

**Breaking the Cultural Code: How to Counsel
the Hispanic Population Webinar
Questions & Answers
Lorena Drago MS, RD, CDN, CDCES March 10, 2022**



1. Q: Could you please recommend a good database for Hispanic food nutrition facts such as mamey?
A: *United States Department of Agriculture Food Data Central
https://fdc.nal.usda.gov/fdc-app.html#.*
2. Q: Question about “Latinx”, I’ve been told before that the “x” is pronounced as an “e”, kind of like “Latine”?
A: *I have heard both terms used.*
3. Q: How similar is the language across countries? Can they all understand the same Spanish language?
A: *Yes, we can understand each other. However, there are certain words, expressions, idioms, and cultural expressions that are different. Those differences may cause confusion. Countries with indigenous groups have different languages, for example Guatemalans may speak Mayan and Ecuadoreans may speak Quechua instead of Spanish.*
4. Q: Are most of the traditional foods that you mentioned accessible in American grocery stores? Or are most people going to Hispanic grocery stores, farmers markets, etc.?
A: *Both. Some supermarkets that cater to Hispanics carry brands that cater to Hispanic customers. Hispanics also visit stores that import foods from their country of origin.*
5. Q: When needing an interpreter, should we ask for someone specific to their region?
A: *Ideally yes. Sometimes it is not possible, but it is a good idea to do so.*

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