



9.30.19 / [Nutrition](#)

Our Nutrition Guides: All Available in Spanish

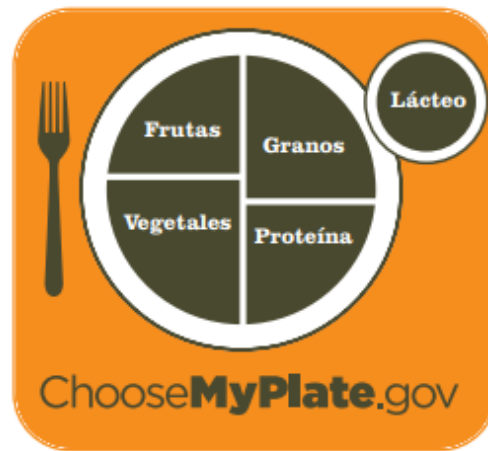
By [Austin Park, Registered Dietitian Nutritionist, MS, RDN, CDN](#)

Hola! It's Hispanic Heritage Month (September 15- October 15), and we want to take this opportunity to emphasize that all of our nutritional resources are available in Spanish. We work year-round to ensure that the work of our [Nutrition Services Department](#) reaches as many people as possible. That is why we have all of our publications available in English or Spanish and our nutrition fact sheets available in English, Spanish, and Chinese.

At God's Love, our Registered Dietitian Nutritionists are constantly working to improve our understanding of how to support our clients' medical care through food and nutrition. They not only work with our chefs to develop medically tailored meals and meal plans for our clients, but they also produce printed educational materials for clients, caregivers, doctors. We believe that everyone facing illness should have access to this information, and that is why we translate each of our publications into Spanish as well as English.

Our booklets are used by many healthcare centers to provide cancer, HIV and older adult patients with tailored nutritional information for their individual needs. If you have any questions, please feel free to contact our Nutrition Services Department via email at nutrition@glwd.org or telephone at [212.294.8103](tel:212.294.8103).

[Download our Nutrition Guides in Spanish or English](#)



El Almidón: *¼ plato*

Las opciones más saludables son los granos enteros como el arroz integral, pasta integral, cebada o quínoa. Los vegetales con almidón, incluyen las papas y maíz que son otras opciones en la categoría de almidón.

Lácteos: *2-3 porciones al día*

Algunos ejemplos incluyen leche, queso y yogur. Use productos bajos en grasa si es necesario.

LA HIDRATACIÓN

El mantenerse bien hidratado es crítico. Casi 60% de nuestro cuerpo es agua. El agua es vital para muchas funciones del cuerpo incluyendo el remover las toxinas del cuerpo a través de la orina. Los signos de deshidratación incluyen dolor de cabeza, boca seca, mareos, debilidad, piel seca y orina de color oscura. Las recomendaciones para el consumo de líquidos varían de persona