

# —Contents—

---

Chapter 1: Overview of the Hispanic Population .....	1
Chapter 2: Health Care and Traditional Health Care Beliefs .....	9
Chapter 3: Health Issues .....	13
Chapter 4: Traditional Foods and Eating Patterns .....	20
Chapter 5: Physical Activity .....	36
Chapter 6: Work .....	38
Chapter 7: Cultural Values .....	40
Chapter 8: Hispanic Women .....	46
Chapter 9: Hispanic Hero Foods .....	49
<i>Nutrient Profiles</i> .....	56
<i>Beans, Grains, Seeds, and Nuts</i> .....	88
<i>Fruits</i> .....	105
<i>Proteins</i> .....	125
<i>Vegetables</i> .....	137
Client Education Handouts .....	154
Continuing Professional Education .....	155