



Bridging Science & Sazón (Flavor!)

Presenter: Crystal Orozco
RDN, CDCES, CPT

Speaker

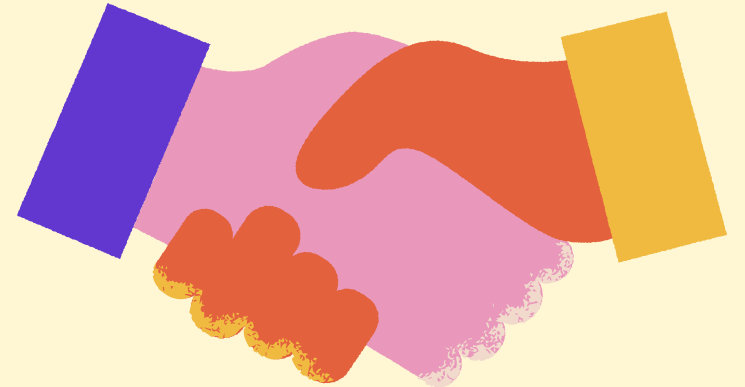
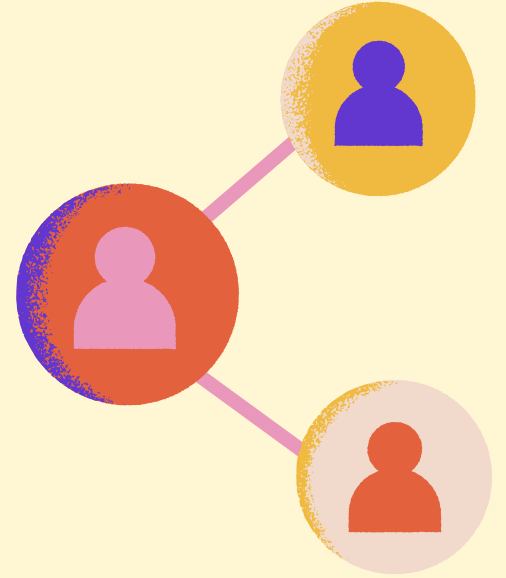


CRYSTAL OROZCO

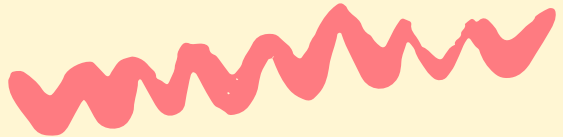
- Media Registered Dietitian
- TV | Recipe Developer | Brand Partnerships | Nutrition Writer | Speaker
- Owner of Vida Nutrition Consulting
- Culinary Enthusiast!
- Creating healthier communities together

Workshop Goals

- Equip health care professionals with DASH Diet knowledge and tools to integrate nutrition knowledge and maximize flavor with recipes into patient care



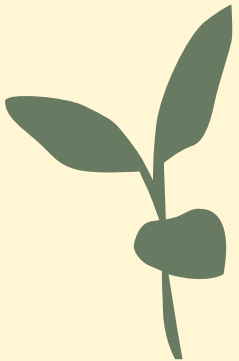
Healthy Heart Focus



- Heart disease is the leading cause of death (1,2)
 - 49% of Americans had some kind of CVD (2017-2020) (2)
 - Every 33 seconds 1 person dies from CVD (1)
 - Include DASH diet into lifestyle for prevention & management
- 



**Show of hands, who has heard of the DASH
diet?**



DASH

Diet Guide

- Fruits, vegetables, whole grains, dairy
- All food groups
- Supports healthy weight & prediabetes prevention

DASH (Dietary Approaches to Stop Hypertension)
A science-backed, flexible, and balanced eating plan that's great for heart health.

***Full-fat dairy,** as part of the DASH diet, has had the same blood pressure-lowering results as low-fat dairy.¹ You can feel good knowing that all cow's milk, regardless of fat level, contains the same 13 essential nutrients² and can be enjoyed as a nutritious part of a heart-healthy diet.



Dairy

3 servings daily

Fat-free or low-fat*
Milk
Yogurt
Cheese



Fruits

4-5 servings daily

Fresh
Frozen
Dried
Canned (in fruit juice; no added sugar)



Vegetables

4-5 servings daily

Fresh
Frozen
Pickled
Canned (low sodium / no salt added)



Grains

6-8 servings daily

Choose whole grains instead of processed, refined grains



Protein

Up to 6 oz. daily

Lean Meat
Fish
Poultry



Nuts, seeds and legumes

4 or more servings per week



Oils

Use sparingly



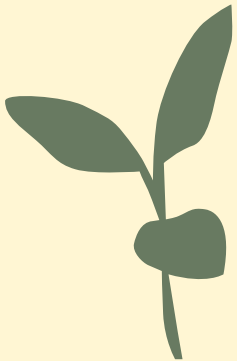
One of the best healthy eating plans for people of all ages.



**Recommendations based on a 2,000-calorie diet

Find helpful DASH resources at dairydiscoveryzone.com/heart-health

**What are some Hispanic and Latino
influenced flavors?**



Our Flavors



Aromatic bases:

- Tomato
- Onion
- Garlic
- Sofrito
- Bell Peppers
- Chiles



Pro Tip:

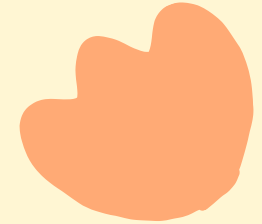
- Roasting chiles releases flavor



Traditional Foods

Dairy:

- Cotija cheese
- Oaxaca cheese
- Queso fresco
- Kefir
- Salty, tangy



Increasing dairy consumption has been associated with lower risk of heart disease and hypertension.

Recommendation: 1 serving of dairy per meal or snack

Pro Tip: “Low and Slow”: Cook dairy sauces at low-to-medium heat to prevent curdling

Herbs & Spices

- Cilantro, oregano
- Bay leaves, mint
- Chiles!
- Chile Relleno
- Salsa de Molcajete
- Salsa de tomatillo



Pro Tip:
Can use
whole
stem!



Maximize Flavor with Latin-inspired Recipes

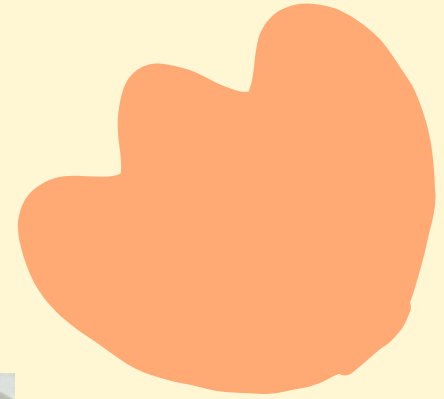
Citrus

- Limes
- Lemons
- Oranges
- Peel Zest



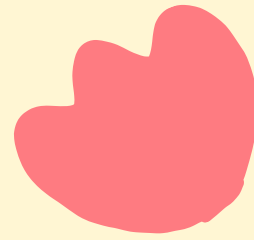
Pro Tip

- Brightens, balances heavy dishes
- Flavor enhancer
- Prevents oxidation!



Bringing DASH to life!

Breakfast, *Desayuno*

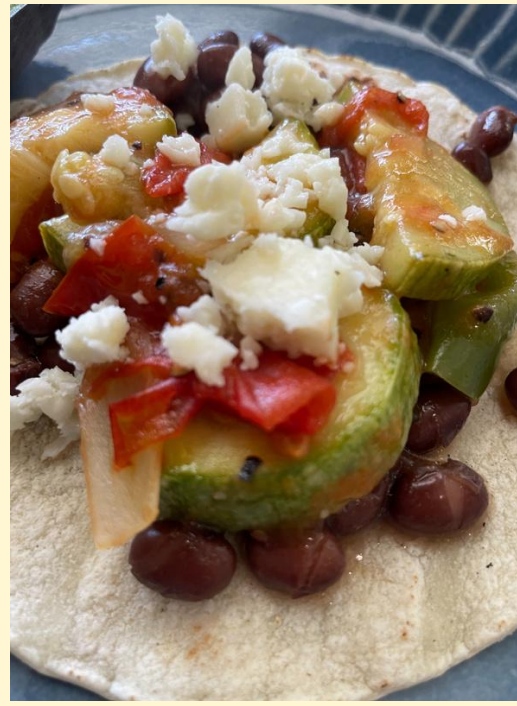


Pro tip: Freeze overripe fruit for smoothies, no waste, all flavor!



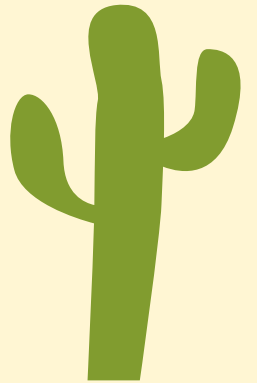
Bringing DASH to life!

Lunch, *Almuerzo*



Pro Tip:

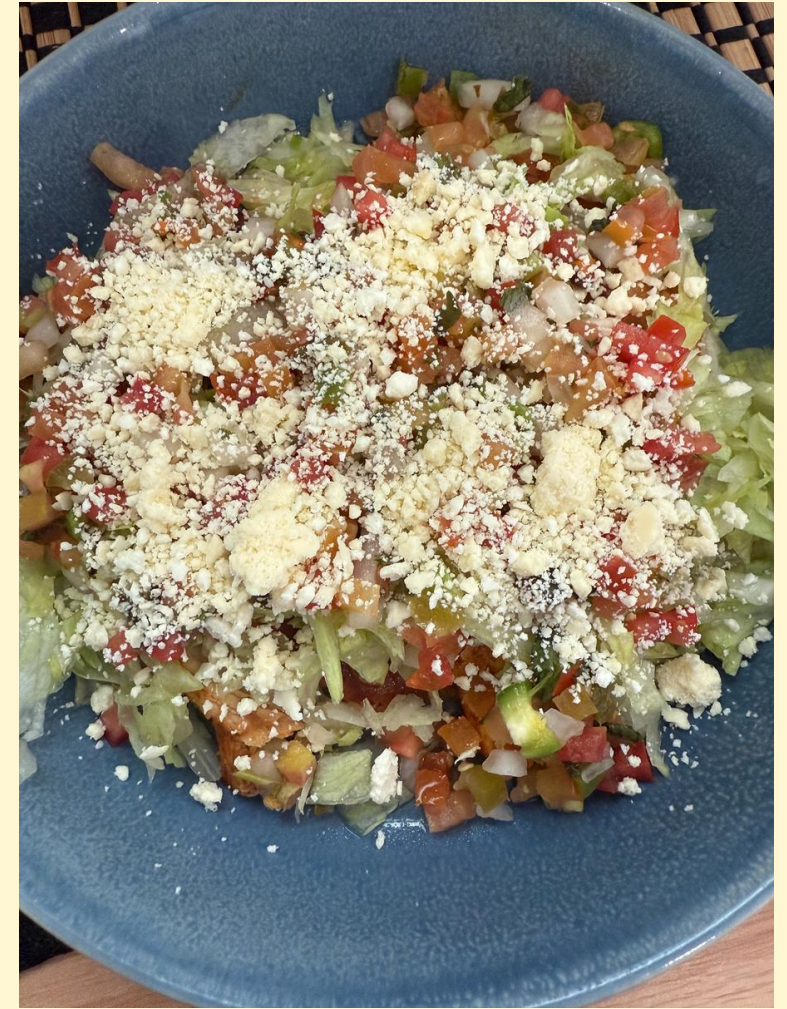
Add ceviche ingredients
after fish is fully cooked
in lime!

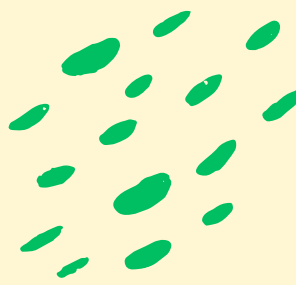


Bringing DASH to life!

Dinner, *Cena*

Pro Tip: Eat a plant at
every meal





Snacks

- String cheese
- Fruit with tajín
- Guacamole
- Humus
- Greek Yogurt
- Nuts
- Tuna
- Cucumber with lime
- Smoothie





Takeaways



- 1. Try a new recipe (make it exciting!)**
- 2. Add small, flavorful changes (sazón)**
 - a. herbs**
 - b. spices**
 - c. citrus**
 - d. dairy**
- 3. DASH Diet can be a helpful tool**
 - a. Make it familiar**
 - b. Make it culturally relevant**
 - c. Make it easy**

**Muchas gracias!
Follow:**

@crystalconsabor

**for latin-inspired recipes
or collaborations**





References

- 
- 
1. Centers for Disease Control and Prevention (CDC). (2024). Heart disease facts. Retrieved from <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>
 2. American Heart Association (AHA). (2024). Heart disease and stroke statistics – 2024 update: Fact sheet. Retrieved from https://www.heart.org/-/media/PHD-Files-2/Science-News/2/2024-Heart-and-Stroke-Stat-Update/2024-Statistics-At-A-Glance-final_2024.pdf
 3. Chiu, S., Bergeron, N., Williams, P. T., Bray, G. A., Sutherland, B., Krauss, R. M., & Krauss, R. M. (2016). Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: A randomized controlled trial. *American Journal of Clinical Nutrition*, 103(2), 341–347. <https://doi.org/10.3945/ajcn.115.123281>
 4. National Academies of Sciences, Engineering, and Medicine (NASEM). (2019). Dietary reference intakes for potassium. Washington, DC: The National Academies Press.