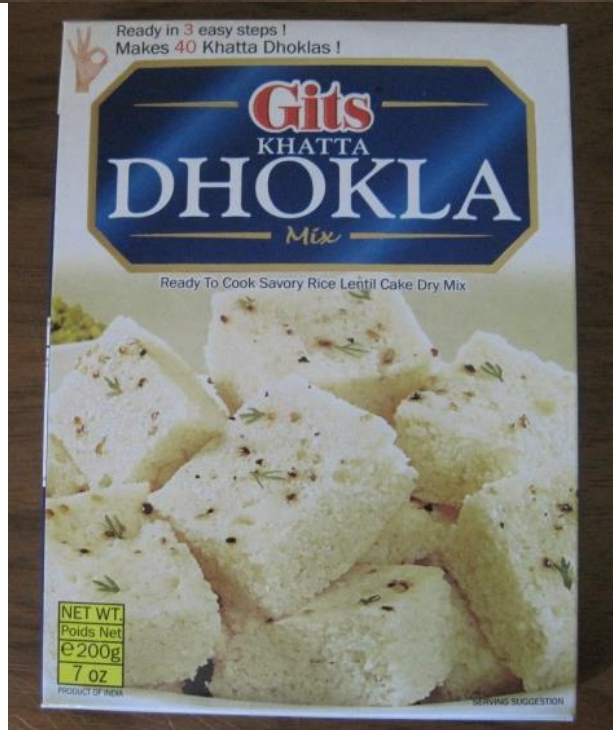
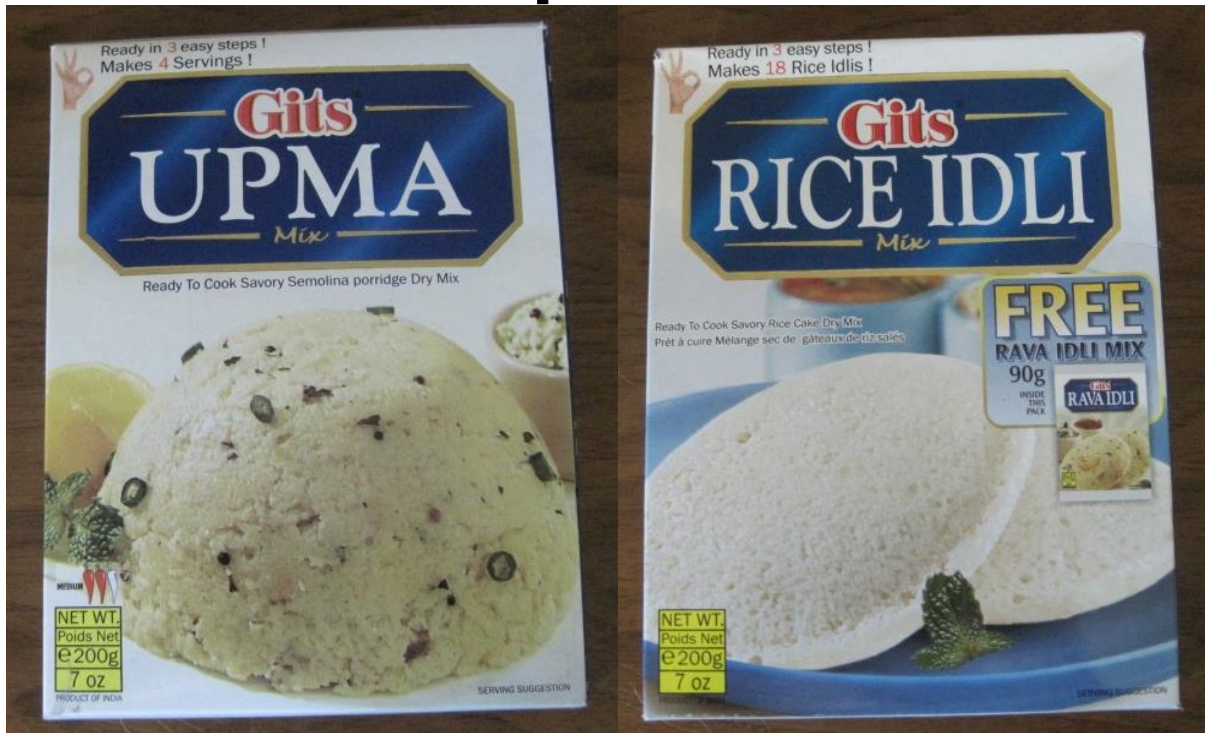
Rice



Soya Wadi (Soy Chunks)



Upma



Vietnamese Rice Paper



White Soybeans



Vegetables

Baby Bamboo-Shoots



Yucca Root



**Biscuits,
Chips,
Cookies, and
Crackers**

Bourbon Biscuits



Britannia Biscuits



Cake Rusk



Click Cookies



Crackies



Fit Kid Biscuits



Masala Papadi Chips



Mathri Biscuits



Mix Bix – Hot & Spicy Biscuits



Mix Bix – Salt & Sweet Biscuits



Nice Biscuits



Parle-G Biscuits



Pista-Almond Cookies



Thai Crackers



Top Biscuits



Treat Biscuits



Wheatable Crackers



Miscellaneous

Chyawanprash



Green Bean Strings



Lump Candy



Orange Drink



Tea with Milk & Sugar



Vegetable Achar (Pickle Relish)



Snack Mixes

Agra Dal Mooth



Hot Chanachur



Kashmiri Mixture



Spicy Dalmot

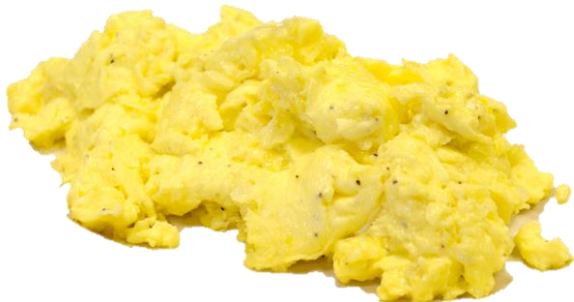


Spanish

Common Meals

Breakfast

(Most commonly eaten are eggs, beans, chorizo, tortillas, breads such as Bolillo, and pastries)



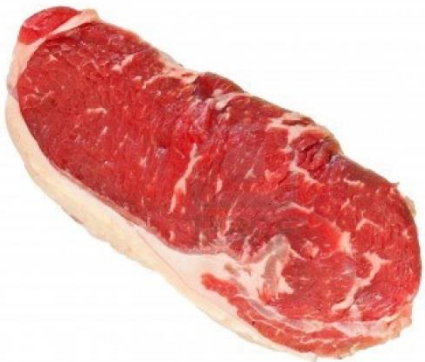
Main Meals

(Tortillas accompanied by meat, rice, beans, and vegetables)



Meats

(Most common are beef, chicken, and pork. Fish is occasionally eaten.)



Meat

Meat

(Most common are beef, chicken, and pork)



Pork Chorizo

(Pork lymph nodes and salivary glands mixed with spices)



Grains

Bolillo

(Typically eaten for breakfast)



Pastries



Tortillas



Tortilla Flour

(Used to make tortillas)



Dairy

Cheese



Sour Cream



Fruit

Cactus Fruit



Guayaba (Guavas in syrup)



Papaya



Plantains



Tejocote

(Tejocote fruit in syrup)



Vegetables

Beans



Cactus - Canned



Chile Peppers



Hominy

(Dried corn that has been soaked in a mineral lime bath)



Pacaya – Canned

(A tropical forest palm)



Pacaya and Vegetables – Canned

(A tropical forest palm)



Peppers



Tomatillos



Yucca Root



Yucca Root - Frozen



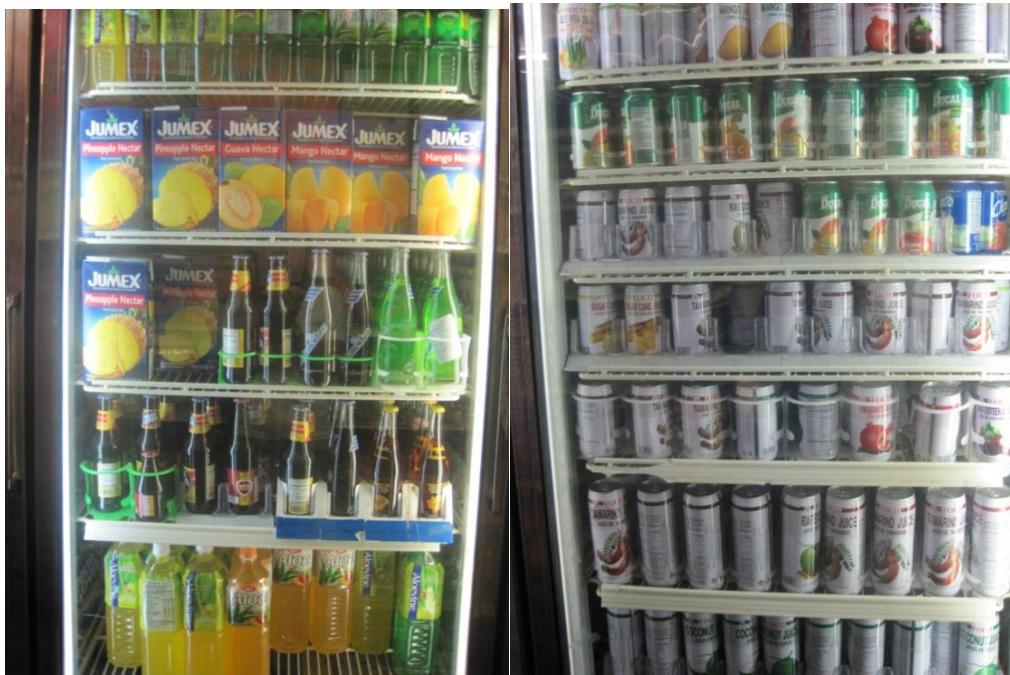
Beverages

Choco Milk

(Mixed with milk)

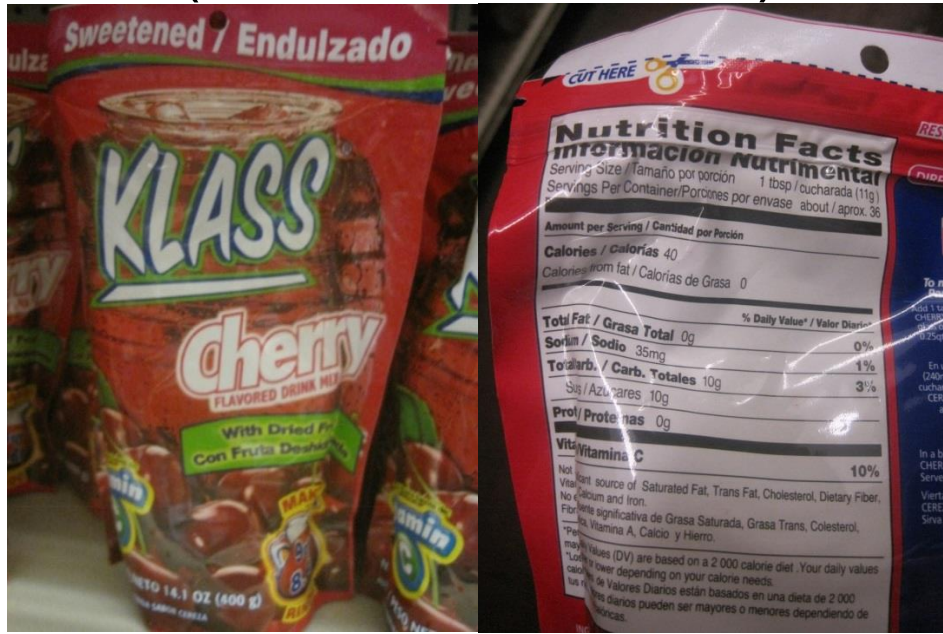


Juices



Klass

(Mixed with water)



Tamarind Juice



Candy, Desserts, and Snacks

Chips



Duros Wheels



Gelatin Dessert



Mango Sweet Puree



Mango Sweet Puree



Merengue



Pineapple Bread



Pork Rinds



Roscas



Saladitas



Surtido Doble



Tortilla Chips



Miscellaneous

Churro Mix



Piloncillo

(Brown sugar that needs to be soaked in water in order to be used in cooking or baking)



Spices



American Food

Bagel



Barbecue Sandwich



Biscuit



Chicken Nuggets



Chinese Food



Chips



Corn Dog



Crackers



Doughnut



Hamburger



Hot Dog



Mac & Cheese



Mashed Potatoes



Pancakes



Pastries



Pizza



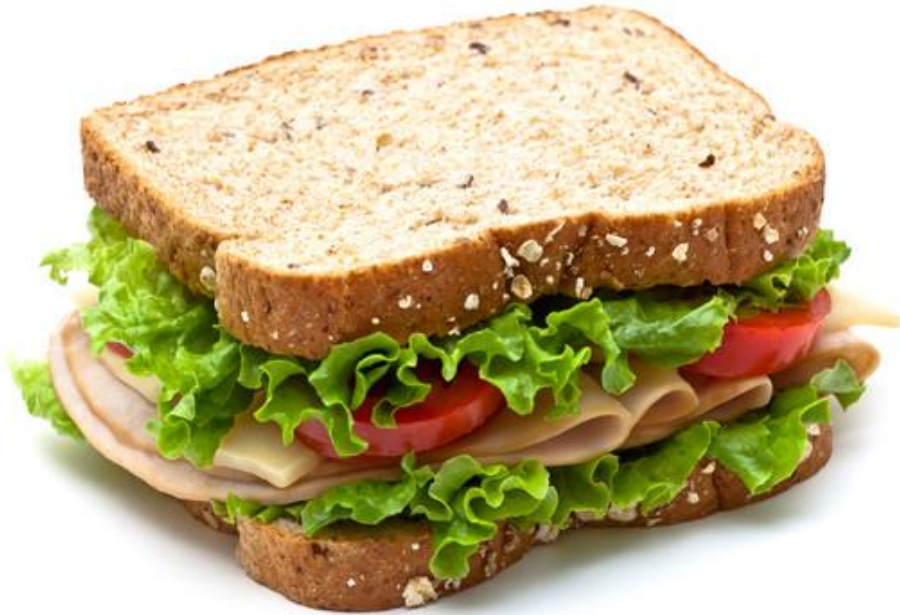
Pretzels



Salad



Sandwich



Soup



Spaghetti



Steak



Waffles



Dairy

Cheese



Cottage Cheese



Ice Cream



Milk



Puddings



Yogurt



Fruits

Apple



Banana



Blueberry



Cantaloupe



Cherry



Clementine



Grapes



Honeydew



Kiwi



Kumquat



Mango



Orange



Papaya



Peach



Pear



Pineapple



Pomegranate



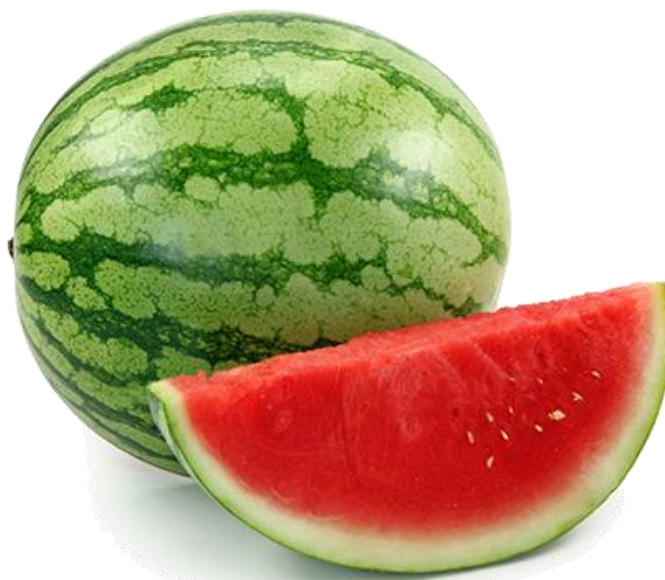
Raspberry



Strawberry



Watermelon



Grains

Amaranth



Brown Rice



Bulgur



Cereal



Corn Tortillas



Couscous



Crackers



Flour Tortillas



Macaroni



Noodles



Oatmeal



Pitas



Popcorn



Pretzels



Rolled Oats



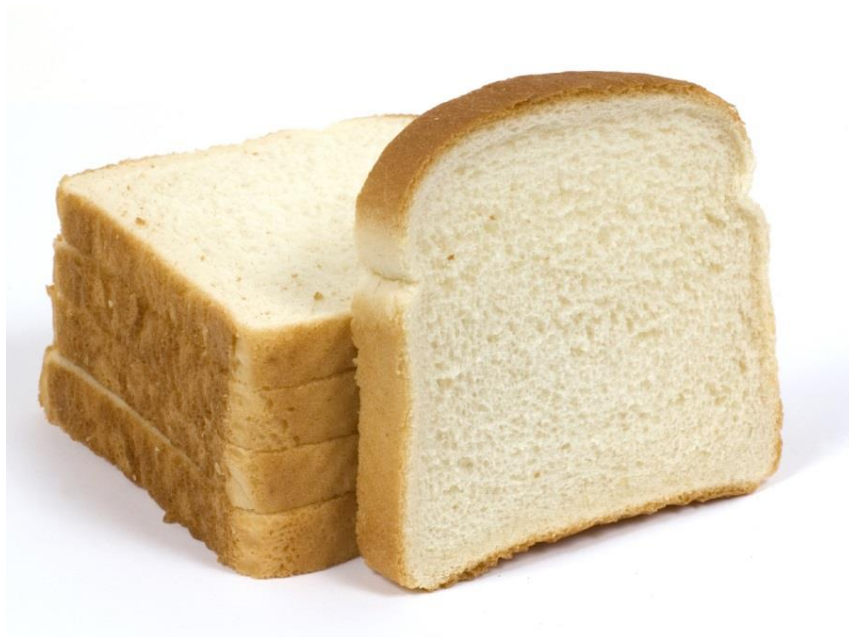
Quinoa



Spaghetti



White Bread



White Rice



Whole Grain Barley



Whole Wheat Bread



Whole Wheat Pasta



Wild Rice



Proteins

Almonds



Bacon



Beef



Cashews



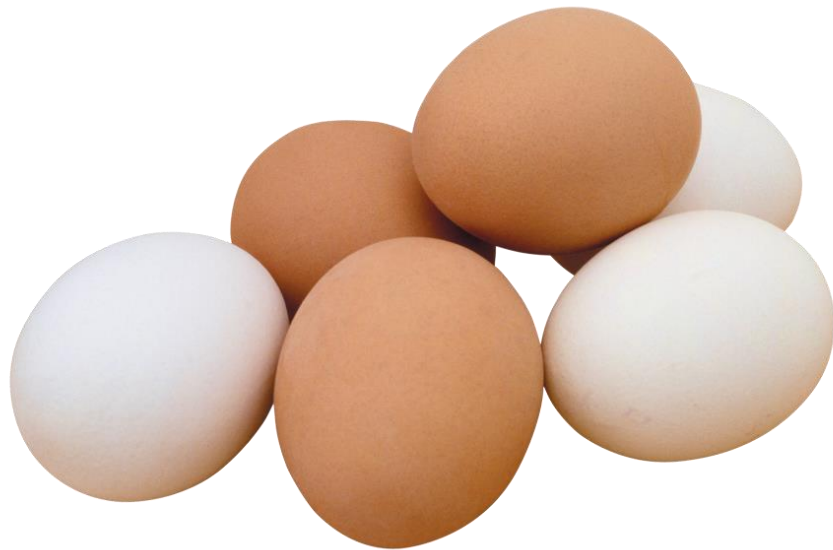
Chicken



Deli Meat



Eggs



Fish



Goat



Ham



Hamburger



Hot Dog



Jerky



Lamb



Peanuts



Peanut Butter



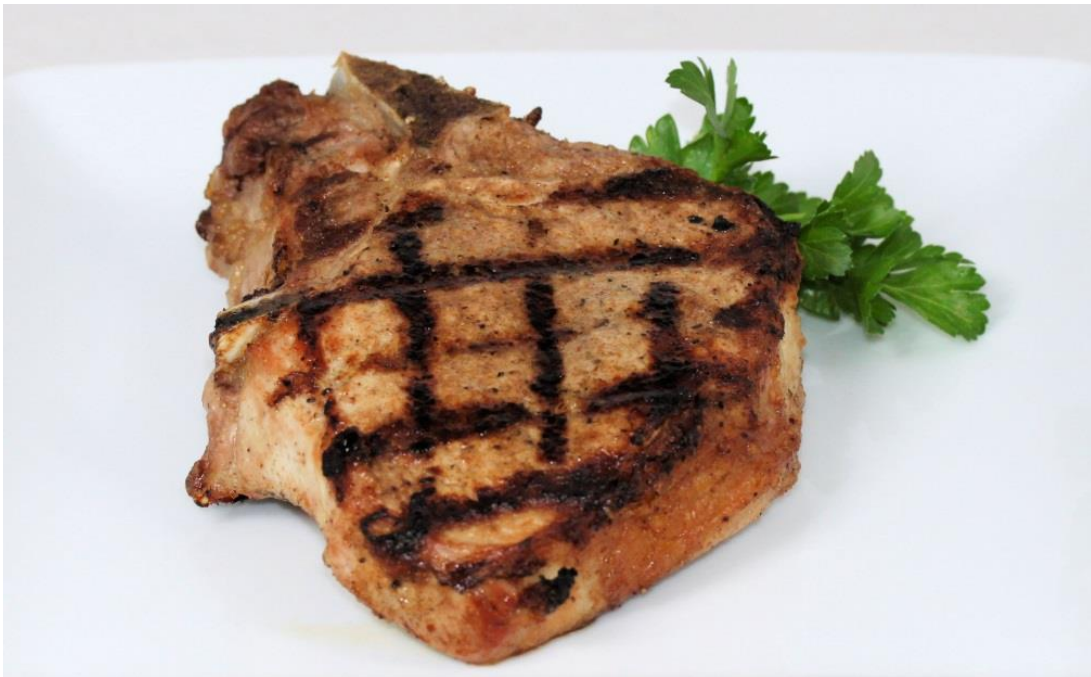
Pecans



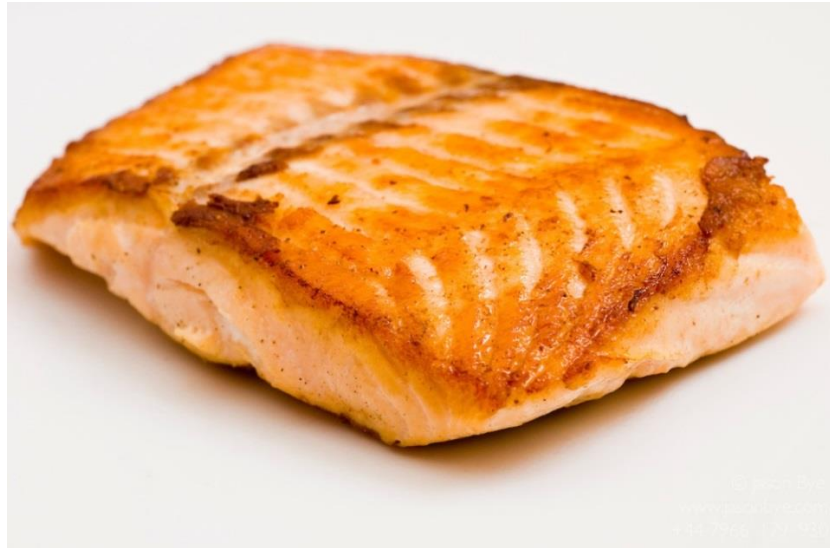
Pistachios



Pork



Salmon



Sausage



Shrimp



Sunflower Seeds



Tofu



Tuna



Turkey



Walnuts



Vegetables

Asparagus



Acorn Squash



Black Beans



Bok Choy



Broccoli



Brussel Sprouts



Butternut Squash



Cabbage



Carrots



Cauliflower



Celery



Chickpeas



Eggplant



Green Beans



Green Eggplant



Green Peppers



Kidney Beans



Lentils



Lettuce



Lima Beans



Mushrooms



Okra



Onions



Peas



Pinto Beans



Red Pepper



Spinach



Tomato



Turnip



Water Chestnut



Zucchini



Desserts

Cake



Candy



Cheesecake



Cookies



Cupcakes



Ice Cream



Packaged Desserts



Pie

