



Diet Tips For Lovers of Latin Flavors



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Add more vegetables

Avocado

Use guacamole as a dip for carrots or peppers

Beans

Mix in tomatoes, onions + cilantro for bean salsa

Cabbage

Add it shredded to meat or use it to top a taco

Swap in whole grains

Quinoa

Mix in vegetables + cojita for a quick lunch

Oats

Add nuts or pepitas to oatmeal for breakfast

Corn

Look for tortillas with at least 3 grams of fiber

Snack on fruit

Mango

Eat with chili powder + lime for a savory dessert

Yogurt

Top with papaya, pineapple or banana

Banana

Blend with avocado for a smoothie snack