



How to Use *Camino Mágico* Pamphlets with Patients

Camino Mágico is a bilingual pamphlet aimed at informing Latinos about good nutrition and healthy lifestyle choices in the real world scenario of supermarket shopping and preparing everyday meals. It is available free of charge and has been widely acclaimed by Latinos of all backgrounds and ages.



For healthcare providers, the use of *Camino Mágico* is a great way to start a conversation with your patients about nutrition and general lifestyle changes related to diet-related illnesses such as diabetes, overweight and obesity.

Why is *Camino Mágico* different?

Camino Mágico is positive.

Food and drink have a very positive connotation in Latino society. They are used to celebrate joyous occasions such as birthdays, christenings, and general holidays. Food is not easily identified as something that can cause your body harm. On the contrary, food is thought to help ease the troubles of life. We have taken this upbeat view towards food – already present in Latino society – and used it to positively tie into nutrition and health. You will not see information on banishing foods, merely suggestions on how to manage their intake.

Camino Mágico is culturally relevant.

* **Bilingual:** Our guide is bilingual to accommodate many different levels of acculturation and language skills – and to help doctors who have language barriers with their patients.

* **Colorful:** Bright colors are traditional in all Latin American countries and personify the happiness found in good food and drink.



* **Traditional Ingredients:** We look for recipes that are traditional, or commonly consumed, by Latino families, then give them a twist to accommodate the demands of modern life. Mixing fresh foods with some packaged items provides shortcuts for fast and easy meals.

Camino Mágico is easy-to-understand and realistic.

The existing approaches of severely limiting foods or taking drastic measures to overcome diet-related illnesses have not worked in the past and continue to be ignored because they are too drastic for most families and individuals. Camino Mágico takes a positive and realistic approach to making the changes necessary to ameliorate or reverse the effects of poor nutrition choices.

What can I achieve by giving my patients the *Camino Mágico*?

We suggest that you spend 5-10 minutes with your patient going over each page of the pamphlet. By doing so, you will have reviewed:

- general nutrition guidelines
- calorie management
- filling a balanced plate
- recipes (breakfast, lunch, dinner, & snacks)
- how to read a nutrition label
- a healthy shopping list
- healthy foods
- visual portion guidelines
- hydration information

You can also leave *Camino Mágico* in the waiting room area for people waiting for their appointment to peruse.

Why do you use branded products?

Camino Mágico is available free-of-charge thanks to our corporate sponsors, whose products we acknowledge in the pamphlet. We can, however, produce custom-printed unbranded versions of *Camino Mágico* for any organization that will pay for printing costs. Contact us for details (sara@oldwayspt.org).

The *Camino Mágico* guide is continually evolving in order to incorporate new information from recent consumer behavior, nutrition studies, and feedback from health professionals.