

**Dietitian's  
Pocket Guide  
for Nutrition  
in Spanish**



# **Dietitian's Pocket Guide for Nutrition in Spanish**

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*I would like to dedicate this book to all healthcare personnel who work with the Spanish-speaking community. Your efforts are appreciated.*

SANDRA MAYOL-KREISER

*To the Children's Hospital: for the incredible work done there every day for the children of the world, for always trying to help others, and for fostering an environment of positive thinking. I learn something every day and have had a remarkable journey in my time working there. The Children's Hospital is a place where I am never bored, always challenged, and often overwhelmed with joy by the miracles created there.*

LIBE MARKS



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# Preface

Welcome to the *Dietitian's Pocket Guide for Nutrition in Spanish*.

This book is designed to help providers and patients with nutritional assessment. Healthcare providers' ability to communicate directly with the Hispanic population becomes more important every day, because bridging the communication gap between provider and patient is essential to obtaining a satisfactory outcome. This guide is an invaluable tool for easy vocabulary and frequently asked questions and provides accurate translations to support the providers' mission to help others.

Designed as a quick reference to help clinicians and healthcare personnel communicate with Spanish-speaking individuals, this pocket guide is divided into two main sections: pertinent interview questions for a detailed nutritional assessment, and general culinary terminology. This pocket guide was not intended to replace a trained translator/interpreter when providing pertinent information. When conducting a comprehensive diet education, providers should seek the assistance of a trained translator/interpreter who can provide more detailed information to the patient/client. We have formatted the information in this pocket guide to provide quick and easy access to nutritional information.

